

COVID-19



An End Stage Renal Disease (ESRD) National Coordinating Center (NCC) Patient Education Quickinar

Coronavirus-2019 = COVID-19

May 5, 2020



Agenda

- What is this call about?
- Today's speakers
 - Dale Lupu, MPH, PhD
 - School of Nursing, George Washington University
 - Elizabeth Anderson, DSW, LCSW
 - College of Health and Human Sciences, Western Carolina University
 - Coalition for Supportive Care of Kidney Patients
 - Topic: Maintaining emotional balance in an unbalancing time
- Questions and answers (Q&As) from chat and Q&A panels

What Is This Call About?

- Hear tips to empower yourself to cope with COVID-19.
- Provide real-world experiences for others to put into use.
- Offer ESRD resources for additional connection and support.
- Engage in weekly calls on varying topics.

Dale Lupu, MPH, PhD

School of Nursing

George Washington University

Elizabeth Anderson, DSW, LCSW

College of Health and Human Sciences

Western Carolina University

Coalition for Supportive Care of Kidney Patients | kidneysupportivecare.org



Coping With COVID-19

- Connect with people at your clinic via phone or support groups.
 - Your clinic social worker can direct you to group resources.
- Acknowledge the emotion.
 - It is normal to feel sad, anxious, irritated, restless, and forgetful.
- Remember: You are resilient!
 - Ask yourself: “What has helped me get through difficult times before?”
- Create a new routine where possible.
 - Create a list of how you will get ready for the day. Do something every day you enjoy. Make sure you plan time for yourself!

Anxiety

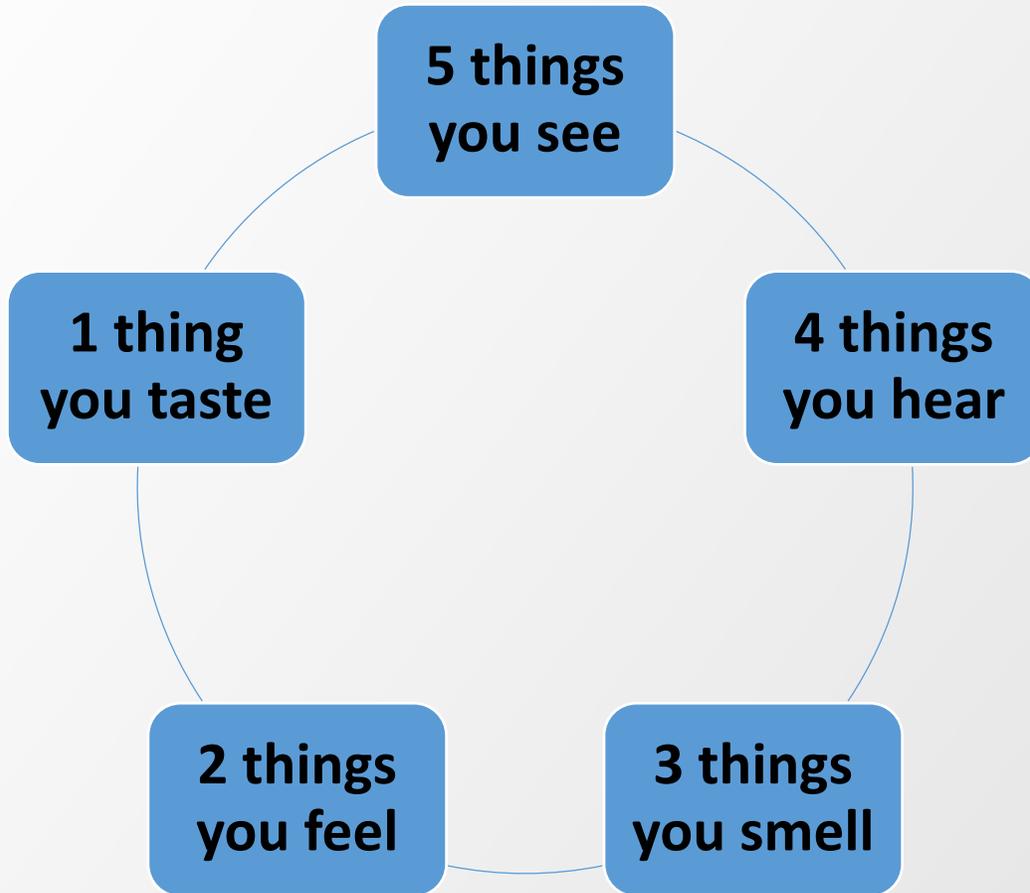
Symptoms:

- Trouble sleeping
- Negative/obsessive thoughts: “This is horrible; how are we going to ever survive?”
- Fear about the future
- Trouble concentrating
- Restlessness

Interventions for Anxiety:

- Limit news and social media. Find 1–2 news sources you like and review 1–2 times a day for 1–20 minutes.
- Avoid caffeine, drugs, and alcohol.
- Exercise. Studies show that exercise helps increase coping capacity.
- Avoid any news before bed.
- Phone a friend.
- Establish a routine at home.

Grounding Techniques— Close Your Eyes and Identify the Following:



Relaxation Techniques video:
<https://www.youtube.com/watch?v=RHpTR2wRc8c>

Assertively Asking for Help When on Dialysis

- You are your best advocate! It is important to be confident in asserting your needs to staff. Assertive communication is **hard**, but important.

- **Honest**
- **Appropriate**
- **Respectful**
- **Direct**

I feel X	When you do Y	In situation Z	And I would like *
I feel anxious	when the staff do not wear masks.	when they are cannulating me and sneezing.	... it if staff would wear masks all the time.
I feel upset	when I see other patients.	that they are coming into dialysis sick.	... it if there was a rule about dialyzing when sick.

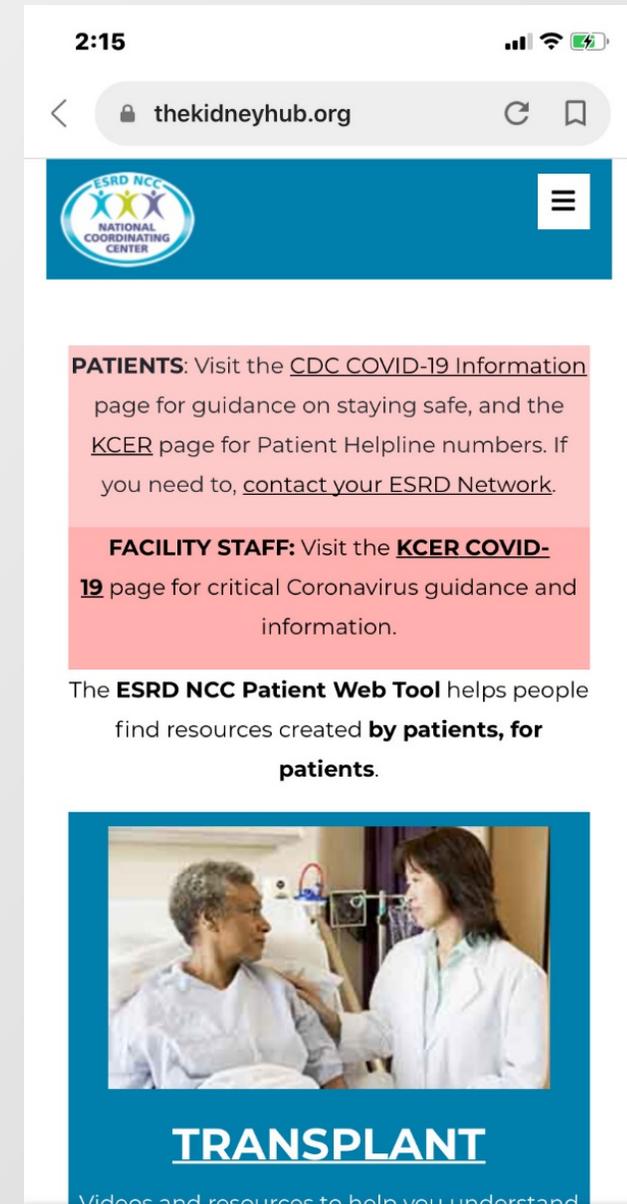
Hunter, C. L., Goodie, J. L., Oordt, M. S., & Dobmeyer, A. C. (2009). *Integrated behavioral health in primary care: Step-by-step guidance for assessment and intervention*. American Psychological Association.

Let Us Hear From You

- Q&As from chat and Q&A panels

TheKidneyHub.org

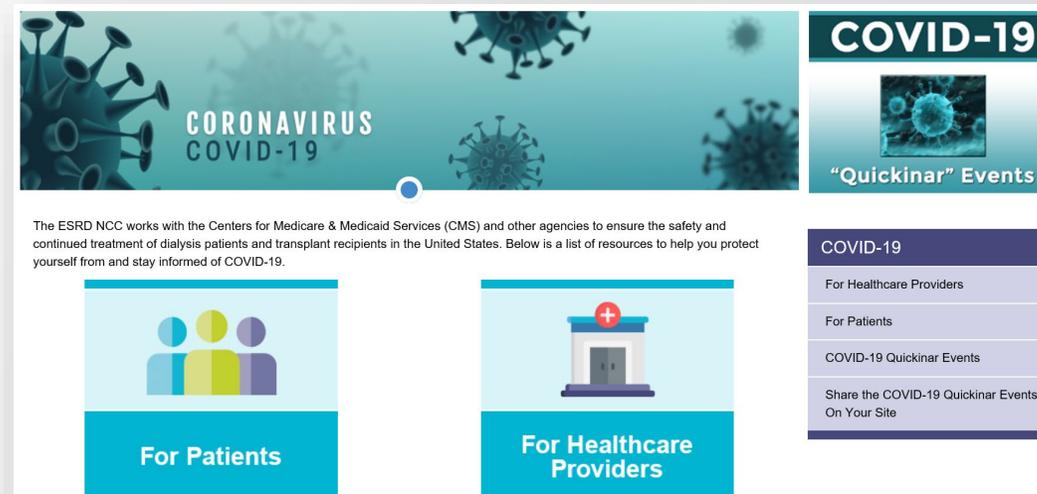
- Introducing TheKidneyHub.org.
- New resource for patients and professionals
- Secure, mobile-friendly web tool developed by the ESRD NCC with assistance from patient subject matter experts (SMEs).
- Links to important materials, such as:
 - COVID-19 emergency resources
 - Patient-created resources on transplant, infection prevention, well-being, etc.
 - Educational materials for new (and experienced) ESRD patients, etc.



The screenshot shows a mobile browser interface for the website thekidneyhub.org. At the top, the time is 2:15 and there are icons for signal strength, Wi-Fi, and battery. The address bar shows the URL thekidneyhub.org. Below the address bar is a blue header with the ESRD NCC National Coordinating Center logo on the left and a hamburger menu icon on the right. The main content area has a pink background with two sections: 'PATIENTS: Visit the [CDC COVID-19 Information](#) page for guidance on staying safe, and the [KCER](#) page for Patient Helpline numbers. If you need to, [contact your ESRD Network](#).' and 'FACILITY STAFF: Visit the [KCER COVID-19](#) page for critical Coronavirus guidance and information.' Below this, a text block states: 'The **ESRD NCC Patient Web Tool** helps people find resources created **by patients, for patients.**' At the bottom, there is a video player with a blue border. The video shows a male patient in a hospital bed talking to a female healthcare professional in a white lab coat. Below the video, the word 'TRANSPLANT' is written in white on a blue background. At the very bottom, the text 'Videos and resources to help you understand' is partially visible.

Our Next COVID-19 Quickinar Events

- Save the dates for our next events.
 - Patient-focused event:
May 12, 2020, at 5 p.m. ET
 - Provider-focused event:
May 13, 2020, at 5 p.m. ET
- Visit www.kidneyCOVIDinfocenter.com for information and to register.



Thank You!

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www.esrdncc.org

Additional COVID-19 resources for patients and providers:



<https://www.kcercoalition.com/en/covid-19>



www.kidneyCOVIDinfocenter.com

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