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

November 3, 2020
Agenda

• What is this call about?
• Today’s speakers
  ▪ Elizabeth Christofferson, PhD
  ▪ Clinical Director, Solid Organ Transplant Psychology and Kidney Center Psychology
    – Licensed Clinical Psychologist
    – Children’s Hospital Colorado, Transplant Surgery and Kidney Center
    – Assistant Professor, University of Colorado Anschutz Medical Campus
• Topic: Celebrating the Holidays Safely During COVID-19
• 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.
Elizabeth Christofferson, PhD
Clinical Director, Solid Organ Transplant Psychology and Kidney Center Psychology
Children’s Hospital Colorado, Transplant Surgery and Kidney Center
Assistant Professor, University of Colorado Anschutz Medical Campus
Celebrating the Holidays Safely During COVID-19
Stress in a Pandemic

• COVID-19 adds to everyday stress that impacts patients and families on many levels:
  ▪ Physical/medical needs & safety
  ▪ Emotional/mental health
  ▪ Family
  ▪ School
  ▪ Social
COVID-19 and 2020 Fatigue

• COVID-19 pandemic fatigue
• Election stress
• Loneliness, isolation, lack of connection, and/or travel
• And now, holidays on top of all this, adding to stress
A Mental Health Pandemic

• A Centers for Disease Control and Prevention (CDC) study found:
  ▪ Elevated adverse mental health conditions
    – Experienced disproportionately worse mental health outcomes, including increased substance use and elevated suicidal ideation: younger adults, racial/ethnic minorities, essential workers, and unpaid adult caregivers

Czeisler et al., 2020.
Know Your Own Risk Level and Overall Guidelines

• People of any age with the following conditions, as well as those over age 65, are at higher risk for severe illness from COVID-19 (CDC, 2020):
  ▪ Cancer
  ▪ Chronic kidney disease
  ▪ Chronic obstructive pulmonary disease (COPD)
  ▪ Immunocompromised state from solid organ transplant
  ▪ Obesity (BMI of 30 or higher)
  ▪ Serious heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies
  ▪ Sickle cell disease
  ▪ Type 2 diabetes mellitus

• There are also conditions that might be higher risk (see CDC).
Basic COVID-19 Precautions

• Stay home if sick.
• Cover a cough or sneeze with a tissue (then throw it in the trash).
• Wash hands with soap and water for at least 20 seconds or rub hands all over with gel that has at least 60% alcohol until dry:
  ▪ Before we prepare and eat food or touch our faces.
  ▪ After we use a restroom, leave a public place, cough or sneeze, touch our mask, change a diaper, care for a sick person, or touch an animal.
• Stay 6 or more feet from others not from our households (indoors and outdoors), especially if they are sick.
• Wear a face covering/mask in public.
• Clean dirty surfaces with detergent, use household disinfectant daily on high touch surfaces (tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks).
• Monitor symptoms and temperature daily.
• Wear eye protection in public.
  ▪ A recent systematic review and meta-analysis of 172 studies found that in addition to physical distancing, face coverings, hand hygiene, and eye protection (visor, face shield or goggles) can reduce COVID-19 risk.

CDC, 2020; Chu et al., 2020
Chronic Kidney Disease and COVID-19

- Continue your medicines and your diet as directed by your healthcare provider.
- Make sure that you have at least a 30-day supply of your medicines.
- Stay in contact with your healthcare team as often as possible, especially if you have any new signs or symptoms of illness. Also reach out to them if you cannot get the medicines or foods you need.
- Have shelf-stable food choices to help you follow your kidney diet.
- If you are on dialysis:
  - Contact your dialysis clinic and your healthcare provider if you feel sick or have concerns.
  - Do NOT miss your treatments.
  - Follow the [KCER 3-Day Emergency Diet Plan](#) in case you are unable to maintain your normal treatment schedule.

KCER = Kidney Community Emergency Response
Current Concerns Related to Holiday Planning

• COVID-19 infection rates continue to climb during this “3rd peak.”
  ▪ Dr. Anthony Fauci, Director of the National Institute of Allergy and Infectious Disease, urged Americans to make safer choices in planning holiday gatherings.

• Colder temperatures and winter weather force many of us indoors, contributing to the spread of COVID-19.

• Know that people at increased risk should:
  ▪ Avoid in-person gatherings with people outside of their household.
  ▪ Avoid larger gatherings and consider attending lower risk activities if they do decide to attend an in-person gathering.
Weighing Risks

• Weighing your own health risks and public health risk
  ▪ Follow any state/local government orders and guidelines

• Mental health benefits and risks

• Consider what you feel comfortable with and what is most important to you, in the context of these risks.

• Consult your healthcare team.
Holiday Planning: Risk Assessment and Decision-Making Tools

• Step 1: Assess current COVID-19 levels in your community and/or the community you are considering traveling to or attendees are coming from.
  ▪ Look at the area’s health department website.

• Step 2: Assess the location of the gathering.
  ▪ Indoor → higher risk than outdoor
    − Poor ventilation → higher risk than good ventilation (open windows/doors)

• Step 3: Assess the # of people at the gathering.
  ▪ More people → higher risk
  ▪ Determine # of people based on how well you can physically distance, risk of spread, health risk status of attendees, and any local/state regulations on size of gatherings.
Holiday Planning: Risk Assessment and Decision-Making Tools

• Step 4: Assess location attendees are traveling from.
  ▪ Attending from different places → higher risk than same area, especially if higher cases in certain areas
  ▪ Type of travel

• Step 5: Assess attendee behavior prior to the gathering.
  ▪ People who are not following basic precautions (mask wearing, hand washing, social distancing) → higher risk than those who follow precautions

• Step 6: Assess behaviors of attendees during the gathering.
  ▪ Preventative measures during the gathering (mask wearing, social distancing, hand washing) → lower risk than not
Travel

• Flying:
  ▪ Avoid public transportation to the airport, stay away from crowded areas in the airport, disinfect your seating area, keep mask on, and sanitize frequently.

• Driving:
  ▪ Pack sanitizer for any surfaces you encounter at stops, wear a mask in public places, pack food/drinks if possible, and make sure your car is running well.

• Staying at hotels/vacation rentals:
  ▪ Call and ask about their safety protocols, such as cleaning practices, wipe down high-touch surfaces, and keep windows open initially.

• Staying with family/friends:
  ▪ Consider getting tested before you go/upon arrival, only stay with those who are following precautions.
During a Celebration or Travel

- Maintain social distancing.
- Wear a mask.
- Limit contact with commonly-touched surfaces.
- Wash hands often; use hand sanitizer.
- Encourage people to bring their own food and drinks.
- Do not serve potluck or buffet-style food.
- Avoid people who are sick.
- Avoid touching eyes, nose, and mouth.

CDC, 2020
Examples of Lower-Risk Activities

• A small dinner with only people who live in your household
• Preparing traditional family recipes for family and neighbors, especially those at higher risk of severe illness from COVID-19 and delivering them in a way that does not involve contact with others
• A virtual dinner and sharing recipes with friends and family
• Shopping online rather than in person on the day after Thanksgiving or the next Monday
• Watching sports events, parades, and movies from home
Examples of Moderate-Risk Activities

• A small, outdoor dinner with family and friends who live in your community
  ▪ Lower your risk by following CDC recommendations on [hosting gatherings or cook-outs](#).

• Visiting pumpkin patches or orchards where people use hand sanitizer before touching pumpkins or picking apples, wearing masks is encouraged or enforced, and people are able to maintain social distancing

• Attending a small outdoor sports events with safety precautions in place
Examples of Higher-Risk Activities

• Going shopping in crowded stores just before, on, or after Thanksgiving
• Participating or being a spectator at a crowded race
• Attending crowded parades
• Using alcohol or drugs, which can cloud judgement and increase risky behaviors
• Attending large indoor gatherings with people from outside of your household
• Traveling (risks vary based on type)
Decision-Making Tips and Tools

• Write a pro and con list.
  ▪ Some factors may “count” more on this list.

• Pretend you have decided and sleep on it.
  ▪ Notice how you feel.

• Gather information and advice from your healthcare team, trusted family/friends, people involved in any holiday celebrations.

• Know you are allowed to change your mind at any point.
Upon Deciding on Your Plan

• After making a decision on your plans, anxiety can linger.
• Write a list; write down your plan.
  ▪ Writing and planning can reduce anxiety.
• Talk the plan through with loved ones involved.
• Respect others’ opinions and base decisions on what you are comfortable.
• Have a script for how to inform others of your decision.
  ▪ “I have decided that this is the best decision to keep me and others safe.”
  ▪ "I would like to see you, but I do not feel safe at this time traveling.”
  ▪ “This does not feel like a good time to celebrate as a group. I would hate if anyone got sick.”
  ▪ “I hope we can celebrate together next year when this is all over.”
  ▪ “I would love to be part of the dinner still. Would I be able to Facetime with you?”
Creative Holiday Planning

• Think of new activities to enjoy as a family or with those you live with, start a new tradition, or modify an older one.
  ▪ Host a virtual dinner or virtually open presents together.
  ▪ Revamp the meal: Have each family member cook a different new dish for your family or one of your classic holiday dishes.
  ▪ Start new traditions: Substitute new activities for those that are less possible (watch a new movie, go on a winter walk with hot cocoa or apple cider in a new location, play board games).
  ▪ Enjoy the smaller gathering → less prep, less mess, less cleaning!
  ▪ Look at family pictures or videos of past holidays together and reminisce!
After a Celebration

• Anticipate and acknowledge emotions:
  ▪ Anxiety if you did engage in any in-person gathering of varying risk levels may occur
  ▪ Disappointment of missing aspects of our typical holidays

• Gratitude for how we were able to still celebrate even in small ways

• Mindfulness; notice what you missed and what you enjoyed more about the holidays in this new way.
  ▪ Ex: Missed seeing all your family/friends together but felt less stressed.
Overall Coping Tips for COVID-19 and the Holidays

• Limit media/news/screen time.
• Value the importance of sleep and daytime routine.
• Exercise.
  ▪ Free Apps: Asana Revel (yoga-inspired), Nike Training Club, FitOn
Overall Coping Tips for COVID-19 and the Holidays

• Mindfulness/relaxation: many apps and online resources to guide
  ▪ Insight Timer
  ▪ Breathe 2 Relax
  ▪ Stop, Breathe & Think
  ▪ Healthy Minds Program
  ▪ Headspace
  ▪ Calm
  ▪ YouTube

• Hobbies, activities you enjoy

• Social support
Overall Coping Tips for COVID-19 and the Holidays

• Positive psychology
• Gratitude
  ▪ Three Good Things app
  ▪ Random acts of kindness
• Values clarification
• Resilience
FACE COVID: Coping With COVID-19 Anxiety

• Focus on what is in your control.
• Acknowledge your thoughts and feelings.
• Come back into your body.
• Engage in what you are doing.

• Committed action
• Opening up
• Values
• Identify resources.
• Disinfect and distance.

Russ Harris, 2020, actmindfully.com.au, FACE COVID ebook
Let Us Hear From You

• Q&As from chat and Q&A panels
Online COVID-19 Patient Resources

• View up-to-date COVID-19 patient resources.

• Access handouts, webinars, videos, and links to trustworthy organizations.

  ▪ Click on “For Patients.”
ESRD NCC and patients developed these 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:
    November 11 at 3 p.m. ET
  ▪ Patient-focused event:
    November 17 at 4 p.m. ET

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