

COVID-19



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

Coronavirus Disease 2019 = COVID-19

July 7, 2020



Agenda

- What is this call about?
- Today's speaker
- Shannon Novosad, MD, MPH
 - Dialysis Safety Team, Prevention and Response Branch, Division of Healthcare Quality Promotion, Centers for Disease Control and Prevention (CDC)
- Stephanie Booth, HCA, CHHT, CIC
 - Making Dialysis Safer for Patients Coalition
- Topic: COVID-19 Stop the Spread of Germs and Protect Yourself
- 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.



COVID-19: Stop the Spread of Germs and Protect Yourself

**Dialysis Safety Team, Prevention and Response Branch,
Division of Healthcare Quality Promotion,
Centers for Disease Control and Prevention**

July 7, 2020

How COVID-19 Spreads*



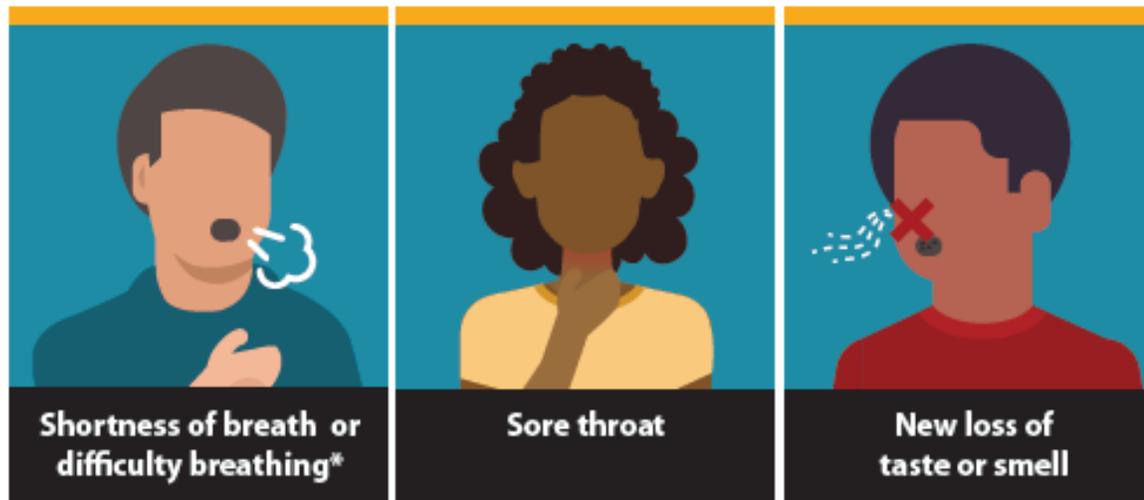
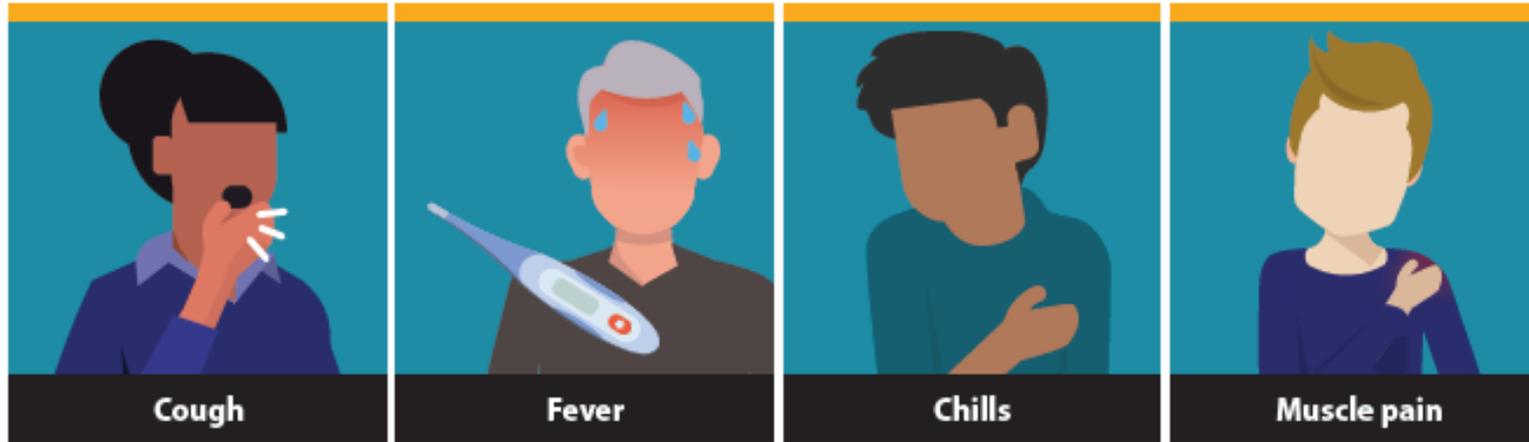
- **Person-to-person** is thought to be the primary way this disease spreads.
 - Between people in close contact with one another (about 6 feet).
 - Through respiratory droplets when an infected person coughs, sneezes, or talks.
 - Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.



- **Contact with contaminated surfaces or objects**
 - It may be possible to get COVID-19 by touching surfaces and then touching your mouth, nose, or eyes.

*COVID-19 is a new disease and we are still learning how it spreads.

Symptoms of COVID-19



Symptoms can:

- Range from mild to severe illness.
- Appear 2–14 days after you are exposed to the virus that causes COVID-19.

Wash Your Hands Often

- With soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
 - Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.



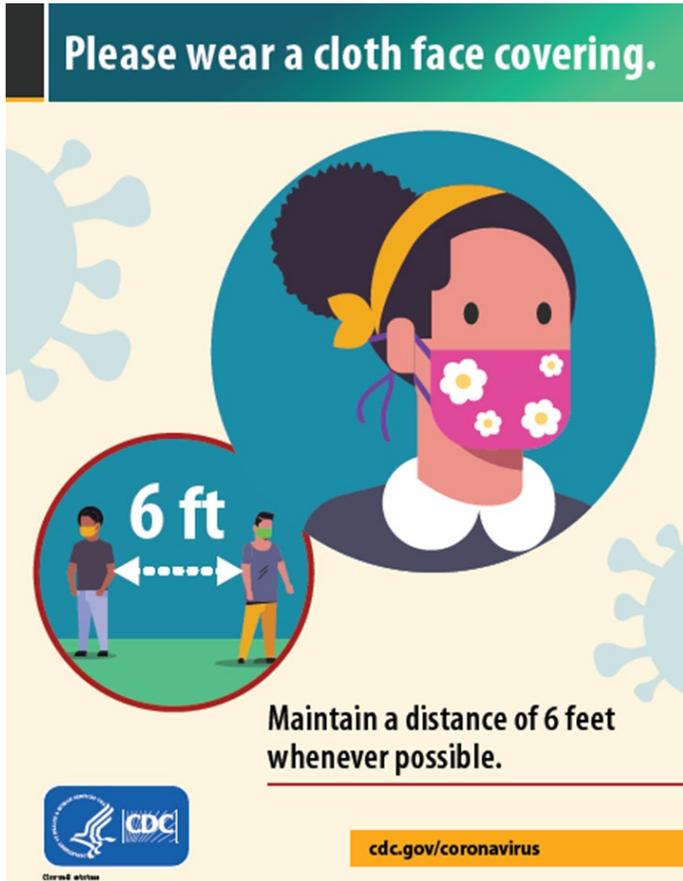
Social Distancing

- Put 6 feet of distance between yourself and people who do not live in your household.
- Keeping space between you and others is one of the best tools to avoid being exposed to COVID-19 and slowing its spread.
- Everyone should wear a cloth face covering in public settings, especially when other social distancing measures are difficult to maintain.



<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>

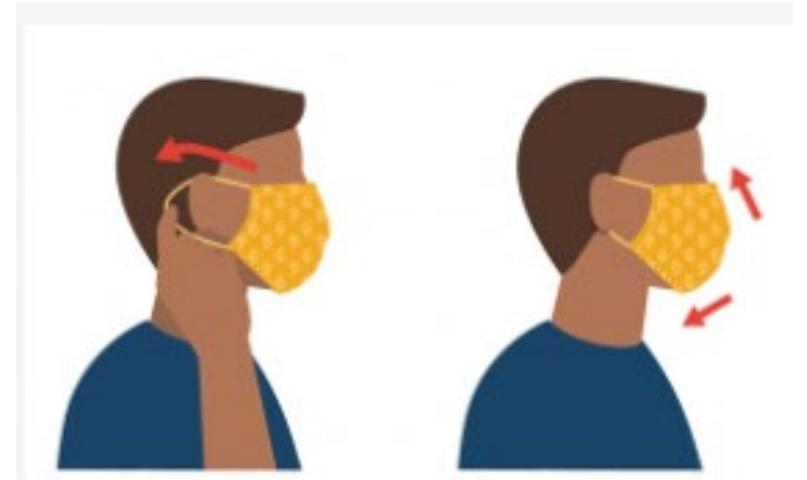
Practice Source Control



- Patients should wear a cloth face covering every time they leave their house, including during dialysis treatments.
- Take extra measures to put distance between yourself and others.
 - Maintain a distance of 6 feet whenever possible.

Wear Your Face Covering Correctly

- Wash your hands before putting on your face covering.
- Put it over your nose and mouth and secure it under your chin.
- Try to fit it snugly against the sides of your face.
- Make sure you can breathe easily.



Use the Face Covering to Protect Others

- Wear a face covering to help protect others in case you are infected, but do not have symptoms.
- Wear the covering in public settings when around people outside of your household, especially when other social distancing measures are difficult to maintain.
- **Do not** put the covering around your neck or up on your forehead.
- **Do not** touch the face covering, and, if you do, wash your hands.



<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wear-cloth-face-coverings.html>

Take Off Your Cloth Face Covering Carefully, When You Are Home

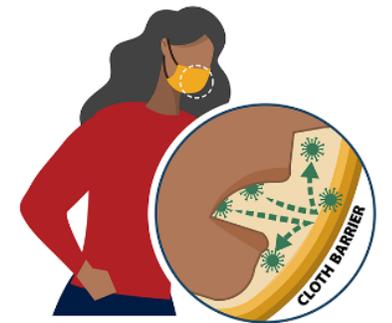
- Untie the strings behind your head or stretch the ear loops.
- Handle only by the ear loops or ties.
- Fold outside corners together.
- Place covering in the washing machine (learn more about how to wash face coverings by visiting the hyperlink below).
- Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing.



Understanding Mask Requirements

- Mandatory mask laws differ by state. Requirements to wear a mask/face covering can be specific to locations such as:
 - Public transport
 - Essential businesses
 - Everywhere in public

Even if your state is not requiring the use of masks, wearing a face covering will help you and others around you stay safe.



Remember to also:

- Cover cough and sneezes.
 - Sneeze or cough into a tissue, or the inside of your elbow.
- Clean and disinfect.
 - Disinfect frequently used items and touched surfaces as much as possible.
- Monitor your health.
 - Watch for symptoms.
 - Contact your care team if you begin to feel ill.
- Stay informed about the latest COVID-19 news in your state.



COVID-19 Dialysis Resources

How our facility is keeping patients safe from COVID-19

Our outpatient dialysis facility is prepared for the possible arrival of patients with coronavirus disease 2019 (COVID-19). We are committed to keeping patients safe and are taking the following steps to reduce the risk of COVID-19 in our patients and staff:

- We are providing extra training for staff and education for patients about the importance of hand hygiene, facemasks, respiratory hygiene, and cough etiquette.**


Tissues, alcohol-based hand sanitizer, and trash cans will be provided in the waiting area and treatment area. Soap and water will continue to be available at all handwashing sinks and in the restrooms.
- We are monitoring all staff for symptoms of COVID-19.**

We are instructing staff who have symptoms of COVID-19 (e.g., fever, cough, shortness of breath, sore throat, muscle aches, tiredness) to stay home and not come to work.
- We are monitoring patients on dialysis and visitors for symptoms of COVID-19.**


Call ahead if you have fever, new cough, sore throat, tiredness, muscle aches or shortness of breath. This allows us to plan for your arrival and take infection prevention steps to keep you safe.

Call us at:
- We are prepared to quickly identify and separate patients with symptoms of COVID-19.**

All patients will be screened upon entry to the facility and instructed to continue wearing their cloth face covering (or offered a facemask, if available). Patients with symptoms of COVID-19 will be treated in a separate area or at a corner or end-of-row station, away from the main flow of traffic.

This may affect your chair location, treatment time or day, or you may need to be transferred to another facility based on symptoms or diagnosis of COVID-19.
- We are training staff about proper use of personal protective equipment for COVID-19.**


You may see a change in the personal protective equipment (i.e. gowns, masks, gloves) that staff are asked to wear.
- We are continuing our routine cleaning and disinfection procedures as these procedures are recommended for protecting patients from COVID-19 in dialysis settings.**

Any surface, supplies, or equipment located within the patient station will continue to be disinfected or discarded. We will ensure any surface, supplies or equipment located within 6 feet of an ill patient is disinfected or discarded.
- We are limiting staff and visitors coming into the dialysis facility.**


We are limiting non-essential staff entry into the dialysis facility by exploring ways to provide care to patients remotely (e.g., using telehealth options).

We are restricting visitor access to only those who are essential for the patient's care. Visitors will be screened for fever and symptoms of COVID-19 prior to entry. Visitors will be asked to wear their cloth face covering and limit their movement in the facility.
- We are encouraging patients and staff to share all questions and concerns related to COVID-19.**


Don't be afraid to use your voice. It is okay to ask staff questions about treatment changes and ways to protect yourself and your family.
- We are staying up-to-date with the latest information from CDC's COVID-19 web page: www.cdc.gov/coronavirus.**

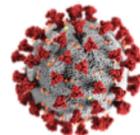
Thank you for everything you are doing to keep yourself and your loved ones safe. We will keep you informed about any new precautions we think are necessary. Please feel free to contact us with additional questions.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Coronavirus Disease 2019 (COVID-19) Keeping Patients on Dialysis Safe

What is COVID-19?



COVID-19 is a respiratory illness that can spread from person to person, similar to influenza.

Take Everyday Precautions

- Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer with at least 60% alcohol.
- Avoid touching your face.
- Everyone should wear a cloth face cover in public setting where other social distancing measures are difficult to maintain.
- Avoid close contact with people who are sick.
- Avoid crowds and keep at least six feet of space between yourself and others if COVID-19 is spreading in your community.
- If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
 - » Throw used tissues in the trash and immediately clean your hands.
- Routinely clean and disinfect surfaces you often touch, such as cell phones, computers, countertops, handles, and light switches.



Preparing the Facility

You may see changes as the dialysis facility prepares to keep you safe during treatment. This may include:

- Signs with special instructions for patients with symptoms of COVID-19.
- Additional education about hand hygiene and cough etiquette.
- Waiting areas will be divided for patients with symptoms and patients without symptoms.
- A change in patient chair locations, treatment times, or days.
- A change in the gowns, facemasks, and eye protection that the staff wear.
- Patients, visitors and staff will all be wearing a cloth face covering or facemask the entire time they are in the facility.




Speak Up

The screenshot shows the CDC website page for dialysis patients. At the top, it says 'CDC Speak Up: Making Dialysis Safer for Patients' and 'CDC.gov/dialysis Making dialysis safer for patients.' Below this is a 'Tips for Staff Handout' section. The main infographic is titled 'ENGAGING PATIENTS IN THE INFECTION PREVENTION CONVERSATION' and includes several tips for staff:

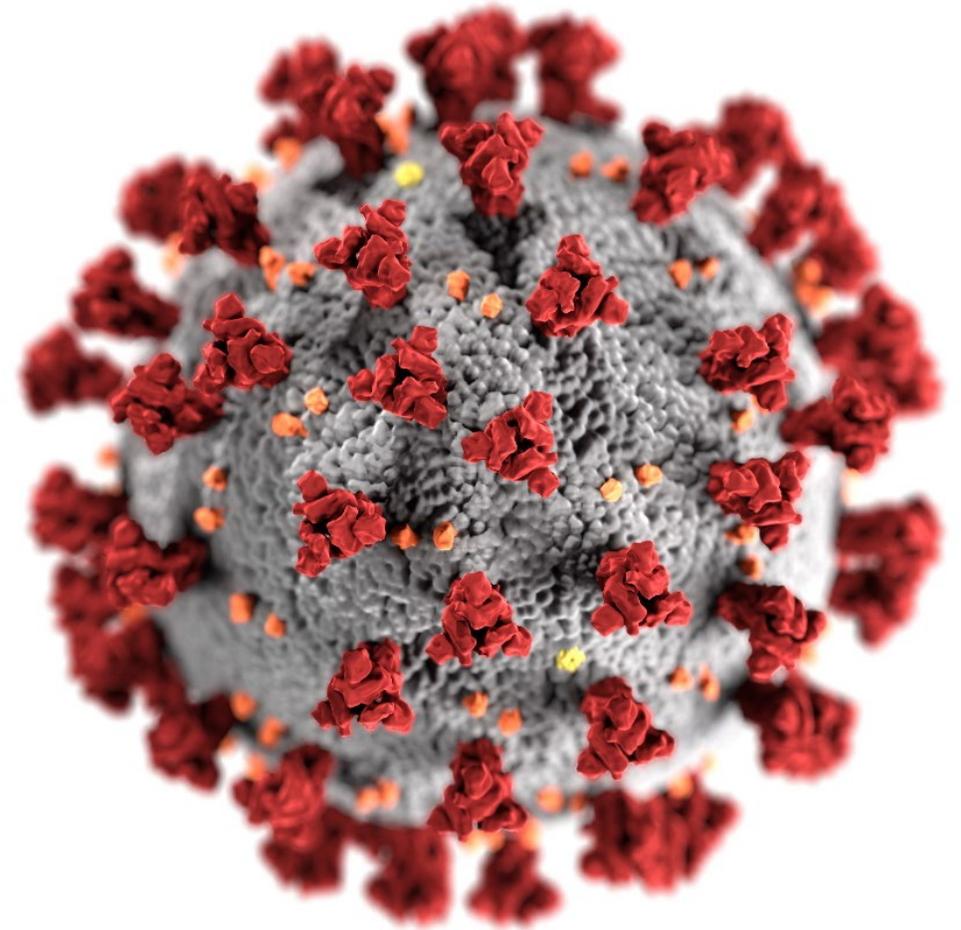
- Be direct and serious and show your care—no apologies.** (Accompanied by a snowflake icon)
- Most patients experience anxiety, fear, and uncertainty related to their dialysis treatment.** (Accompanied by a speech bubble icon)
- Try to create an environment where patients feel safe.**
- Encourage patients and caregivers to ask questions and share if they have concerns about their dialysis treatment and preventing infections.** (Accompanied by an illustration of a staff member talking to a patient and caregiver)
- Set patients high and open to them taking an active role in their care.** (Accompanied by an illustration of a staff member talking to a patient)
- Start the conversation by asking if they have any questions or concerns, and check in at multiple times during the dialysis treatment.** (Accompanied by an illustration of a staff member talking to a patient)
- It is important that all staff and caregivers be committed to and trained on patient engagement and infection prevention.** (Accompanied by an illustration of hands being washed)
- When a patient does speak up:**
 - Act and collaborate with the patient to close the loop so they know their concern is being addressed.** (Accompanied by an illustration of a staff member talking to a patient)
 - Take a discussion with patients and caregivers. Remember, involving dialysis is collaborative with staff, patients, and caregivers.** (Accompanied by an illustration of a staff member talking to a patient and caregiver)

At the bottom, there is a small note: 'You can find resources and learn more about CDC's work to reduce infections at CDC.gov/dialysis. Accompanying "Speak Up: Making Dialysis Safer for Patients" video is available at CDC.gov/dialysis.' There are also CDC logos and a 'Copy link' button in the top right corner.

- Do not be afraid to use your voice. It is ok to ask staff questions, such as:
 - What is the clinic doing to prepare for COVID-19?
 - How will these changes affect my treatment?
 - What can I do to protect myself and others?
 - Do you mind cleaning your hands again before you care for me?

<https://www.cdc.gov/dialysis/patient/speak-up-video.html>

Thank you!
dialysiscoalition@cdc.gov



For more information, contact CDC
1-800-CDC-INFO (232-4636)
TTY: 1-888-232-6348 www.cdc.gov

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.

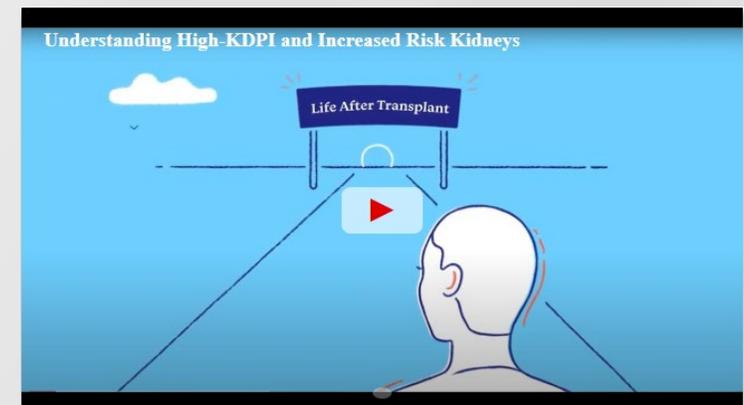
Let Us Hear From You

- Q&As from chat and Q&A panels

TheKidneyHub.org

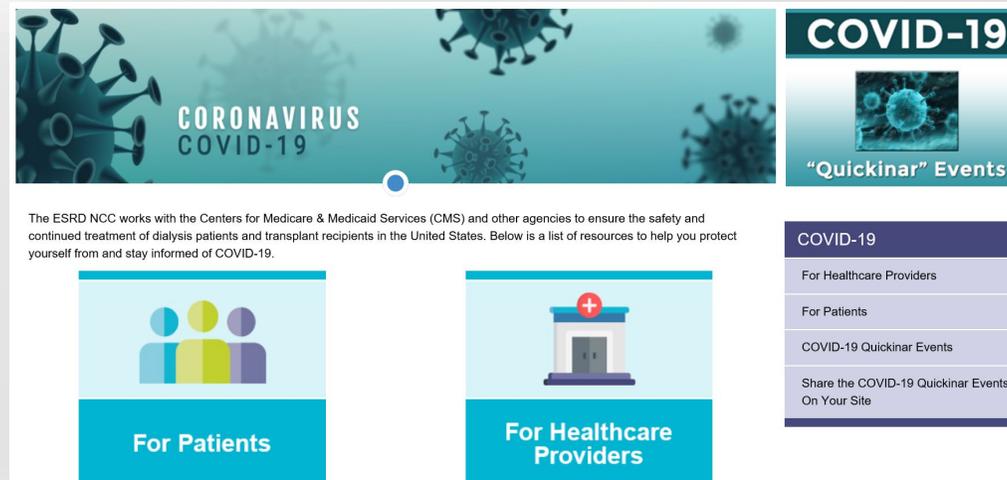
Visit TheKidneyHub.org.

- Secure, mobile-friendly web tool for patients and professionals.
- Developed by the ESRD NCC with assistance from patient subject matter experts (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-Kidney Donor Profile Index (KDPI) and Increased Risk Kidneys** video, and more.
- Visit today and bookmark to your device's home screen.



Our Next COVID-19 Quickinar Events

- Save the dates for our next events.
 - Provider-focused event:
July 8 at 5 p.m. ET
 - Patient-focused event:
July 14 at 5 p.m. ET
- 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:



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



www.thekidneyhub.org/covid19/



www.kidneyCOVIDinfocenter.com

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-07062020-01

