



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!



End-Stage Renal Disease
Network Program

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

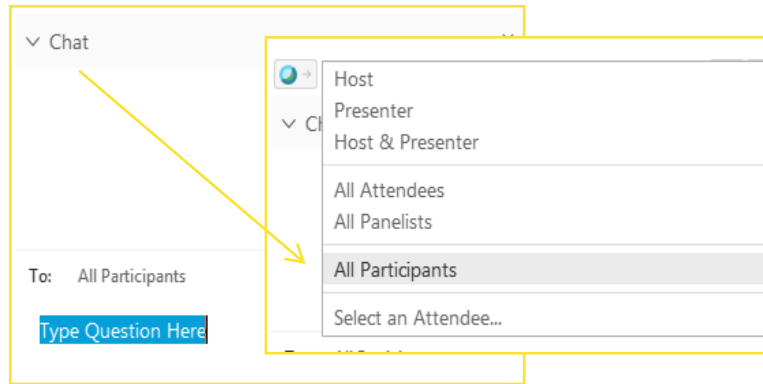


Danielle Andrews
Community Outreach Coordinator
IPRO ESRD Network Program

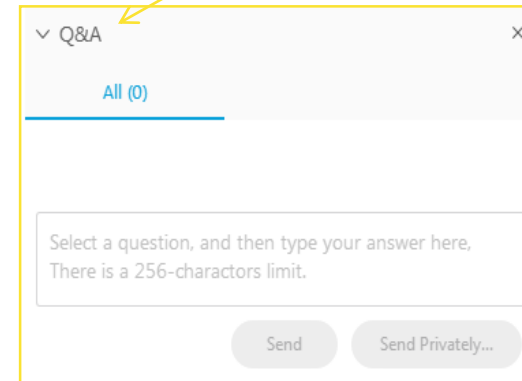
Housekeeping Reminders

- 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.

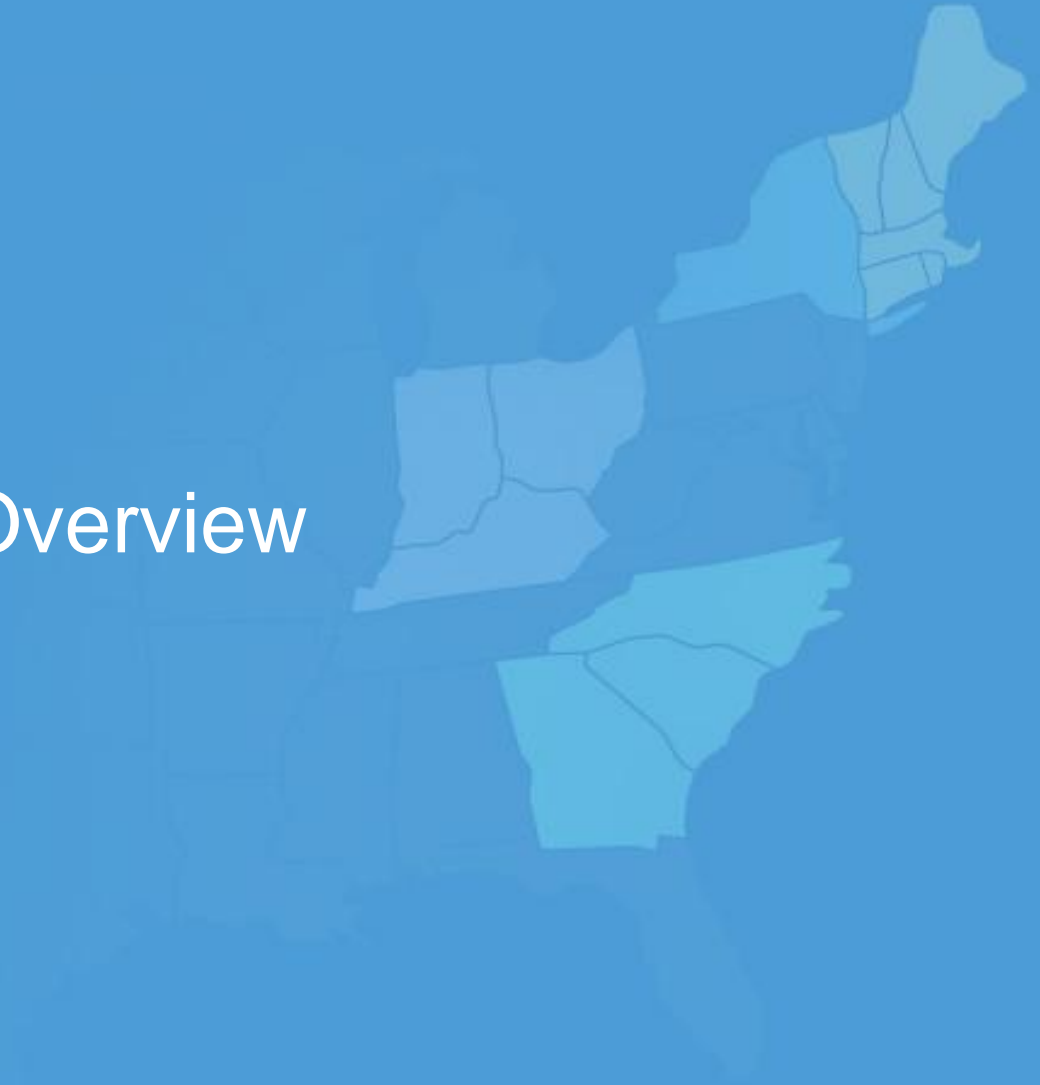
To ask a private question use the Chat section in the bottom right corner of your screen sending to All Panelists



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

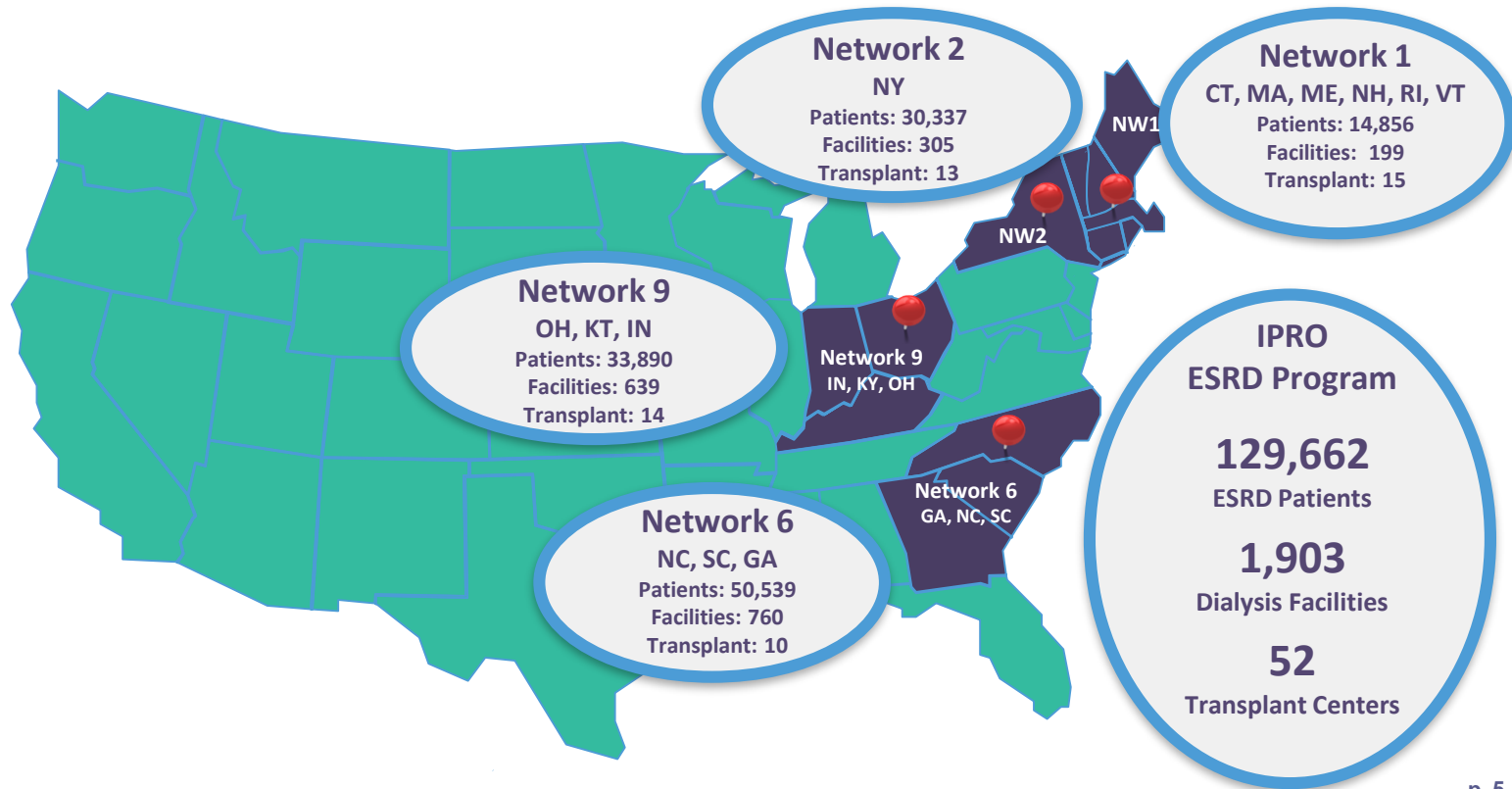


Network Program Overview



IPRO ESRD Network Service Areas

(2018 Network Annual Reports)



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
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PART 1

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
- } Today
- } 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 anyone get it? Will it be a pandemic?
How can I keep myself and my family 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



what
is acceptance?



IT'S RAINING

i don't like rain.
i wish it wasn't raining.
my day would be better
if it wasn't raining. my day is
ruined. every day is like this.
it's always like this. why does
it always rain when all i want is
for it to be sunny?



IT'S RAINING

yup.

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

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



"Sometimes it's good to change your walking routine. Try walking around the block instead of wandering around the kitchen."

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!



Better healthcare,
realized.

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