Welcome to the COVID-19 and Cancer ECHO Series

Use the Q&A portal throughout today’s session to submit your questions! Our expert faculty will be answering your questions live.

All ECHOs take place on the Zoom platform. Review Zoom’s privacy policy at zoom.us/privacy.

This ECHO will be recorded.
**Today’s agenda**

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Introductions
INTRODUCTIONS

Expert faculty panel

Allison J. Applebaum, PhD
Assistant Attending Psychologist
Director, Caregivers Clinic
Memorial Sloan Kettering Cancer Center

Rachel Cannady
Strategic Director, Cancer Caregiver Support
American Cancer Society

Theresa Franco, MSN, RN
Vice President – Clinical Operations
Nebraska Medicine

J. Leonard Lichtenfeld, MD, MACP
Deputy Chief Medical Officer
American Cancer Society
Resource sharing
Rachel Cannady
Strategic Director, Cancer Caregiver Support
American Cancer Society
Caregiver Support and COVID-19

Rachel Cannady
Strategic Director, Cancer Caregiver Support
American Cancer Society’s Caregiver Support Program Strategy

Assess the multidimensional needs of caregivers and develop information and support to meet those needs and improve quality of life.
Caregiver Resource Guide

Caring for a Loved One with Cancer

What is a Cancer Caregiver? .................................................. 1
What Does a Caregiver Do? .................................................. 5
What Does It Feel Like to Be a Caregiver? ....................... 6
What If You Don't Want to Be the Caregiver? .............. 7
You'll Need to Take Care of Yourself, Too ..................... 7
Take a Break or Time for Yourself ................................... 7
Know Your Limitations ....................................................... 8
Finding Support for Yourself .............................................. 8
Ask Others to Help .......................................................... 9
Caring for Your Children during This Time ................. 13
Being a Caregiver, and Keeping Your Job .................. 14
Keeping Your Health Insurance If the Hone ............... 15
to Quit Your Job ........................................................... 15
If You Brave Nicotine ....................................................... 17
Making Health Insurance Decisions ......................... 17
as a Cancer Caregiver .................................................... 17
Caregiver Resource Guide: cancer.org/caregiverguide

- Cancer Caregiving
- Caregiver Self-Care
- Communication
- Cancer Information
- Cancer Treatment
- Patient Nutrition
- Coping
- Caregiver Resources

Online, interactive Guide
Free copy at 1-800-227-2345
Caregiver Support Video Series: cancer.org/caregivervideos

**CAREGIVER SELF-CARE**
- Healthy Eating
- Physical Activity
- Stress Management
- Fear of Recurrence
- Relaxation

**PHYSICAL CARE TRAINING**
- Drain Care
- Pain Management
- Management of Side Effects
- Medication Management
- Signs of Infection
- Lifting

**ADVOCACY**
- How to effectively communicate the patient’s needs to the cancer care team
Caregiver Webpage: cancer.org/caregiver

- Managing treatment side effects
- Navigating FMLA
- Managing financial and insurance issues
- Tips on coordinating care
- End-of-life care
- Caring for a child with cancer
- Online support communities
DIDACTIC PRESENTATION

Caregiver Books: cancer.org/bookstore
DIDACTIC PRESENTATION

Cancer Survivors Network: csn.cancer.org

- 26 Cancer-specific forums
- 15 Other discussions including Caregivers
Cancer Survivors Network: csn.cancer.org

- **Support**: Encourage mutual support and self-expression
- **Information**: Facilitate exchange of experiences and practical information
- **Peers**: Decrease feelings of social isolation
- **Community**: Increase feelings of belonging and community
Springboard Beyond Cancer – Caregivers: survivorship.cancer.gov

- Being a Caregiver
- Caring for Your Body
- Caring for Your Mind
- Finding Meaning & Purpose
- After Treatment Ends
- End of Life Care & Bereavement

Action Decks are collections of information related to a cancer topic or treatment.
Allison J. Applebaum, PhD
Assistant Attending Psychologist
Director, Caregivers Clinic
Memorial Sloan Kettering Cancer Center
Additional Resources

• American Psychosocial Oncology Society
  – apos-society.org

• Memorial Sloan Kettering Cancer Center - Help for Caregivers
  – mskcc.org/experience/caregivers-support

• American Cancer Society - Cancer Caregiver Support
  – cancer.org/caregivers.html
Today’s presenters

Theresa Franco, MSN, RN
Vice President – Clinical Operations
Nebraska Medicine
Question and answer session

Use the Q&A portal to submit your questions
Are cancer survivors more at risk because they had a compromised immune system in the past?
Can you talk about collective grief and how we can move forward as a culture and society to reimagine the grieving process?
What type of cancer treatment has been most affected?
What are various ways we continue to show compassion to families while we need to maintain physical barriers due to COVID-19?
Please share some tips for helping caregivers cope in an ever changing and challenging climate.
Use the Q&A portal to submit your questions
Wrap up
For more information and COVID-19 resources, visit:

- cancer.org
- nccn.org/covid-19
- cdc.gov

For more about what Project ECHO is doing to respond to COVID-19, visit echo.unm.edu/covid-19

WRAP UP
Resources
Thank you for joining the COVID-19 and Cancer ECHO Series

You will receive an email within the next week that will include the **recording and slides** used for this session.

Complete the **post-survey evaluation** and let us know what you liked and what you didn’t about the series.

Look out for future offerings from the **American Cancer Society** and the **National Comprehensive Cancer Network** in the summer about how the COVID-19 pandemic impacts cancer.

Questions? Email **echo@cancer.org**.