

Combatting the Novel Coronavirus 2019 (COVID-19) Blues and Q&A Session With Patients

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August 2020

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It is during our darkest moments that we must focus to see the light.

Aristotle Onassis



Q&A Session

The Dialysis Patient Experience During COVID-19



COVID-19 Blues

- You may be feeling some of the following:
 - Uncertainty
 - Grief
 - Fear
 - Anxiety
 - Sadness





What Steps Can We Take to Practice Self-Care of Our Bodies?

- Be mindful of your physical health.
 - Go to treatments as scheduled.
 - Get enough sleep.
 - Follow your renal diet and fluid instructions.
 - Go for a walk or get some sort of exercise.
 - Avoid tobacco, alcohol, and drugs.
 - Recharge by taking time for yourself.





Self-Care of Our Minds

- Reduce stress triggers by limiting screen time.
 - Turn off/Snooze electronic devices 30 minutes before bedtime.
 - Take a social media break.
 - Limit exposure to news media.
- Keep a routine.
 - Maintain a routine to help your mental health by having consistent mealtimes, exercise schedules, treatment times, etc.
 - Create this structure to help bring pattern and predictability to each day that could otherwise feel isolating.





Self-Care of Our Minds (cont.)

- Stay busy by doing something productive each day.
 - Set priorities for yourself whether it is working to clean your house each day, finding a new hobby you can do at home, or tackling a project that has been on your list for months.





Self-Care by Connecting

- Support family/friends by calling them on the phone, using Facetime, sending a handwritten card, and sending them a text to let them know you are just checking in.
- Spread kindness to others. Look around to see who may benefit from your help.
 - Consider dropping off a magazine and a drink on a friend's porch.
 - Grab a few extra groceries to give to your elderly neighbor.

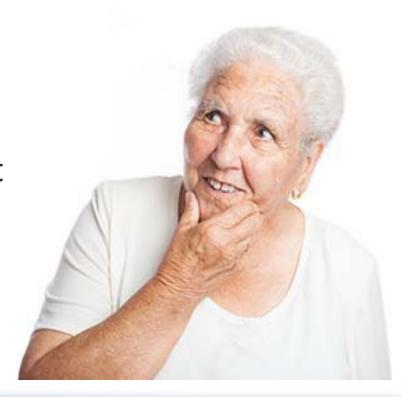






How Can We Show Calmness?

- Pause and ask yourself:
 - "What things are making me feel anxious?"
 - "How can I reset myself?"
 - "What can I do right now that will reduce my anxiety?"





Exercising Self-Compassion

- Give yourself grace.
 Know that everyone makes mistakes.
- Recognize that some days will be better than others.
- Do not carry the burden of your stress alone.
- Reach out and connect with loved ones.





Mental Health Resources

- If you continue to feel helpless, sad, angry, afraid, anxious, etc., talk to your clinic social worker.
 - Reach out to your facility social worker about resources.
 - Call your primary care provider or mental health professional for appointment options to talk about your anxiety/depression and get advice/guidance. Some may provide the option of phone, video, or online appointments.
 - Use this children's story book that is available online or can be printed: https://www.who.int/news-room/detail/09-04-2020-children-s-story-book-released-to-help-children-and-young-people-cope-with-covid-19.



Mental Health Resources (cont.)

- Use the Dialysis Patient Depression Toolkit from the National Forum of End Stage Renal Disease (ESRD) Networks:
 - https://esrdnetworks.org/toolkits/patient-toolkits/new-toolkit-dialysis-patient-depression-toolkit/dialysis-patient-depression-toolkit-english/dialysis-patient-depression-toolkit-english-complete-toolkit-38-pages/view.
- Contact organizations via National Alliance on Mental Illness (NAMI) at 800.950.6264.
- If you are feeling suicidal or thinking of hurting yourself, seek help.
 - Contact your primary care provider or a mental health professional.
 - Call a suicide hotline, such as the National Suicide Prevention Lifeline at 1.800.273.TALK (1.800.273.8255).





Thank you!

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This material was prepared by HSAG: ESRD Network 13, 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 OK-ESRD-13G111-07292020-01