COVID-19

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

June 30, 2020
What is this call about?

Today’s speaker

- Patrick Gee, PhD
  - Kidney transplant recipient
  - NPFE-LAN Legacy Subject Matter Expert (SME)

- Susan Cooper, LCSW
  - Licensed clinical social worker
  - Home Dialysis of Santa Fe

Topic: Surviving and Coping With the Aftermath of COVID-19

Questions and answers (Q&As) from chat and Q&A panels
What Is This Call About?

• Hear tips for coping in a COVID-19 environment.
• Provide real-world experiences for others to put into use.
• Engage in weekly calls on varying topics.
Patrick Gee, PhD
Kidney transplant recipient
NPFE-LAN Legacy Subject Matter Expert
Susan Cooper, LCSW
Licensed clinical social worker
Home Dialysis of Santa Fe
Surviving and Coping With the Aftermath of COVID-19
What Can We Do?

• Have a daily routine.
• Care for yourself.
• Identify thoughts, feelings, and how they influence behavior.
• Find connectedness during isolation.
Routine Helps Ease Depression and Anxiety

• Track your daily activities. Look at your list and decide what you might want to add to your day that might bring you peace, joy, or comfort.

• Once you have written down what you do in a day and you have added certain tasks down that you feel will help you, you can take a little time each day to reflect on what was helpful, not helpful, and modify your list again.

• If you have experienced a significant loss, you will need to give yourself the space and time you need to be with your pain.

• Seek outside counseling from your pastor, priest, social worker, and/or an online grief support group if you would like to talk in therapy.
Self-care During COVID-19

• Try to get plenty of rest. It is easy to lose sleep when you are feeling stressed. Download Ten Tips for a Good Night’s Sleep: https://www.sleephealthfoundation.org.au/pdfs/Tips-for-a-Good-Night's-Sleep.pdf.

• Eat healthy foods. Ask your dietician to help you design a healthy, kidney-friendly meal plan.

• Manage your fluids and sodium intake.

• Exercise—speak with your doctor first if you have not been exercising already.

• Limit the amount of time watching news.
Helpful Ways of Thinking Are Important During COVID-19

• Listen to your thoughts. We often express our thoughts out loud. These are very insightful thoughts. You can use them as a springboard to help you find better thoughts that lead to better ways of feeling and living.

• Try to identify what you are thinking when you feel sad, fearful, angry, or any strong emotion. Our thoughts, feelings/emotions, and behaviors are all connected. If you change the way that you react to your emotion, it will change your thoughts and behavior.
Finding Connectedness

• Use social media and apps like Zoom.
• Talk on the phone to friends and family.
• Join online support groups & online exercise classes.
• Find solace through nature. Go for walks or sit outside to help ease feeling alone.
• Take more interest in your pets or adopt a new one.
• Attend church services on television, online, or by phone.
• Seek telehealth counseling.
• Participate in online book clubs.
• Enjoy films, YouTube videos, reading, and music—all help you to feel more connected.
• Engage in prayer and meditation.
Let Us Hear From You

• Q&As from chat and Q&A panels
Introducing TheKidneyHub.org.

- Secure, mobile-friendly web tool for patients and professionals.
- Developed by the ESRD NCC with assistance from patient SMEs.
- Links to important resources, such as:
  - COVID-19, infection prevention, transplant, home dialysis, and new ESRD patient education.
  - New features include access to the **Patient Grant Library**, an informative **Understanding High-KDPI and Increased Risk Kidneys** video, and more.
- Visit today and bookmark to your device’s home screen.

KDPI = Kidney Donor Profile Index
Our Next COVID-19 Quickinar Events

• Save the dates for our next events.
  ▪ Provider-focused event:
    July 1 at 5 p.m. ET
  ▪ Patient-focused event:
    July 7 at 5 p.m. ET

• Visit www.kidneyCOVIDinfocenter.com for information and to register.