COVID-19

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

May 5, 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: Maintaining emotional balance in an unbalancing time
• Questions and answers (Q&As) from chat and Q&A panels
What Is This Call About?

• Hear tips to empower yourself to cope with COVID-19.
• 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.
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 | kidneysupportivecare.org
Coping With COVID-19

• Connect with people at your clinic via phone or support groups.
  ▪ Your clinic social worker can direct you to group resources.

• Acknowledge the emotion.
  ▪ It is normal to feel sad, anxious, irritated, restless, and forgetful.

• Remember: You are resilient!
  ▪ Ask yourself: “What has helped me get through difficult times before?”

• Create a new routine where possible.
  ▪ Create a list of how you will get ready for the day. Do something every day you enjoy. Make sure you plan time for yourself!
Anxiety

Symptoms:

• Trouble sleeping
• Negative/obsessive thoughts: “This is horrible; how are we going to ever survive?”
• Fear about the future
• Trouble concentrating
• Restlessness

Interventions for Anxiety:

• Limit news and social media. Find 1–2 news sources you like and review 1–2 times a day for 1–20 minutes.
• Avoid caffeine, drugs, and alcohol.
• Exercise. Studies show that exercise helps increase coping capacity.
• Avoid any news before bed.
• Phone a friend.
• Establish a routine at home.
Grounding Techniques—Close Your Eyes and Identify the Following:

- 5 things you see
- 4 things you hear
- 3 things you smell
- 2 things you feel
- 1 thing you taste

Relaxation Techniques video: https://www.youtube.com/watch?v=RHpTR2wRc8c
Assertively Asking for Help When on Dialysis

• You are your best advocate! It is important to be confident in asserting your needs to staff. Assertive communication is **hard**, but important.

  - **Honest**
  - **Appropriate**
  - **Respectful**
  - **Direct**

<table>
<thead>
<tr>
<th>I feel X</th>
<th>When you do Y</th>
<th>In situation Z</th>
<th>And I would like *</th>
</tr>
</thead>
<tbody>
<tr>
<td>I feel anxious</td>
<td>when the staff do not wear masks.</td>
<td>when they are cannulating me and sneezing.</td>
<td>... it if staff would wear masks all the time.</td>
</tr>
<tr>
<td>I feel upset</td>
<td>when I see other patients.</td>
<td>that they are coming into dialysis sick.</td>
<td>... it if there was a rule about dialyzing when sick.</td>
</tr>
</tbody>
</table>

Let Us Hear From You

• Q&As from chat and Q&A panels
TheKidneyHub.org

• Introducing TheKidneyHub.org.
• New resource for patients and professionals
• Secure, mobile-friendly web tool developed by the ESRD NCC with assistance from patient subject matter experts (SMEs).
• Links to important materials, such as:
  ▪ COVID-19 emergency resources
  ▪ Patient-created resources on transplant, infection prevention, well-being, etc.
  ▪ Educational materials for new (and experienced) ESRD patients, etc.
Our Next COVID-19 Quickinar Events

• Save the dates for our next events.
  ▪ Patient-focused event:
    May 12, 2020, at 5 p.m. ET
  ▪ Provider-focused event:
    May 13, 2020, at 5 p.m. ET

• Visit [www.kidneyCOVIDinfocenter.com](http://www.kidneyCOVIDinfocenter.com) for information and to register.
Thank You!

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813.865.3545
www.esrdncc.org

Additional COVID-19 resources for patients and providers:

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-7N56TD-05042020-01