

COVID-19



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

COVID-19= Coronavirus Disease-19

April 21, 2020



Agenda

- What is this call about?
- Today's speaker
 - Carolyn Feibig, MS, RD, LDN
 - Transplant Dietitian
 - The George Washington University Hospital
 - Topic: Discussing the importance of maintaining diet in this environment
 - Questions and answers (Q&As) from chat and Q&A panels

What Is This Call About?

- Hear from ESRD patients and providers adapting to COVID-19.
- Provide real-world experiences for patients to put into use.
- Engage in weekly calls on varying topics.

Carolyn Feibig, MS, RD, LD

Transplant Dietitian

The George Washington University Hospital



Discussing the Importance of Maintaining Diet in This Environment

Yes!

It is **always** important to follow your kidney diet
but possibly even more so now.

Why?

- It helps people stay out of the hospital.
- People suspected of having COVID-19 are likely to be sent to the Emergency Department (ED).
 - Symptoms like shortness of breath or feeling like your heart is beating fast may be common to both COVID-19 and other conditions.
- Some of the most common reasons people on dialysis go to the hospital, or the ED, are high potassium and fluid overload.
 - Manage your potassium.
 - Manage your fluid.

How to Manage Your Potassium

- Choose lower potassium foods (your dietitian can give you a list).
- Follow recommended portion size.
 - **Low** potassium foods eaten in larger amounts turn into **high** potassium foods.
- Choose water—do not drink your potassium.
 - Even low potassium juice has more potassium than water.
 - Avoid electrolyte or alkaline water—they have added potassium.
- Read your food label(s).
 - Many times food packages/convenience foods have additives, including potassium additives.
- Complete your full scheduled dialysis treatment.
 - In-center hemodialysis, peritoneal dialysis, and home-hemodialysis

How to Manage Your Fluid

- Make a plan.
 - Find what works for you.
 - Is it four 8-ounce (oz.) glasses OR one 32 oz. glass?
- Choose water.
 - Beverages with sugar or caffeine make you more thirsty.
 - Avoid soda, juice, tea, and coffee.
- Avoid foods that count as beverages.
 - Soup, ice, Jell-O, popsicles, ice cream, and pudding
- Limit your salty **and** sweet foods.
 - Salt and sugar make you thirsty.
- Chew sugar-free gum or enjoy sugar-free hard candy.
- Do not skip or shorten your dialysis treatments.

Food Safety & COVID-19

Centers for Disease Control and Prevention (CDC) Recommendations

- Wash your hands.
 - Use hot water.
 - Use soap.
 - Lather/scrub for 20 seconds.
 - (“Happy Birthday” song twice)
 - Rinse.
 - Dry with a single-use towel.



One of the most important rules for any airborne disease:
Wash your hands.

CDC Recommendations

- General food safety guidelines apply when preparing food during COVID-19.
 - Wash your hands before preparing any food and after touching raw meat.
 - Wash your fruits and vegetables. Run under water and firmly rub, even those with skins that are not eaten.
 - Wash your counters before preparing food. Use an approved disinfectant.
 - Use a separate cutting board for raw meat, poultry, and fish.
 - Cook your food to the proper internal temperature:
 - Poultry and leftovers: 165° Fahrenheit (F)
 - Ground beef, pork, lamb: 160° F
 - Whole cuts of beef, pork, lamb: 145° F
 - Seafood/Fish: 145° F



COVID-19 and the Grocery Store

- If possible, have your groceries delivered or use curbside pick-up.
- If you have to go into the store, wear a mask, stay 6 feet apart from others, try to use automatic payment, and do not use cash.
- Use hand sanitizer while you shop and when leaving the store.
- Wash your hands right when you get home.
- Clean your counters before going to the store.
- Wash your produce.
- If possible, “quarantine” your non-perishable foods for 24 hours.

COVID-19 and Takeout

- Per the CDC and World Health Organization (WHO), there is no current evidence that COVID-19 can be spread through food.
- However, it might be spread via the delivery person or the container.
 - Have the delivery person leave your takeout on your door step or lobby.
 - If in-person handoff is necessary, wear a mask and stay 6 feet apart.
 - Wash your counters.
 - Wash your hands before handling the food.
 - Reheat your food.
 - Serve in a different container.
- Limit takeout—it has a lot of sodium and added phosphorus.

Let Us Hear From You

- Q&As from chat and Q&A panels

Our Next COVID-19 Awareness Events

- Our next call:
 - COVID-19 for providers
 - April 22, 2020, at 5 p.m. ET
 - Suzanne Watnick, MD
Liz McNamara, MN, RN
 - Suzanne Watnick, MD, is the Chief Medical Officer in Administration at Northwest Kidney Centers.
 - Liz McNamara, MN, RN, is the Vice President of Patient Care Services and Chief Nursing Officer (CNO) in Administration at Northwest Kidney Centers.
 - COVID-19 provider update
- Visit <https://esrdncc.org/en/quickinars> to register.

Thank You!

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Additional COVID-19 resources for patients and providers:



<https://esrdncc.org/en/patients/covid-19/>

Centers for Disease Control and Prevention

<https://www.cdc.gov/coronavirus/2019-ncov/>

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Lower Potassium Foods – Protein sources

(under 250 milligrams (mg) of potassium/serving)

Animal Protein (3 oz)

- Egg/egg sub (1/4 cup)
- Chicken breast
- Chicken thigh/Leg
- Beef, bottom round
- Turkey light/dark
- Deli meat
- Canned tuna (light)
- Cod

Legumes (1/2 cup)

- Blacked peas
- Garbanzo/chickpeas
- Tofu (3oz)

Nuts (1 oz)

- Brazil nut
- Smooth peanut butter
(2 Tablespoons)

Cheese (1 oz)

- Cheddar
- Cream cheese
- Feta
- 1% cottage cheese (4 oz)

Do not forget to take your phosphorus binders! Protein foods have phosphorus.

Lower Potassium Foods – Fruits and Vegetables

(under 250 mg of potassium/serving)

Fruits (1/2 cup)

- Apple (1medium)
- Black/blueberries
- Cherries
- Fruit cocktail
- Grapes
- Peaches (1 small)
- Canned peaches (½ cup)
- Pears
- Pineapple
- Raspberries
- Strawberries
- Watermelon

Vegetables (1/2 cup)

- Asparagus (6 spears)
- Green beans
- Broccoli
- Cabbage (green/red)
- Carrots
- Cauliflower
- Celery (1 Stalk)
- Corn—fresh (1/2 ear)
- Corn—frozen (1/2 cup)
- Cucumber
- Eggplant
- Kale—raw
- Lettuce
- Onions
- Parsley
- Green peas
- Bell peppers
- Radishes
- Yellow/summer squash
- Zucchini

Resources

- Centers for Disease Control (CDC)
 - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- World Health Organization (WHO)
 - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- American Kidney Fund (AKF)
 - <https://kitchen.kidneyfund.org/>
- National Kidney Foundation (NKF)
 - <https://www.kidney.org/kidney-basics>
- American Association of Kidney Patients (AAKP)
 - <https://aakp.org/>