

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

Introductions

Dawn Wiatrek, PhD

5 minutes

Didactic presentation

Theresa Franco, MSN, RN

Allison J. Applebaum, PhD

20 minutes

Question and answer session

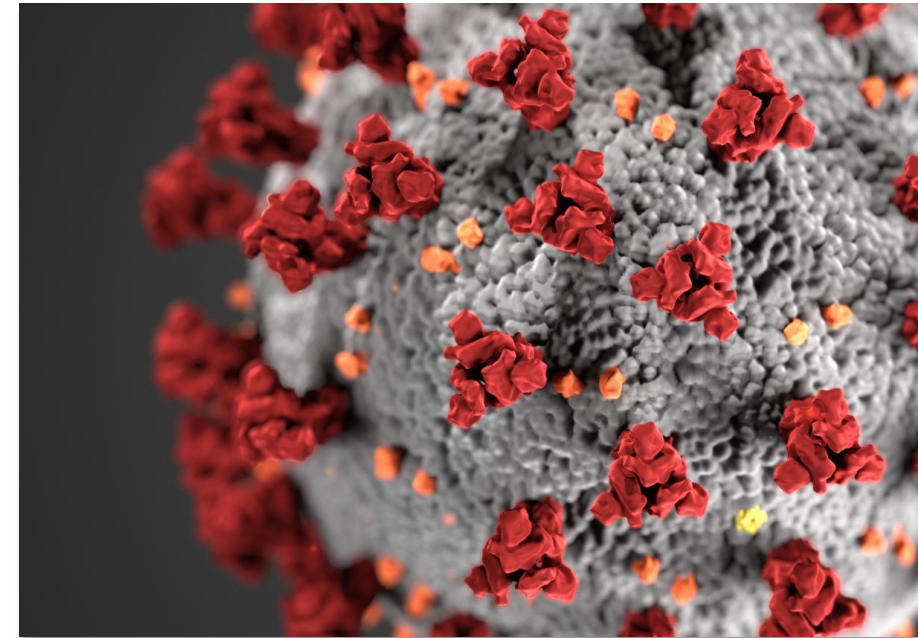
Expert faculty panel

30 minutes

Wrap-up

Richard Killewald, MNM

5 minutes





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



Didactic presentation

DIDACTIC PRESENTATION


Today's presenters



Theresa Franco, MSN, RN

Vice President – Clinical Operations
Nebraska Medicine

Awareness of Risk

- Cancer therapies can damage immune system by decreasing white blood cells (neutropenia)
 - Reduces protection from infection
- Higher risk in patients with blood cancers
 - Lymphoma, Leukemia, Multiple Myeloma
- Coronavirus adds additional risk to older patients, lung cancer patients, those with other health issues
- Common symptoms of virus – fever, cough, difficulty breathing
 - Appear within 2-14 days of exposure
 - Individual may be positive with no  severe symptoms.
 - Treatment aimed at managing symptoms

Awareness of Risk

- Fever management dependent on several factors
- Discuss with provider for plan of treatment
- Fever is only presenting symptom
 - Can be result of decreased white blood cell count
 - May receive antibiotics, growth factor, obtain blood cultures
- Fever with additional symptoms can necessitate other measures.

Preventing/Reducing Risk

- Follow the recommendations of the health care team
- Monitor symptoms
 - Anything new or different needs to be reported
 - Fever along with cough, sore throat, shortness of breath, muscle aches may signal need for Covid-19 evaluation
- Prepare to be screened/tested
- Comply with all precautions

Preventing/Reducing Risk

- Be aware of your risk
- Adopt a “more is less” mindset
- Wear a mask
- Wash your hands often
- Clean high-touch surfaces
- Avoid sharing – distance, items and food
- Stay away from others who are ill

Preventing/Reducing Risk

- Pay attention to your own body/mind
 - Monitor for symptoms
 - Have a plan if symptoms arise and testing occurs
 - Maintain healthy diet, activity, and good sleep habits
- Discuss concerns/clarify information with caregivers
- Stay informed of the changes in precautions in your area and discuss with your care team any modifications

DIDACTIC PRESENTATION

Today's presenters



Allison J. Applebaum, PhD

Assistant Attending Psychologist

Director, Caregivers Clinic

Memorial Sloan Kettering Cancer Center



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Nurturing Your Emotional Health

Allison J. Applebaum, Ph.D.

Assistant Attending Psychologist

Director, Caregivers Clinic

Department of Psychiatry and Behavioral Sciences

Memorial Sloan Kettering Cancer Center



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Cancer Center

Caregiver Burden

- Multi-dimensional
 - Psychological
 - Anxiety
 - Depression
 - Physical/Medical
 - Cardiovascular disease
 - Poor immune functioning
 - Fatigue/sleep difficulties
 - Higher rates mortality
 - Financial
 - Temporal
 - Existential





Nurturing your Emotional Health

- **Seek Professional Support:**
 - Within the cancer center/hospital where your loved one is receiving care.
 - Through your primary care provider.
 - Via the American Cancer Society (cancer.org/caregiver) or the American Psychosocial Oncology Society (apos-society.org).
 - Capitalize on online communities and support groups.





Nurturing your Emotional Health

- **Activate Social Support Networks:**
 - Challenge yourself to ask for help.
 - Recognize that help may come from unlikely sources.
 - Use guilt as a red flag.
 - Self-care means expressing emotions.





Self-Care Tips

- Schedule self-care as you would a medical appointment or work meeting.
- Integrate one self-care activity into every day, more on stressful days.
- Think SMALL.
- Take an honest look at your current coping strategies.
- Make sure self-care activities are in line with good sleep hygiene.





(Eventually) **Experiencing Immediate Well-Being**

- Meditation
- Autogenic relaxation/progressive muscle relaxation
- Diaphragmatic breathing





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The Benefits of being a Caregiver



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Question and answer session

Use the Q&A portal to submit your questions

Question 1

Many of my people I case manager in rural areas may not have access to the items most touted for cleaning like Clorox bleach, or other types of disinfectants due to shortages in their community. What other options are good suggestions for them in order to further protect their immunosuppressed systems?

Question 2

What strategies are there for helping caregivers cope in an ever-changing and challenging climate?

Question 3

Are cancer survivors more at risk because they had a compromised immune system in the past?

Question 4

How do we know when it is safe for our survivors to return to activities such as the gym or shopping and other normal life events?

Question 5

When exercising outdoors should individuals wear masks even if they are socially distanced? (e.g., running or biking)

Question 6

Are there additional risks of starting radiation and chemo during the pandemic?

Question 7

What type of cancer treatment has been most affected?

Question 8

How should we address the mental health and anxiety that surrounds patients and caregivers?

Questions received through Q&A portal



Use the Q&A portal to submit your questions



Wrap up

WRAP UP

Resources

For more information and COVID-19 resources, visit:

[cancer.org](https://www.cancer.org)

[nccn.org/covid-19](https://www.nccn.org/covid-19)

[cdc.gov](https://www.cdc.gov)

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



WRAP UP

Join us next Wednesday at 12:00 ET

Next week's session will pull together highlights from the previous two sessions and our expert faculty will continue to answer your questions live!

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

Please complete the **post-session evaluation** and let us know what questions you'd like to ask our expert faculty.

Questions? Email echo@cancer.org.