Welcome to the
IPRO ESRD Network Program

Patient Webinar: *Coping in Uncertain Times: COVID-19 Pandemic*

The webinar will begin promptly at 1:00PM. Thank you for your participation!
Patient Webinar Series: Part 1

Coping in Uncertain Times: COVID-19 Pandemic

Dr. Daniel Cukor, Director of Behavioral Health, The Rogosin Institute, ESRD Network Education Committee Member

Dawn Edwards, Health Ambassador, Patient Advocate/Educator, National SME Network Patient Advisory Committee (PAC) Advisor, Founder/CEO of NYS CKD Champions

April 7, 2020
Welcome/Opening Remarks

Danielle Andrews
Community Outreach Coordinator
IPRO ESRD Network Program
Housekeeping Reminders

- This WebEx will be recorded and slides will be made available on the Network’s Website.
- All lines have been muted to eliminate background noise.

To ask a private question use the Chat section in the bottom right corner of your screen sending to All Panelists.

To ask a question for the answer to be shared with all Attendees or Privately, use the Q&A section in the bottom right corner of your screen.

Select a question, and then type your answer here. There is a 256-characters limit.
Network Program Overview
IPRO ESRD Network Service Areas
(2018 Network Annual Reports)

Network 1
CT, MA, ME, NH, RI, VT
Patients: 14,856
Facilities: 199
Transplant: 15

Network 2
NY
Patients: 30,337
Facilities: 305
Transplant: 13

Network 6
NC, SC, GA
Patients: 50,539
Facilities: 760
Transplant: 10

Network 9
OH, KT, IN
Patients: 33,890
Facilities: 639
Transplant: 14

IPRO ESRD Program
129,662
ESRD Patients
1,903
Dialysis Facilities
52
Transplant Centers
Mission Statement

The Mission of the IPRO End Stage Renal Disease (ESRD) Network Program is to promote health care for all ESRD patients that is safe, effective, efficient, patient-centered, timely, and equitable.
ESRD Network Role/Responsibilities

• Liaison with Department of Health (DoH) and Centers for Medicare & Medicaid Services (CMS)
• Lead State-Wide Quality Improvement Activities (QIAs) to improve quality of care for ESRD patients
• Promote patient engagement, education, and patient experience of care
• Provide technical assistance and grievance management for ESRD patients and providers
• Support ESRD data systems and data collection, analysis and monitoring for improvement
• Support emergency preparedness and disaster response
• Collaborate with Dialysis Facilities and Transplant Centers
COVID 19 and Patients

- The COVID-19 pandemic has created a complex and stressful situation for the ESRD community.
- Access to constant news and media coverage, and medical and public health websites have caused information overload and may have increased patients' anxiety.
- Patients have stated having trouble adjusting to
  - Social distancing
  - External Stressors (behaviors of other people)
  - Fear of the unknown
  - Dialysis treatment changes (time, duration, seating)
Dr. Daniel Cukor

Director, Behavioral Health
The Rogosin Institute
Dawn Edwards

Health Ambassador, The Rogosin Institute
NYS CKD Champions Founder/CEO
ESRD Network Patient Advisory Committee (PAC) Advisor
National Patient Advocate/Educator and Subject Matter Expert
Coping with the Uncertain Times of the COVID-19 Pandemic

Daniel Cukor, PhD
Director, Behavioral Health
dac9227@nyp.org

PART 1
Outline

Concerns I have heard:

1. COVID-19-specific worries  }  Today
2. Impact of Social Isolation
3. Instability in the World
4. Coping with Difficult Feelings  }  Monday at 4PM
Outline

Concerns I have heard:

1. COVID-19-specific worries
2. Impact of Social Isolation
3. Instability in the World
4. Coping with Difficult Feelings
COVID concerns

Will I be infected?
Will I get sick?
Will anyone I care about become ill?
Will my healthcare team be OK?
What if I need to go to the hospital?
Will I need to change shifts or sites?
How can I keep myself safe and protect my family?
COVID-specific worries

• Productive vs. Unproductive Worry
  – Evaluate Usefulness
    If you can’t change it, no value in worrying about it.
COVID-specific worries

• Present vs. Future Orientation
  – Coping now
  – Bringing resources with us
  – What do I need to do for myself to be safe for the next 24 hours? Week?
COVID-specific worries

Acceptance doesn't mean resignation; it means understanding that something is what it is and that there's got to be a way through it.

- Michael J. Fox
Concerns I have heard:

1. COVID-19-specific worries
2. Impact of Social Isolation
3. Instability in the World
4. Coping with Difficult Feelings
Social Isolation

DIVORCE LAWYERS WAITING FOR PEOPLE TO BE QUARANTINED WITH THEIR SPOUSE FOR WEEKS

MIRROR HIGH FIVE
it's like liking your own status
Impact of Social Isolation

- Self-Care/Develop Healthy Routine
  - Sleep and Wake Times
  - Eating Healthy
  - Exercising
  - Time for self
  - Create structure to your day
Impact of Social Isolation

• Choose How Spend Time
  – Being Productive
  – Use as bonus, free time
  – Get at your procrastination list
  – Accomplish something you would never have done
Impact of Social Isolation

Challenge ourselves to create ways of remaining connected and infusing meaning in our lives in ways that are different.
Impact of Social Isolation

• Be creative in how you relate to others
  – Texting to people you haven’t been in touch with
  – Call people
  – Zoom calls
  – Zoom parties
  – Remote games

“I just beat my 6 grandchildren in an online word game” – 84 y.o.
Final Thoughts

• We are all experiencing a shared trauma
• This is temporary and will get better – choose hope
  – this is a marathon, not a sprint
• Develop a plan for active coping
  – Manage negative feelings
  – Connect with others
Thank you!

Questions (through the chat feature)
Questions or Comments?
Resources

Coping
• Cognitive Behavioral Strategies to Manage Anxiety by Massachusetts General Hospital
• Coronavirus Disease 2019 (COVID-19): Manage Anxiety and Stress by the CDC
• Psychology Today - Dr. Robert Leahy “Anxiety Files” Blogposts

Yoga
• NYP Integrative Health: 15-minute series for all levels

Relaxation
• How to reduce stress with the 2:1 breathing technique
• Progressive Muscle Relaxation

Meditation
• headspace.com/ny

NY State Hotline For FREE emotional support 1-844-863-9314
Closing Remarks/Next Steps
Next Steps

Part 2 of Webinar
• Monday, April 13th at 4:00PM
• Patient Webinar Series will continue with additional topics to be announced

Please complete the post-webinar survey to provide your feedback!
Thank You!