



Welcome to the IPRO ESRD Network Program

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

The webinar will begin promptly at
4:00PM. Thank you for your participation!



End-Stage Renal Disease
Network Program

Patient Webinar Series: Part 2

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 13, 2020

Welcome/Opening Remarks

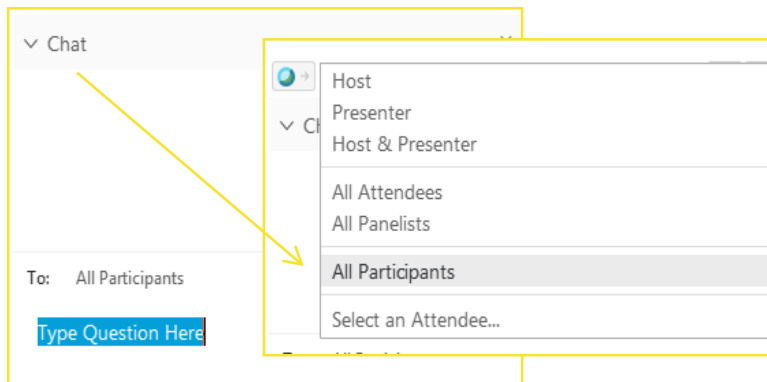


Danielle Andrews
Community Outreach Coordinator
IPRO ESRD Network Program

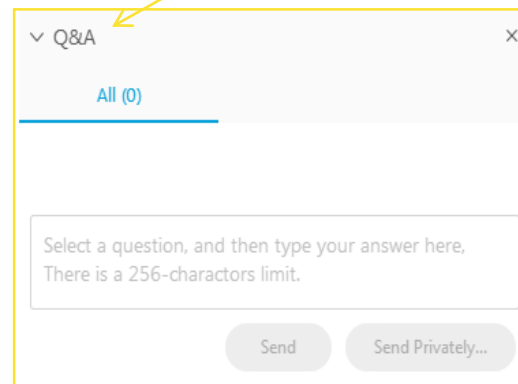
Housekeeping Reminders

- 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.

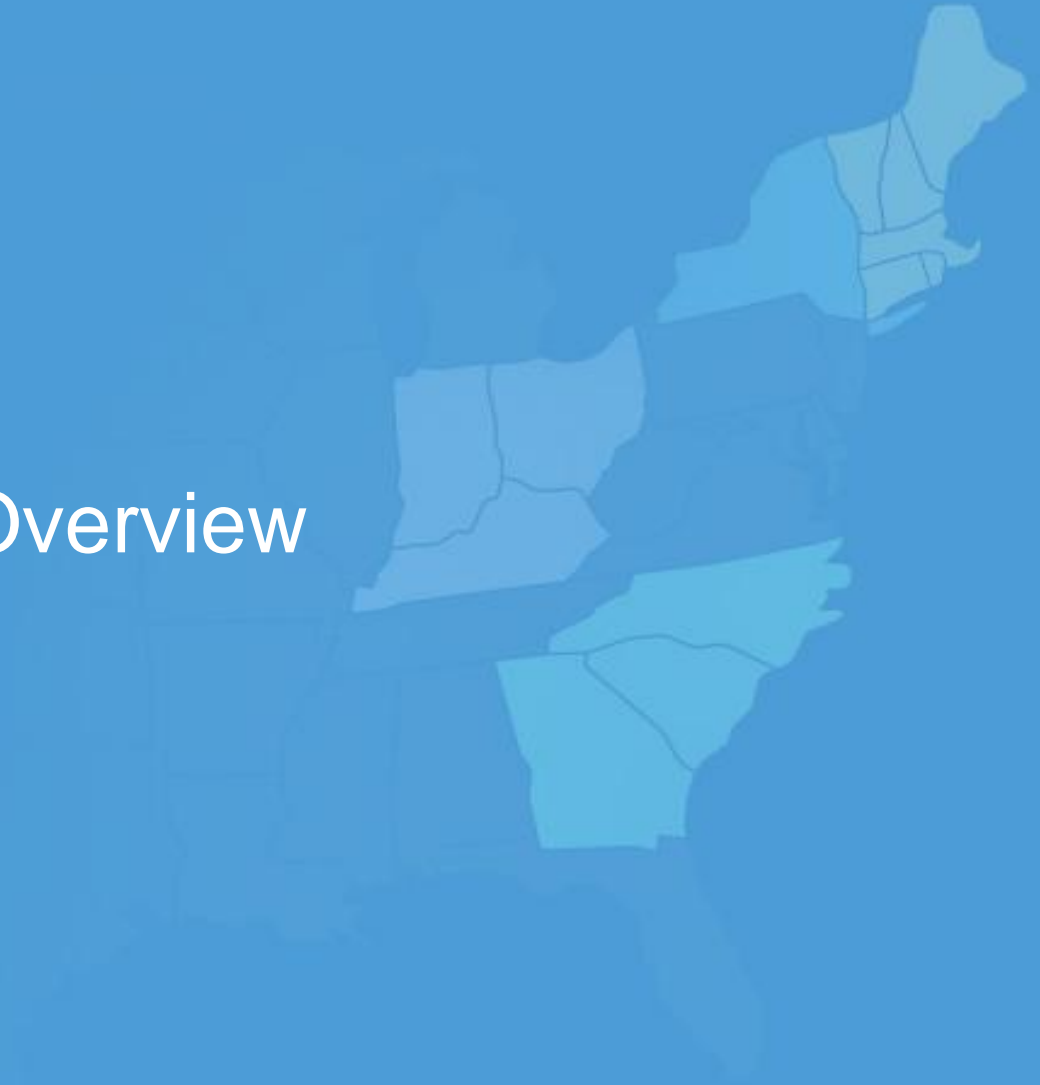
To ask a private question use the Chat section in the bottom right corner of your screen sending to All Panelists



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

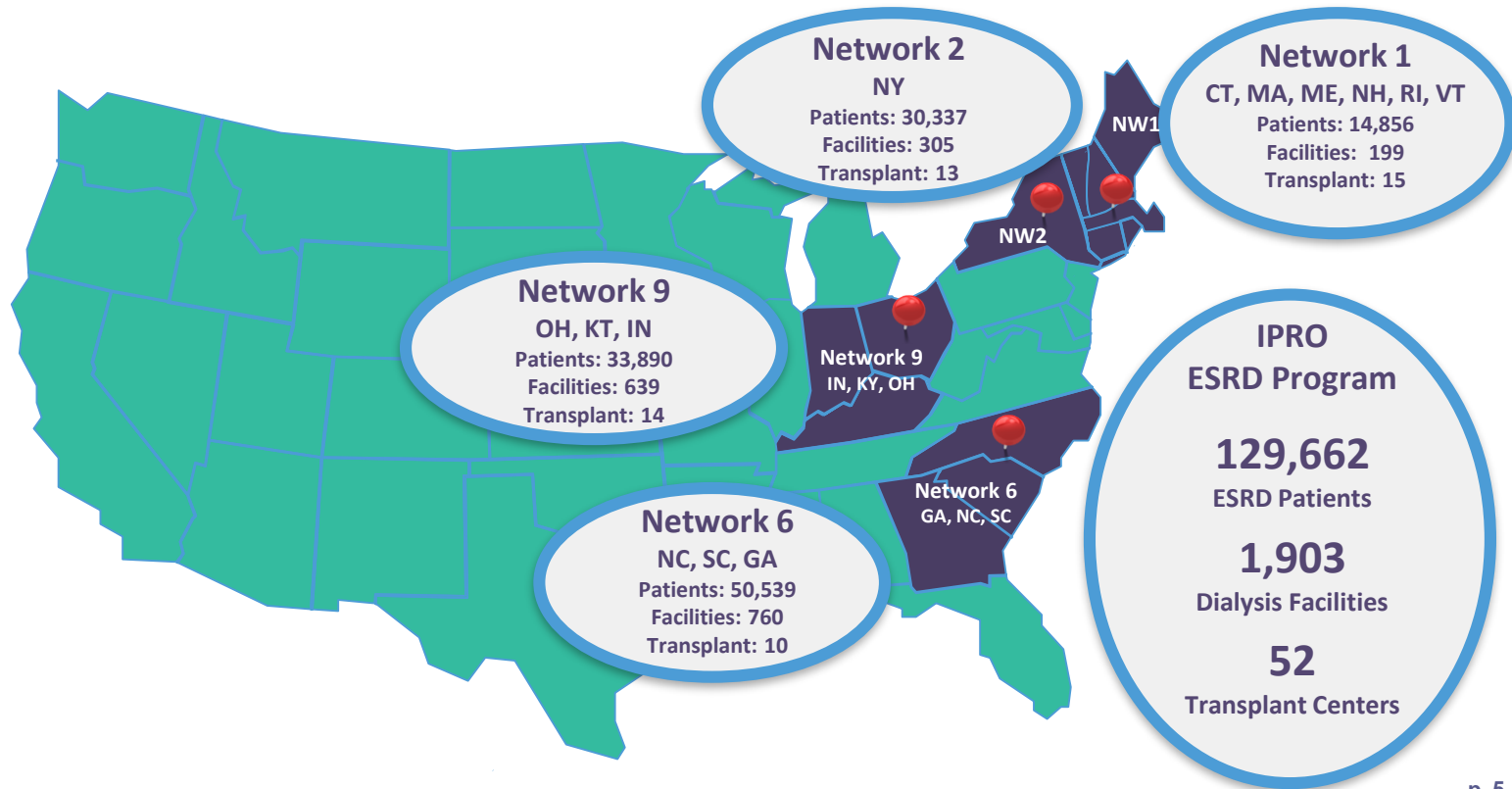


Network Program Overview



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
Director, Behavioral Health
dac9227@nyp.org



PART 2

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
- } Last Week
- } Today

Instability

“Everything seems so different than it did just a few weeks ago, the future is so difficult to imagine.”

“I live with my son and his family, what if I lose my savings and he loses his job?”

“Will I be able to get groceries?”

Instability

- Acknowledgement of the stability and infrastructure that is protective for you
- Acceptance of uncertainty and powerlessness

Instability

- Remain Hopeful! Be Active!
 - Be mindful of the positive signs of response
 - Companies will respond to new economic realities
 - The whole world is working to address this

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

How are you coping?

**HOW I PICTURED
MYSELF DURING
THE APOCALYPSE**



**WHAT I REALLY
LOOK LIKE!**

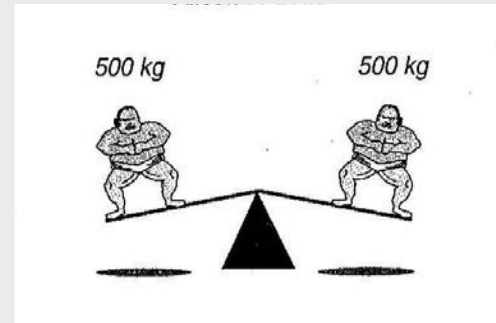
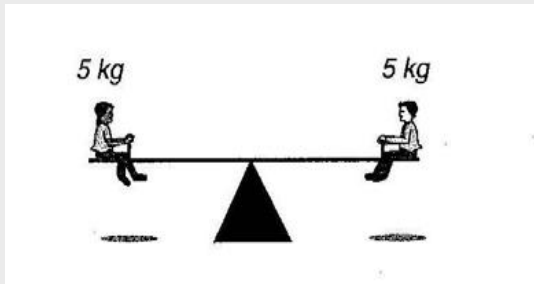


**Me after I eat all of
my quarantine
snacks in one night**



Coping with Feelings - Stress

- Stress
 - Allostatic Load - the cost to the brain and body of continual allostatic response.



McEwan B, Lasley EN, 2002

Coping with Feelings - Stress

- Maladaptive vs. Adaptive coping
 - What ways can you mimic what has worked in the past?
 - Do not turn to unhealthy behaviors

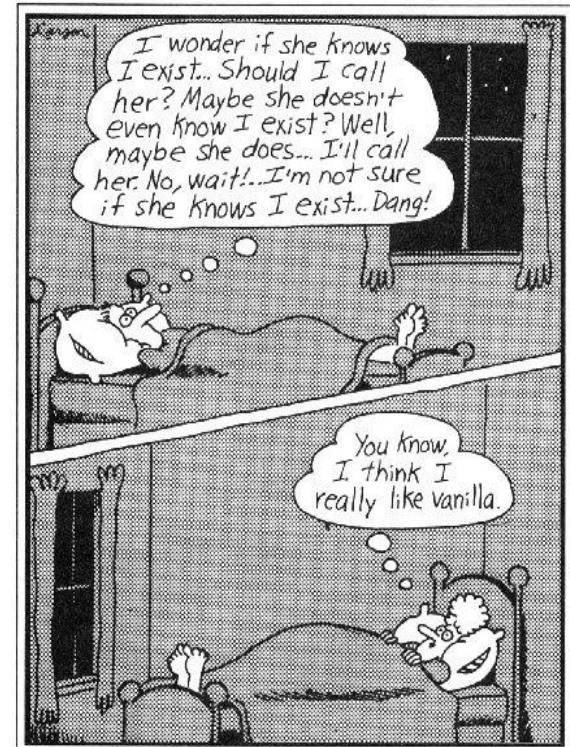
Coping with Feelings

- Stress
 - Breathing
 - Meditation
 - Progressive Muscle Relaxation
 - Use Apps or online resources



Coping with Feelings - Anxiety

- Anxiety
 - Catastrophizing
 - Scheduling worry time
 - Worrying vs. Ruminating
 - Mindful of news intake



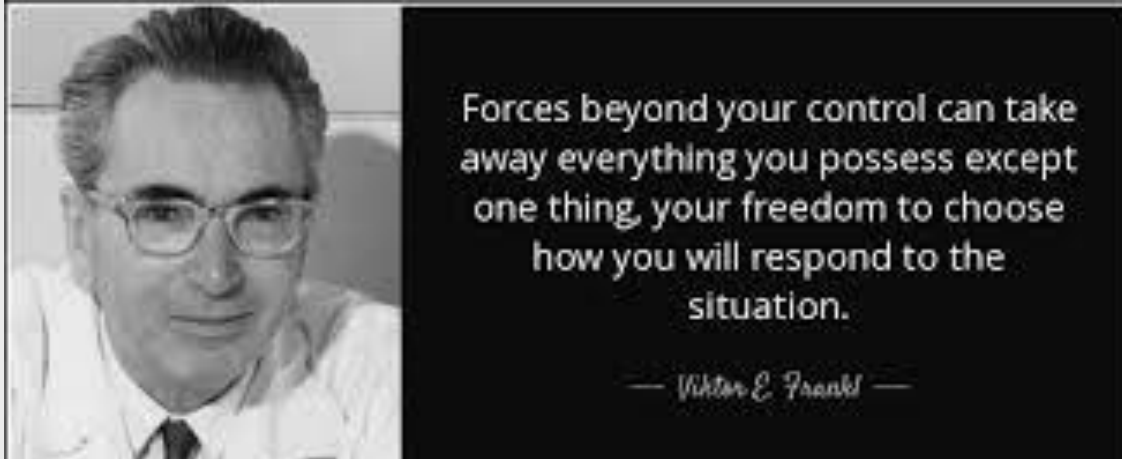
Same planet, different worlds

Coping with Feelings - Despair

- Despair
 - Negative attributional style – stable, global and internal
 - Survived similar and worse things as a society
- Solution
 - Purposefully include pleasant activities in your schedule
 - Don't let your negative thoughts spiral you downward

*Challenge
Yourself*

The Importance of Meaning

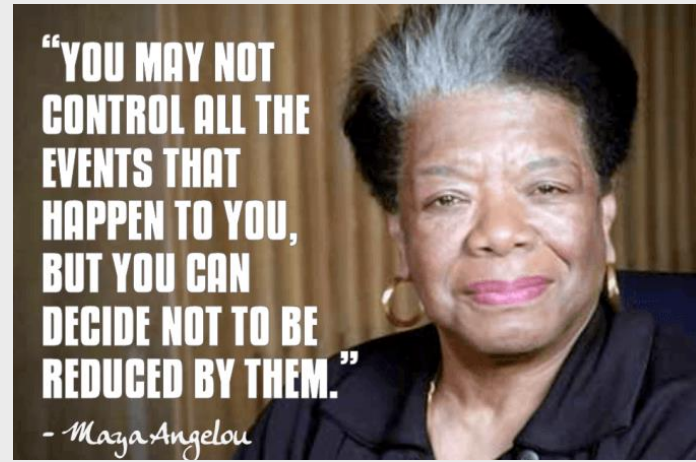


Coping with Feelings - Grief

- Normal reaction to abnormal times
- Understand what you are grieving
- Allow yourself to experience your emotions
 - no correct way to grieve/no timetable
- Lean on your social network
- Understand the difference between grief and depression

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**



Specific Recommendations

- Limit time spent talking about/content around COVID
- Maintain a regular healthy routine
 - Eat
 - Exercise
 - Sleep
- Socially connect - creatively
- Create Time/Space for your mental health (meditate, hobby, read, etc.)
- Develop an active plan for caring for one self

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

Questions or Comments?



Closing Remarks/Next Steps



Next Steps

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

- **Survey Link:**
<https://forms.gle/PcbY2sFsvQgGqW9L6>

Thank You!



Better healthcare,
realized.

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