

OKR 1 | Depression

Learning and Action Network (LAN)

December 12, 2023

ESRD National Coordinating Center



Meeting Logistics

Starting September 12, 2023 LANs are shortened to 30 minutes. Please provide your feedback in the post-event survey.



Call is being recorded



All participants are muted upon joining the call

We want to hear from you.

Type questions and comments in the “Chat” section, located in the bottom-right hand corner of your screen.



Meeting materials will be posted to the ESRD NCC website

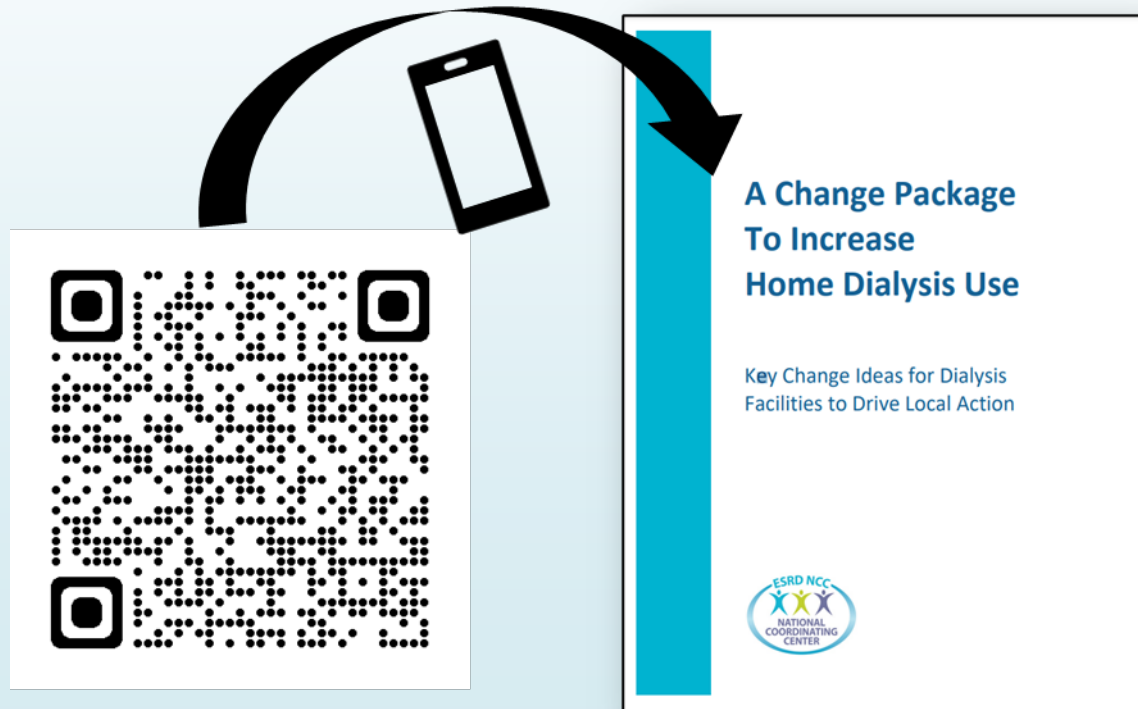
Ways to Spread Best Practices from Today's LAN

- Share your approaches and experiences via chat
- Identify how today's information could be used at your facility
- Apply at least one idea from today's LAN at your facility
- Commit to sharing your learnings and ideas with other colleagues

Learning and Action Networks (LANs) bring people together around a shared idea, opportunity, or challenge to offer and request information and experiences to improve the identified topic of discussion.

Polling Question #1

Have you previously used best practices from the change packages to improve your clinical outcomes?



Presentations – ESRD Network 16



Gratitude and Mood December 12, 2023

Lisa Hall, MSSW, LICSW

Patient Services Director, ESRD Network 16

lhall@comagine.org

“Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of **Gratitude.**”

- A.A. Milne
Winnie-the-Pooh

Research Study (Sirois & Wood, 2017)

- Gratitude predicted lower depression in chronic illness populations.
- Authors defined gratitude: “A life orientation towards noticing the positive in life, including both thankfulness to others and a wider sense of appreciation for what one has.”



Measuring Gratitude & Related Factors

- [The Gratitude Questionnaire \(GQ-6\)](#)
 - ✓ 6 questions
 - ✓ Each scored from 1 (Strongly disagree) to 7 (Strongly agree)
 - ✓ Two questions are reverse-scored
 - ✓ The higher the score, the more gratitude you feel
 - ✓ The score is positively related to hope, optimism, life satisfaction, forgiveness, empathy, spirituality, religiousness and prosocial behavior.

GQ-6

Using the scale below as a guide, write a number beside each statement to indicate how much you agree with it.

1=strongly disagree

2=disagree

3=slightly disagree

4=neutral

5=slightly agree

6=agree

7=strongly agree

GQ-6 Questions

1. I have so much in life to be thankful for.
2. If I had to list everything that I felt grateful for, it would be a very long list.
3. When I look at the world, I don't see much to be grateful for.*
4. I am grateful to a wide variety of people.
5. As I get older, I find myself able to appreciate the people, events, and situations that have been part of my life history.
6. Long amounts of time can go by before I feel grateful to something or someone.*

*Items 3 and 6 are reverse-scored

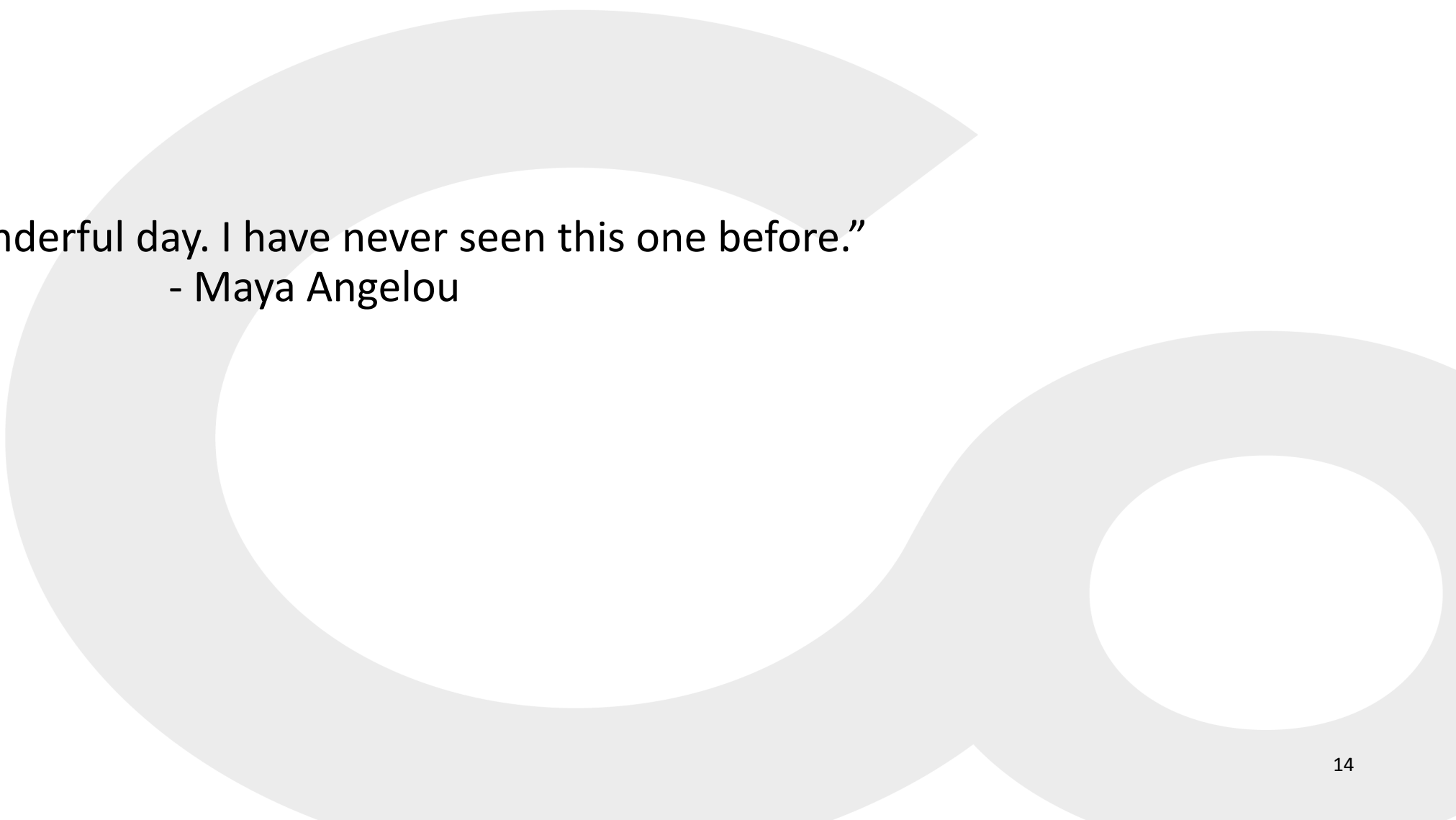
Gratitude Boosters

- Journaling
- Gratitude Jar, Stone, or Tree
- Gratitude Amble (Walk)
- Meditation/Visualization
- Volunteering
- Gratitude Chain

Gratitude Chain

- Try this at a holiday dinner with family/friends.
 - Each person says one thing they are grateful for.
 - It helps to create a positive atmosphere for the meal.





“This is a wonderful day. I have never seen this one before.”
- Maya Angelou

Questions?



Lisa: Lhall@comagine.org

Thank you!!

Presentations – ESRD Network 17



Depression Learning and Action Network (LAN)

Riquelen Ngumezi, LCSW
Patient Services Manager
ESRD Network 17

December 12, 2023

High-Performing Facilities Best Practices

Best Practices

- Outpatient-hospital-based programs
 - Integrated care model
 - MD notifies SW after starting/adjusting medication
 - Focus on quality of life, who they are as a person (vs identity as a patient)

Best Practices - Continued

- Large-Dialysis Organization (LDO) Facilities
 - Coordinating with Integrated Kidney Care (IKC) & Social Work Counseling Pathways (SWCP)
 - Proactive nephrologists
 - Utilize a tracker

Best Practices - Continued

- Medium-Sized Dialysis Facilities
 - Continuity of care
 - Strong relationship with local primary physicians
 - Culturally relevant interventions



ESRD Networks 7, 13, 15, 17, 18

Thank you!

Riquelen Ngumezi, MSW, LCSW

rngumezi@hsag.com

650.389.1085

Presentations – ESRD Network 18



Depression Learning and Action Network (LAN) Call

Anne Pugh, MSW, LCSW
Patient Services Manager, ESRD Network 18

December 12, 2023

Building Trust through Patient, Family Engagement and Connection at Every Presented Opportunity

Updates for 2023

Unanticipated and Anticipated Successes

- Facility Feedback

- Uses data to elevate/quantify depression's importance in ESRD and overall health, by linking it to numbers--\$, outcomes.
 - “Talking about this project in our Core team meeting provided a good recognition for what I do here as a Social Worker.”
- Created new relationships- PCP and ESRD unit taking care of same patients- continuity of care through new linkages with outside providers
 - “Working with the patients to assess the level of their depression/distress and coordinating the care with the primary care physician was great.”

Feedback – in their own words

- Peer to Peer support improved:
 - “Patients would rather talk to someone going through the same thing rather than seek professional help due to past experience.”
- Deeper relationships began:
 - “Patients no longer screening positive for symptoms and uninterested in referrals, but we were able to talk about what helped.”
 - It made me more “open to exploring further the pt's reasoning of not wanting to engage in mental health therapy.”

Feedback (cont.)

- When asked “Is there anything that you would like the Network staff to be aware of either about tools, needs, or questions regarding this project?”
 - One mentioned survey fatigue: “Patients already do get PHQ 9 screening, KDQOL screening, distress thermometer screening from clinic in addition to dietary, nursing surveys and questioning. Then as well, they get additional outside surveys regarding care, etc.”
 - One social worker would have liked “having handouts and forms in multiple languages.”
 - Another suggested that “providing a letter to the clinic's Nephrologist and sharing PHQ-9 outcomes/referrals during core-team meetings” might be helpful.

Best Practices, Approaches, along with a “50-minute” therapy hour referrals

- Coalition Building (Allyship, Health Equity, Inclusion, Diversity)
- Creating an emotionally “safe” dialysis environment
- Connectedness-Social Support Activities
 - P2P Support, Facility Patient Partners, Support Groups, Social Media
- Focus on Related Assessments- KDQOL, Cognitive, and Pain
- Active vs Passive----Volunteering Activities/Exercise/Being Outside
- Ideological Frameworks
 - Strengths Perspective
 - Ethics-Patient Autonomy, Informed Consent; Patient Identified Goals
 - Stages of Change- sometimes the right thing is to do nothing...
 - Trauma Informed Care Perspective
 - Harm Reduction
 - Self-Efficacy, Patient Activation
- Awareness of language/approaches/cultures/SDOHs in all efforts addressing absence or presence of mental health

Gratitude Work, Daily Task Calendar*

December 2023

Happiness Calendar

This month, look for the light.

Keep up with the latest on the science of connection, compassion, and happiness by [subscribing to our newsletters](#).

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Greater Good Science Center <small>ggsc.berkeley.edu greatergood.berkeley.edu</small>					1 Find a new hobby you enjoy.	2 Meditate on what you're grateful for.
3 Go to sleep as soon as you feel tired.	4 Look for the goodness and kindness all around you.	5 Go easy on yourself when you're struggling.	6 Imagine what your life would be like without a loved one.	7 Take a walk and savor the sights, sounds, and smells around you.	8 Speak up at work.	9 Give the Greater Good Toolkit as a gift.
10 How mindful are you? Take our quiz to find out.	11 Do three kind things today.	12 Slow down and take time for yourself.	13 Make friends with people who are different from you.	14 Be your authentic self as you age.	15 Reflect on the ways you embody your values.	16 Write a note of gratitude to someone.
17 Find calm by watching your thoughts and feelings come and go.	18 See the goodness in yourself.	19 Find allies to help build a more equitable workplace.	20 Take our Science of Happiness course in 2024.	21 Break free from gender norms.	22 Journal about a recent moment of awe.	23 Reconnect with someone you lost touch with.
24 Take care of your mental health.	25 Sing.	26 Ask yourself: What can I learn from others?	27 Surround yourself with people you respect and admire.	28 Ponder your New Year's resolutions.	29 Read a good book.	30 Remember acts of kindness you gave and received.
31 Contribute to the greater good.						

* [Greater Good Science Center](#) (GGSC) at the University of California, Berkeley.

Thank you!

Anne Pugh, MSW, LCSW

apugh@hsag.com

650.389.1082

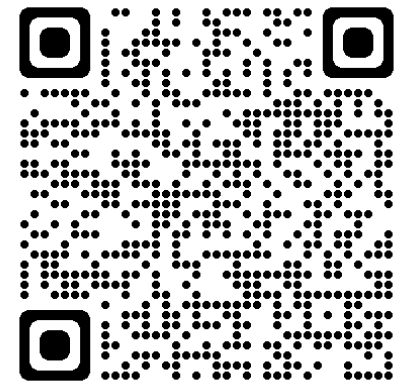
Polling Question #2

Now that you have heard these presentations, what will you implement in the next 60 days?

Moving from Learning to Action...

Share best practices from this presentation with your colleagues.

Use the ESRD NCC Changes Packages to improve patient outcomes and overall patient experience of care.



Change Packages

Find & Follow Us on Social Media

ESRDNCC.org



ESRD National Coordinating Center



@esrd_ncc



@esrdncc



ESRD NCC

Thank you!

Please take a one moment to complete the post-call survey.

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 No. FL-ESRD NCC-NC3PAW-12112023-1.

