COVID-19

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

October 6, 2020
Agenda

• What is this call about?
• Today’s speakers
  ▪ Eva Tak
    – Patient Subject Matter Expert (SME), NPFE-LAN
    – ESRD Network 17
  ▪ Brenda Shephard, RN, BSN, CCTC
    – Renal Transplant Outreach and Physician Education Coordinator
    – University of Virginia Charles O. Strickler Transplant Center
• Topic: Receiving a Kidney Transplant 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.
• Share real-world experiences for others to put into use.
• Engage in bi-monthly calls on varying topics.
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.”
Online Patient and Family Member Resources

• View resources providing information about:
  ▪ What to expect as a newly diagnosed patient.
  ▪ Understanding the grievance process.
  ▪ Choosing transplantation.
  ▪ Choosing home dialysis.
  ▪ Infection prevention.
  ▪ Emergency planning.
  ▪ Caregiving.

• Get links to trustworthy organizations.

• Visit www.esrdncc.org/patient.
Eva Tak
Patient SME, NPFE-LAN
ESRD Network 17
#TRANSPLANT STRONG
Keeping Our Promise to Patients

Barbara Shephard, RN, BSN, CCTC
Renal Transplant Outreach Coordinator and Physician Education Coordinator
University of Virginia Charles O. Strickler Transplant Center
Adjusting to a New Normal

Objectives:

• Understand adjustments made in clinical practice in order to continue evaluating, transplanting, and caring for kidney recipients in a pandemic.

• Describe telehealth as a tool to continue delivering care.

• Discuss educating transplant recipients when their care partner cannot be at the bedside.

• Discuss what we have learned.
Initial Responses to COVID-19

• In March, we were unclear how the virus would impact transplant candidates and centers.
• Our center never stopped post-transplant visits, evaluations, or transplants.
• We quickly adapted to a telehealth platform to accommodate pre- and post-patient visits.
• Using Doxy.me, patients were seen using a smart device/computer.
  ▪ In some cases, patients had just telephone visits.
Kidney Transplant Evaluation

• We continued to accept referrals and schedule evaluation appointments.
• Kidney transplant education was made available online and through an email link sent directly to patients.
• We developed a mechanism for having patient sign an Agreement of Understanding.
• We then scheduled for a remote visit with the transplant surgeon. If suitable for further evaluation, we scheduled to see Social Work, Nutrition, Finance, and our Living Donor team.
• Patients, not yet on dialysis with GFR 20 or less, were listed INACTIVE to accumulate waiting time. Between March 17 and June 17, 35 patients were listed INACTIVE, 11 through telehealth, and 32 patients were listed ACTIVE.
Living Donor Kidney Transplant

• Initially there was a thought that all activity needed to be halted.
• Many patients reacted as well and asked to be cancelled for upcoming evaluation or surgery.
• Donor evaluations that were scheduled through the end of March/beginning of April were cancelled while our team put together a plan.
The Plan-Evaluations

• We quickly generated a list of donor evaluations that needed to be rescheduled.

• Once the telemedicine platform was up and running, we scheduled 15 donor evaluations to be completed over a 2–3 week period.
  ▪ Nephrology
  ▪ Surgery
  ▪ Social work/Independent living donor advocate
Evaluations (cont.)

• Many ambulatory restrictions were to be lifted starting in early May. Each of these donors was brought to the clinic for a physical exam and the remainder of their diagnostics.

• Out-of-state donors were scheduled for a 2-day evaluation and provided with lodging.

• Some patients requested to delay surgery themselves.

• Our program opted to delay a few surgeries by 2–3 weeks until we had a better understanding of viral penetrance.

• Living donors and their recipients tested prior to surgery for COVID.
Educating the Care Partner

• Critical to a recipient's success with transplantation is their care partner.
• Help get their loved one through the process smoothly.
• There is a requirement for ACTIVE listing and the caregiver must be available 24/7 for the first several weeks after transplant.
• Attend teaching sessions and acknowledge understanding of medication regimen, vital sign management, assisting with chores, shopping, lifting, etc.
• Emotional support
• Link to the Transplant Team.
No Visitors

• Make education sessions available online via video.
• Share all materials via e-mail link or hard copy by mail.
• Offer video and phone sessions to validate and provide education.
• Allow in-person visits when necessary.
Care of the Kidney Transplant Recipient

• Look for no change in anti-rejection medications after transplant.
• Patients get labs twice weekly in the initial post-transplant period.
• Arrange in-person clinic visits for the first 3 months, about every other week.
• You may then opt to have visits via telemedicine.
• Our center allows one visitor to accompany patient to Transplant Clinic appointment.
Let Us Hear From You

• Q&As from chat and Q&A panels
Kidney Transplant Resources

Available on the ESRD NCC Website
Visit [www.esrdncc.org/patients](http://www.esrdncc.org/patients) and select the Transplant menu.
Visit www.esrdncc.org/npfe-lan and select the Transplant Affinity Group menu.
Kidney Transplant Resources (cont.)

Visit www.esrdncc.org/en/patients and select Patient Videos from the right menu.
Visit www.KidneyCOVIDinfocenter.com and click on the For Patients button, then open the ESRD NCC Patient Resource menu.
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 Increase 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 14 at 3 p.m. ET
  § Patient-focused event: October 20 at 4 p.m. ET

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