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

July 21, 2020
Agenda

• What is this call about?
• Today’s speakers
  ▪ Dale Lupu, MPH, PhD
    − School of Nursing, George Washington University
  ▪ Elizabeth Anderson, DSW, LCSW
    − College of Health and Human Sciences, Western Carolina University
  ▪ Coalition for Supportive Care of Kidney Patients
• Topic: Overwhelmed by a flood of COVID-19 information? Tips for keeping your head above water
• Questions and answers (Q&As) from chat and Q&A panels
What Is This Call About?

• Hear tips on healthy ways to cope with stress.
• Provide real-world experiences for others to put into use.
• Offer ESRD resources for additional connection and support.
• Engage in weekly calls on varying topics.
Information Overload

• We can only process so much information.

• Information overload can lead to:
  ▪ Confusion
  ▪ Lack of productivity
  ▪ Frustration
  ▪ Anxiety
Strategies for Staying Afloat When Flooding Happens

- Acknowledge emotion.
- Interrupt stories that spin out of control.
- Manage the flow of information—choose the most useful information.
Accept Emotion

Identify emotion

Identify supports

Cope
Stories That Spin Out of Control

• All or nothing thinking
• Catastrophizing
• Discounting positives
• Jumping to conclusions
What Situations Can Create Negative Thinking?

- Hours on the internet
- Negative family and friends
- News channels
• “I’ll never see my grandkids again!”
• “The COVID numbers are going up in our area; I guess we are all going to die!”
• “Our city is moving backwards in reopening!”
• “I’m grateful we have Facetime to be able to see each other now”
• “I’m taking steps to be careful and cautious.”
• “We are taking steps to get healthy.”

Replace negative thoughts
Control the flow of information

Define the question

Use reputable sources

Limit the flow
Define your question

• Decide ahead of time what you want to know:
  ▪ What can I do to reduce chances of getting infected?
  ▪ What is best practice for infection control at a dialysis center?
  ▪ Are cases spreading or slowing down in my community?
Choose Reputable Sources of Information

• National Kidney Foundation (NKF)  
  https://www.kidney.org/covid-19

• Centers for Disease Control (CDC)  

Check what you hear from other places against the reputable sources
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:

- Provide or receive emotional support.
- Connect with by phone call, video chat, or social media.

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.

https://esrdncc.org/en/patients/covid-19/
www.KidneyCOVIDinfocenter.com
Control the Flow of Information
Schedule Time to Do Things That Uplift You
Relaxation exercise
Let Us Hear From You

• Q&As from chat and Q&A panels

- 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 22 at 5 p.m. ET
  ▪ Patient-focused event: July 28 at 5 p.m. ET

• Visit www.kidneyCOVIDinfocenter.com for information and to register.
Future COVID-19 Quickinar Events

• Starting August 4, Quickinar calls move to a new time and will last one-hour.

Provider-focused event
August 4 at 1 p.m. ET

Patient-focused event
August 11 at 1 p.m. ET
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