COVID-19

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

October 20, 2020
Agenda

• What is this call about?
• Today’s speakers
  ▪ David B. Van Wyck, MD
    − Clinical Vice President, Clinical Support Services
    − DaVita Kidney CURE
• Topic: COVID-19 vs Flu: Breaking Down the Differences
• Questions and answers (Q&As) from chat and Q&A panels
What Is This Call About?

• Hear from experts who share tips for coping in a COVID-19 environment.
• Provide real-world experiences for others to put into use.
• Engage in bi-weekly calls on varying topics.
David B. Van Wyck, MD
Clinical Vice President, Clinical Support Services
DaVita Kidney CURE
Hook

Loop

Virus

Host

Source: Image owned by Dr. Van Wyck through purchase of unknown source.
How Are the Influenza and SARS-CoV-2 Viruses Similar?

Single-Stranded RNA

Animal Reservoirs

Deep in Our Communities

RNA = Ribonucleic Acid
Compared to Seasonal Flu, COVID-19 Is

More Infectious
Spreads in Big Bursts
Causes More Severe Disease
More Lethal
How Can You Avoid the Flu and COVID-19?

• *Seasonal Flu*: Get vaccinated.
• *COVID-19*: Avoid super-spreader (big burst) conditions.
  ▪ Prolonged contact
  ▪ Poor ventilation
  ▪ Crowding
  ▪ Highly infectious person
• *Either Flu or COVID-19*: Practice the basics.
  ▪ Wear a mask in public spaces.
  ▪ Maintain distance.
  ▪ Wash your hands.
Why Getting the Flu Vaccine Is So Important

Percent of All Deaths Due to Pneumonia (P) & Influenza (I)

Why Getting the Flu Vaccine Is So Important

Protect Yourself Against Infection

Protect Yourself Against Serious Disease

Protect Others
Symptoms of Flu Compared to Those of COVID-19

• Shared
  ▪ Fever
  ▪ Myalgias (muscle aches)
  ▪ Cough, sore throat, runny nose
  ▪ Shortness of breath
  ▪ Headache
  ▪ Weakness, fatigue

• More prominent in COVID-19
  ▪ Loss of taste or smell
  ▪ Diarrhea
Complications of Flu Compared to Those of COVID

• Shared
  ▪ Viral pneumonia
  ▪ Viral pneumonia complicated by fluid in lungs (like ARDS—high mortality)
  ▪ Viral pneumonia complicated by bacterial pneumonia
  ▪ Death
  ▪ Infection increases risk of death in chronic heart or lung disease

• COVID-19
  ▪ Multi-organ failure, including:
    - Acute kidney failure
    - Heart disease
    - CNS disease
    - Clotting (hypercoagulable)

ARDS = Acute respiratory distress syndrome
CNS = Central nervous system
Let Us Hear From You

• Q&As from chat and Q&A panels
Share the COVID-19 SME-Developed Resources

ESRD NCC and patients developed COVID-19 resources.

- Tips to Help You Boost Your Physical and Mental Health During COVID-19
- Where to Find Credible Information
- 4 Ways to Empower Yourself to Cope with COVID-19
- Multiple Ways to Connect with Others During COVID-19
- The Doctor Will See You Now: Telemedicine Makes It Easy
- Kidney Patient Care: Your Guide to Using Telemedicine
- 11 Things You Can Do to Get Ready for a Kidney Transplant During COVID-19
- Staying Safe in Multi-generational Households
- COVID-19 Frequently Asked Questions by ESRD Patients

https://esrdncc.org/en/patients/covid-19

SME = subject matter expert
Telemedicine Patient Toolkit

Kidney Patient Care: Your Guide to Using Telemedicine

• What is telemedicine? Why are people talking about telemedicine now?
• Telemedicine benefits
• How might a kidney patient, like me, use telemedicine?
• What are some other issues I can use telemedicine for?
• What kind of technology do I need? How do I use it?
• Preparing for your telemedicine visit

Source: HSAG
Be a Friend, Share www.TheKidneyHub.org

• TheKidneyHub.org is a safe, mobile-friendly web tool created by the ESRD NCC with help from kidney patients and family members.

• Links to important new resources, such as:
  ▪ Quick Start to Submitting an Emergency Grant Request
  ▪ Understanding High Kidney Donor Profile Index (KDPI) and Increased Risk Kidneys video.
  ▪ And more.

• Let us know what you think.
  ▪ Email us at NCCinfo@hsag.com.
Our Next COVID-19 Webinar Events

• Save the dates for our next events.
  ▪ Provider-focused event: October 28 at 3 p.m. ET
  ▪ Patient-focused event: November 3 at 4 p.m. ET
    (Registration link to come.)

• Visit www.kidneyCOVIDinfocenter.com for information and to register.
Thank You!

NCCinfo@hsag.com
844.472.4250
813.865.3545
www.esrdncc.org

Additional COVID-19 resources for patients and providers:


This material was prepared the End Stage Renal Disease National Coordinating Center (ESRD NCC) contractor, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy nor imply endorsement by the U.S. Government. Publication Number FL-ESRD NCC-7N5TCO-10192020-01