

COVID-19



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

October 20, 2020

Coronavirus Disease 2019 = COVID-19



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

Virus

Loop

Host

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

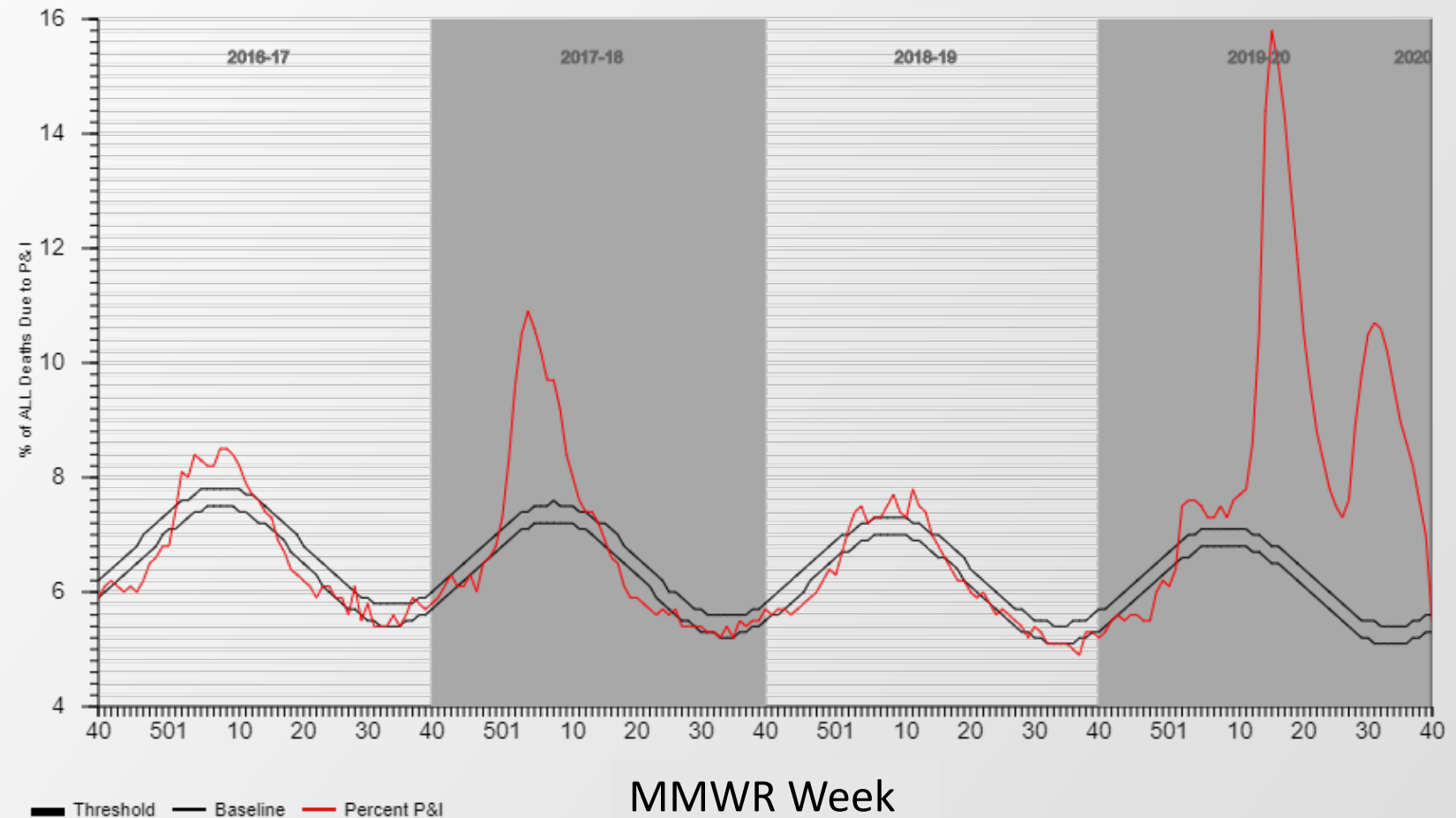
How Can You Avoid the Flu and COVID-19?

- *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

Percentage of all deaths due to pneumonia and influenza, National Summary

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



Source: Centers for Disease Control and Prevention. Morbidity and Mortality Weekly Report (MMWR). Accessed on October 19, 2020. Available at <https://www.cdc.gov/flu/weekly/index.htm#ILIINet>.

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

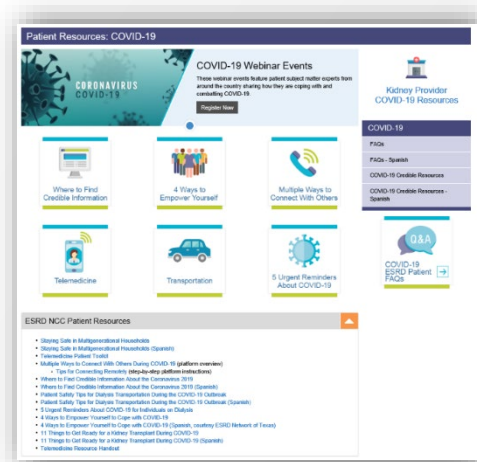
- Shared
 - Viral pneumonia
 - Viral pneumonia complicated by fluid in lungs (like ARDS—high mortality)
 - Viral pneumonia complicated by bacterial pneumonia
 - Death
 - Infection increases risk of death in chronic heart or lung disease
- COVID-19
 - Multi-organ failure, including:
 - Acute kidney failure
 - 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



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

ESRD NCC and patients developed COVID-19 resources.

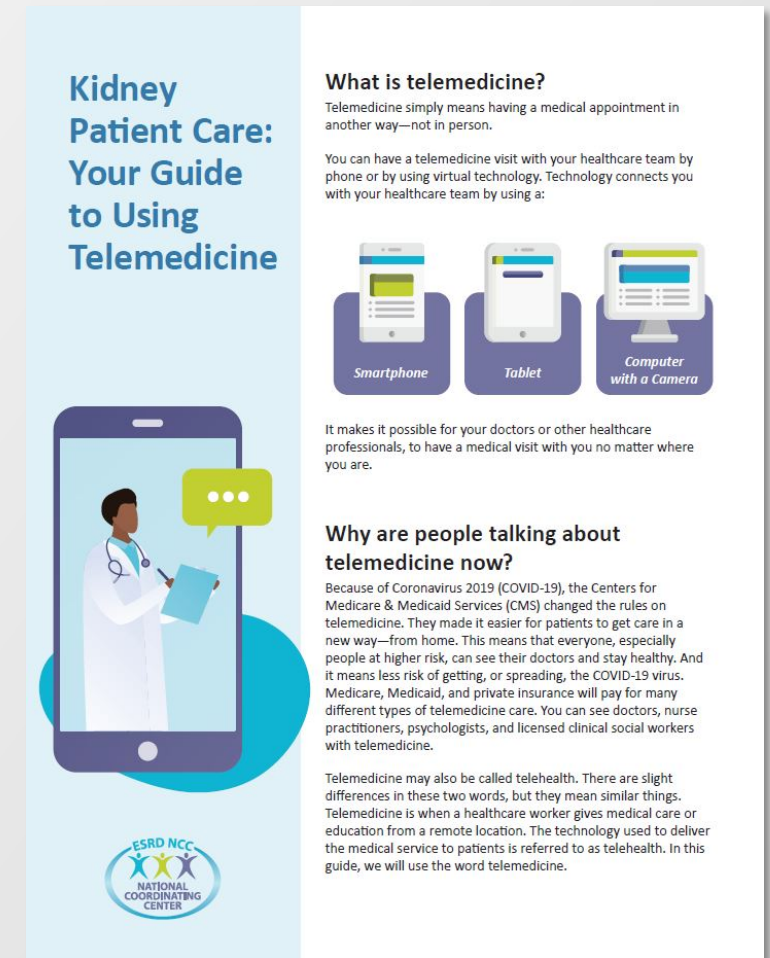
- [Tips to Help You Boost Your Physical and Mental Health During COVID-19](#)
- [Where to Find Credible Information](#)
- [4 Ways to Empower Yourself to Cope with COVID-19](#)
- [Multiple Ways to Connect with Others During COVID-19](#)
- [The Doctor Will See You Now: Telemedicine Makes It Easy](#)
- [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](#)

SME = subject matter expert

Telemedicine Patient Toolkit

Kidney Patient Care: Your Guide to Using Telemedicine

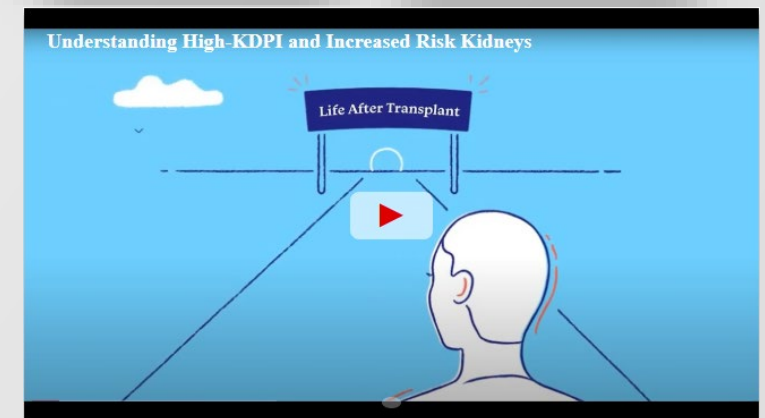
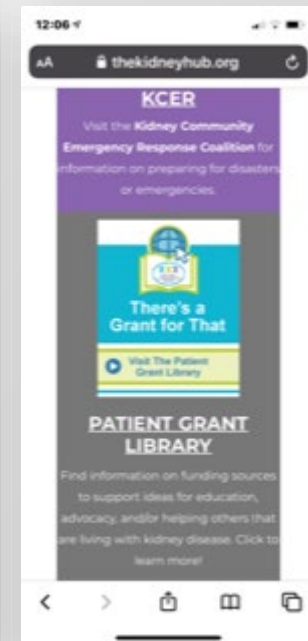
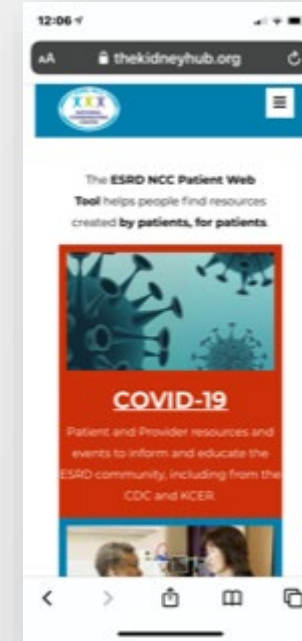
- What is telemedicine? Why are people talking about telemedicine now?
- Telemedicine benefits
- How might a kidney patient, like me, use telemedicine?
- What are some other issues I can use telemedicine for?
- What kind of technology do I need?
How do I use it?
- Preparing for your telemedicine visit



Source: HSAG

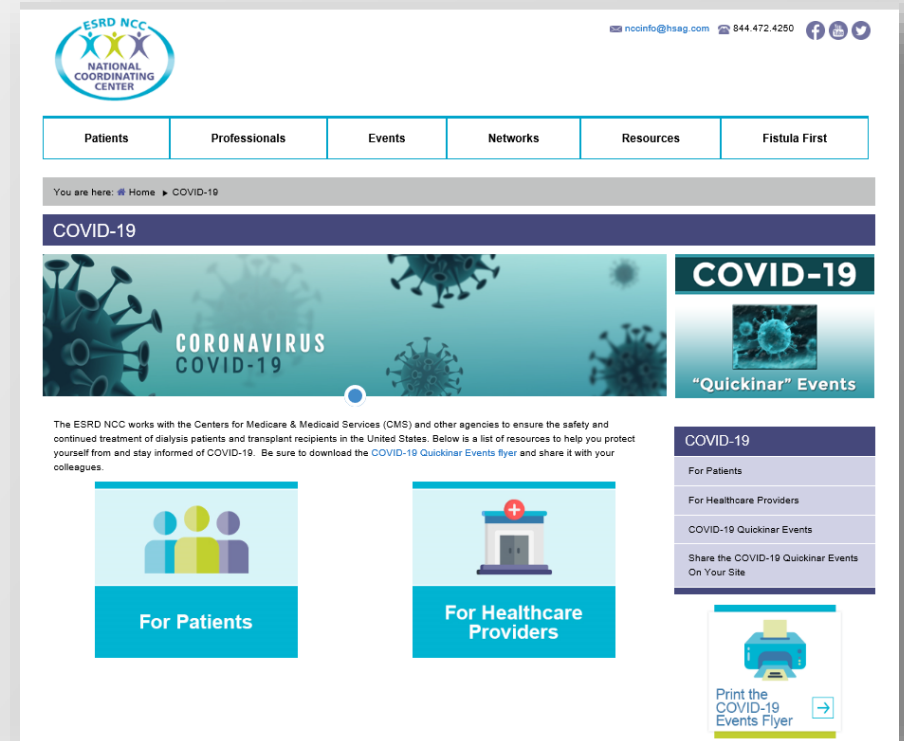
Be a Friend, Share www.TheKidneyHub.org

- 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!

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844.472.4250

813.865.3545

www.esrdncc.org

Additional COVID-19 resources for patients and providers:



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



www.thekidneyhub.org/covid19/



www.kidneyCOVIDinfocenter.com

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