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

May 12, 2020
Agenda

• What is this call about?
• Today’s speakers
  ▪ Precious McCowan
    – Kidney Transplant Recipient
    – Legacy Subject Matter Expert (SME), National Patient and Family Engagement-Learning and Action Network (NPFE-LAN)
  ▪ Lisa Rodriguez, RN, CNN
    – Transplant Coordinator
    – Outreach Nurse
    – Adult Kidney Program
    – University of California (UC) Davis Health Systems Transplant Center
  ▪ Topic: Preparing for kidney transplant during the COVID-19 pandemic
  ▪ Questions and answers (Q&As) from chat and Q&A panels
What Is This Call About?

- Hear from an ESRD patient and provider on the transplant process.
- 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.
Precious McCowan
Kidney Transplant Recipient
Legacy SME, NPFE-LAN
Lisa Rodriguez, RN
Transplant Coordinator
Outreach Nurse
Adult Kidney Program
UC Davis Health Systems Transplant Center
Preparing for Transplant

• Complete a care plan with your transplant team. It will let you know what you can expect while you wait.

• Talk with your nurse coordinator. Ask if the team has received your most recent test results.

• Complete your annual cancer screening/testing:
  ▪ Mammogram
  ▪ Pap smear
  ▪ Prostate-specific antigen (PSA) blood test for men
Prepare Yourself for Transplant

- Patients must take responsibility to stay active while waiting by:
  - Walking daily for 30 minutes.
  - Staying well.
  - Keeping your support person current.
  - Notifying the transplant team if you lose your insurance.
  - Not skipping dialysis treatment.
  - Maintaining a list of your current medications.
  - Notifying your nurse coordinator if you become ill or hospitalized.
Prepare Yourself for Transplant (cont.)

• The UC Davis Transplant program continues to perform kidney transplants from deceased donors who are COVID-19 negative.

• Stay well and follow the Centers for Disease Control and Prevention (CDC) guidance on how to protect yourself and others from exposure to the virus.

• Call your transplant center if:
  ▪ You have been diagnosed with COVID-19. It will not be safe to have a transplant until you are recovered.
  ▪ You have been exposed to someone with COVID-19 and are in quarantine. It will not be safe to transplant until two weeks have passed.

The UC Davis Transplant Team is here for you!
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 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.
  ▪ And more.
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 for information and to register.
Thank You!

NCCinfo@hsag.com
844.472.4250
813.865.3545
www.esrdncc.org

Additional COVID-19 resources for patients and providers:

www.kidneyCOVIDinfocenter.com

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