COVID-19

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

February 16, 2021
Agenda

• What is this call about?
• Today’s speakers
  ▪ Christa-Marie Singleton, MD, MPH
    − Associate Director for Science, Chief Health Equity Officer Unit
    − Centers for Disease Control and Prevention (CDC) COVID-19 Response
• Topic: Keeping Communities Safe: Mask Up Before, During & After the COVID-19 Vaccine
• 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.
Online COVID-19 Resource

- Developed by patients for patients.
- Offers practical tips to help better deal with stress and anxiety.
  - Click on “For Patients.”

Tips to Help You Boost Your Physical and Mental Health During COVID-19

- Find support, if needed:
  - Talk to your social worker.
  - Find an online support group.

- Develop a routine and stick to it:
  - Start your day with something that makes you feel good.
  - Add exercise to your daily activity.

- Connect with your faith:
  - Attend services online.
  - Participate in online faith-based classes.

- Fine tune your cooking skills:
  - Research kidney-friendly recipes.
  - Try to stay recipes from your favorite cooking shows.

- Bond with your family:
  - Find recipes to cook together.
  - Plan activities together. Host a movie night or create a photo album.

- Spend time outdoors:
  - Spend time hiking, gardening, or fishing.
  - Have a picnic at the park or just eat dinner outside.

- Limit the type of information you bring into the house:
  - Reduce how much media you consume.
  - Instead of watching the news, try watching a comedy, sitcom, nature program, or sports.

- Use technology to stay in contact with friends and family:
  - Schedule a weekly video call with your family.
  - Share a joke or inspirational message to lift each other’s spirits.

- Step outside of your box and do something different:
  - Read a children’s book to escape reality.
  - Listen to a podcast.

- Take this time to learn about new opportunities:
  - Check out vocational rehabilitation.
  - On your mobile device, visit [KidneyPrepHub.org](http://KidneyPrepHub.org) to view new resources.

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To get instant access to COVID-19 information, point your mobile phone camera at the QR code. See the steps that appear on your phone and follow the instructions on the screen.

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Christa-Marie Singleton, MD, MPH
Associate Director for Science, Chief Health Equity Officer Unit
CDC COVID-19 Response
Keeping Communities Safe: Mask Up Before, During, & After the COVID-19 Vaccine

Christa Singleton, MD, MPH
Associate Director for Science, Chief Health Equity Officer Unit
CDC COVID-19 Response

ESRD National Coordinating Center &
Kidney Community Emergency Response
February 16, 2021
CDC Chief Health Equity Officer Unit
Chief Health Equity Officer Unit

Charge:

- Develop a CDC COVID-19 Response Health Equity Strategy to address the increasing health disparities and inequities that the pandemic exacerbated.

- Coordinate efforts with the U.S. Department of Health and Human Services (HHS) and redouble the CDC’s commitment to diversity, equity, and inclusion to help CDC achieve its public health mission.

Key Health Equity Considerations
Racial and Ethnic Minority Population Health Equity Considerations

- Factors that contribute to increased risk:
  - Discrimination, including racism
  - Healthcare access and utilization
  - Occupation
  - Educational, income, and wealth gaps
  - Housing

Barriers to Medical Care

Barriers to Care:

- Health insurance coverage
- Unreliable transportation
- Stigmatizing language in medical practices and materials
- Access to medical resources
COVID-19 and End Stage Renal Disease (ESRD)
COVID-19 and End Stage Renal Disease (ESRD) (cont.)

- Having ESRD increases your risk for severe illness from COVID-19.

- Actions to take 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.
  - Plan to have enough food on hand to follow the KCER 3-Day Emergency Diet Plan for dialysis patients in case you are unable to maintain your normal treatment schedule.

KCER = Kidney Community Emergency Response
Patients with ESRD and COVID-19 have worse outcomes compared to non-ESRD patients with COVID-19.

- Increased hospitalization
- Length of stay
- Healthcare cost
- Morbidity
- Mortality
Patients with ESRD and COVID-19 have worse outcomes compared to non-ESRD patients with COVID-19.

- The odds of death from COVID-19 in ESRD patients was 38% higher compared to patients without ESRD.

The role of dialysis facilities in COVID-19 transmission to/from ESRD patients has not been widely described.
The dynamics of dialysis facilities makes disease detection challenging and may increase exposure risk.
Study assessing COVID-19 in Atlanta dialysis facilities
Mask Up: A Key Prevention Strategy
Q: Do I still have to wear a mask?

- If I get the COVID-19 vaccine, will I still need to wear a mask?
- Does the type of mask a person wears make a difference?
- How many people need to wear masks to reduce community transmission?
- Do I need to wear a mask in my dialysis center if everyone is being screened for COVID-19 before entering the facility? https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/types-of-masks.html

The short answer is yes! Wear your mask!
Maximizing Fit for Cloth and Medical Procedure Masks to Improve Performance and Reduce SARS-CoV-2 Transmission and Exposure, 2021

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**Summary**

What is already known about this topic?

Universal masking is recommended to slow the spread of COVID-19. Cloth masks and medical procedure masks substantially reduce exposure from infected wearers (source control) and reduce exposure of uninfected wearers (wearer exposure).

**Article Metrics**

Altmetric:

- News (220)
- Blogs (2)
- Twitter (1546)
Masks

- Are recommended in public settings and when around people who don’t live in your household, especially when other social distancing measures are difficult to maintain.
- Reduce the spread of COVID-19 to others and protect the wearer.
- Are most likely to reduce the spread of COVID-19 when widely used by people in public settings.

Source: CDC.
Vaccine Confidence Among Racial and Ethnic Minority Groups
COVID-19 Vaccine for People With Underlying Medical Conditions

- COVID-19 vaccines should be offered to persons with underlying medical conditions who have no contraindications to vaccination.
- Immunocompromised individuals may also receive COVID-19 vaccination if they have no contraindications to vaccination.
- Immunocompromised individuals with concerns should consult with their healthcare provider.
- Additional information for those with underlying medical conditions is available at https://www.cdc.gov/vaccines/covid-19/info-by-product/clinical-considerations.html#underlying-conditions.
COVID-19 and Vaccine Basics

Key Facts about COVID-19 Vaccination

- Getting vaccinated can help prevent you from getting sick with COVID-19
- People who have already gotten sick with COVID-19 should still get vaccinated
- COVID-19 vaccines cannot give you COVID-19
- COVID-19 vaccines will not cause you to test positive on COVID-19 viral tests*

Defining Vaccine Confidence

- Vaccine confidence is the trust that patients, parents, or providers have in:
  - recommended vaccines;
  - providers who administer vaccines; and
  - processes and policies that lead to vaccine development, licensure, manufacturing, and recommendations for use.
COVID-19 and Vaccine Basics

Vaccination Is One Measure to Help Stop the Pandemic

- While COVID-19 vaccines appear to be highly effective, additional preventive tools remain important to limit the spread of COVID-19.

- Both getting a vaccine and following CDC recommendations to protect yourself and others offers the best protection from COVID-19.
  - Cover your nose and mouth with a well-fitted mask.
  - Stay at least 6 feet from people who don’t live with you.
  - Avoid crowds and poorly ventilated indoor spaces.
  - Wash your hands often.
COVID-19 and Vaccine Basics

Protect Yourself, Your Family, Your Friends, Your Co-workers, and Your Community.

Get vaccinated.

- Choose to get vaccinated when it is offered.
- Participate in v-safe and help the CDC monitor for any health effects after vaccination.
- Share your experience with coworkers, friends, and family.
- Know the basics about the COVID-19 vaccine. Help answer questions from your family and friends.
- Show you received the vaccine by wearing a sticker or button prominently.
What CDC Is Doing
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<th>What CDC Is Doing</th>
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<tr>
<td>Assisting public health agencies</td>
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<td>Facilitating partnerships</td>
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<td>Assisting impacted communities</td>
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<td>Supporting essential workers</td>
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<td>Developing culturally tailored guidance</td>
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<td>Building inclusive workforce</td>
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<td>Tracking disparity data</td>
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What We Can Do Together to Promote Health Equity

- Working together:
  - Community- and faith-based organizations
  - Employers
  - Healthcare delivery systems
  - Public health agencies
  - State, tribal, local, and territorial governments

Helpful Resources


• Take Care of Your Kidneys and They Will Take Care of You: https://www.cdc.gov/kidneydisease/prevention-risk/take-care.html

• Chronic Kidney Disease Basics: https://www.cdc.gov/kidneydisease/basics.html


• COVID-19: People with Certain Medical KCER 3-day Emergency Kidney Diet: https://www.karger.com/Article/FullText/513214

• COVID-19 in ESRD and Acute Kidney Injury: https://www.karger.com/Article/FullText/513214
Thank You

For more information, contact CDC
1-800-CDC-INFO (232-4636)

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.

Source: CDC.
Let Us Hear From You

• Q&As from chat and Q&A panels
Quality Assessment & Performance Meetings (QAPI)

• A new tool to help you prepare for QAPI Meetings
• Learn what to expect and how to prepare:
  ▪ Before the meeting.
  ▪ During the meeting.
  ▪ After the meeting.
• Visit www.esrdncc.org/patients.
  ▪ Select “For New Dialysis Patients.”
  ▪ Select “QAPI Meeting Resource.”

Source: ESRD NCC
Where to Find Credible Information
About the Coronavirus 2019 (COVID-19)

During this pandemic, it’s especially important for everyone to take actions to keep themselves and others safe. To do this, let’s pause and think through how and where you can find credible, or trustworthy, information—especially as someone with kidney disease.

In stressful times, you may often turn to family and friends for support. Family and friends are great to:
- Share or receive emotional support.
- Connect with by phone call, video chat, or social media.

But your family and friends might not know the most up-to-date information on COVID-19 or the best actions to take right now, especially if you are on dialysis or have a kidney transplant. For this kind of information, you should turn to experts for credible information.

So, where can you find credible COVID-19 information? Start with these sites.

For general updates (e.g., handwashing and distancing, stay-at-home orders, use of face masks) on COVID-19:
- U.S. Centers for Disease Control and Prevention (CDC).
- U.S. Department of Health & Human Services (HHS).
- World Health Organization (WHO).

For kidney disease-related updates on COVID-19:
- Visit the ESRD-NCC’s National Coordinating Center (NCC) website, you can learn about kidney-related COVID-19 health information and where to locate webinars from health experts and patient advocates.
- Go to the Kidney Community Emergency Resource Network (KERN) website for the most up-to-date resource on COVID-19 from government, patient, and community organizations.
- View the KERN Network for a directory of ESRD Network Organizations expertise on kidney disease or dialysis in your area.
- Check out the American Association of Kidney Patients, Kidney Disease and COVID-19 to see webinars, frequently asked questions, and health alerts about kidney disease and COVID-19.
- Look to ESRD Network Centers (ESRD NCs) for updates on how dialysis centers are working to keep patients safe and prevent COVID-19 from spreading.
- Turn to the Social Support Network COVID-19 for tips on how kidney patients can stay physically and emotionally healthy.

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: February 24 at 3 p.m. ET
  ▪ Patient-focused event: March 2—Cancelled

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:

www.thekidneyhub.org/covid19/
www.kidneyCOVIDinfocenter.com