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.
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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
Didactic presentation
Today’s presenters

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

• Group of viruses common in people and animals
• Covid 19 – Caused by a new strain with origin, spread, and impact of changes under investigation
• Appears to be transmitted by close contact with infected individual/touching surface where virus exists.
• Common symptoms – fever, cough, difficulty breathing
  ➢ Appear within 2-14 days of exposure
  ➢ Individual may be positive with no severe symptoms.
  ➢ Treatment aimed at managing symptoms
• Age, current health status, compromised immune system are at higher risk
• Precautions can be taken to decrease spread
Treatment Considerations for Cancer Patients

Active

• Stay on your treatment regimen unless otherwise indicated by health care team
• Be mindful of past tolerance to treatment (side effects)
• Monitor symptoms
• Follow all precautions outlined by your team
• Ask questions, Ask questions, Ask questions
• Listen and Clarify
Treatment Considerations for Cancer Patients

Surveillance
• Prepare for possible postponement of visit and tests
• Consider virtual visit/telephonic options for routine care
• Stay informed of schedule changes
• Follow all precautions outlined by your team

Clinical Trials
• Provider guidance
• Stay the course
• New offerings – pros/cons
DIDACTIC PRESENTATION

Caring for Self

• Diligent handwashing
• Clean high-touch surfaces (knobs, phones, keyboards, etc.)
• Wear a mask
• Avoid sharing – distance, items and food
• Consolidate activities
• Be aware of your own body/mind
  ➢ Monitor for symptoms
  ➢ Have a plan for care if symptoms arise
  ➢ Maintain healthy diet, activity and socialization
• Engage your caregivers in all aspects of care plan
Today’s presenters

Rachel Cannady
Strategic Director, Cancer Caregiver Support
American Cancer Society
“THERE ARE 4 KINDS OF PEOPLE IN THE WORLD:
Those who have been caregivers.
Those who are currently caregivers.
Those who will be caregivers, and
those who will need a caregiver.”
Impact of Caregiving

- Stress and anxiety
- Loneliness and isolation
- Chronic illnesses
- Financial problems
Caregiving and Social Distancing

**Food Prep**
Contact-free delivery; small portions; include plastic cutlery and straws; gift cards to favorite restaurants

**Rides to Treatment**
If you’re the patient’s only ride to medical appointments, make sure to fully sterilize the car before and after

**Point of Contact**
If applicable, become the patient’s point of contact for the medical appointments to help coordinate care

**Connection**
Regular video calls with the patient and family; watch the same movie together; play online games together

**Self-Care**
Recharge daily; healthy nutrition and regular exercise; online caregiver support groups; GET OUTSIDE

**Stay Healthy**
Following the CDC Guidelines on how to prevent the spread of the virus will keep you healthy and will protect the patient
Question and answer session
Use the Q&A portal to submit your questions
How do you recommend we support patients during social isolation?
What can employers do to support the caregivers at this time?
How should we appropriately normalize/validate fears associated with abnormal situations?
How do you see the Chaplain's role in this?
How safe is to go back to work in May?
What support can the American Cancer Society give caregivers?
Are there certain types of cancer that put patients at a higher risk of contracting COVID-19 than others?
Should gloves be worn? If so, when? What is the best way to disinfect a vehicle?
How are healthcare providers addressing immunosuppression in the face of COVID-19?
Question 10

How can we know when survivors are safe to return to the gym? (With current lack of testing capabilities or available vaccine.)
What strategies are there for helping caregivers cope in an ever changing and challenging climate?
Should far-UVC light be utilized in areas cancer patients use?
Questions received through Q&A portal

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

Join us next Wednesday at 12:00 ET

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

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

Topics will include:
• Lowering the risk of illness
• Why cancer patients are more likely to get infections
• Watching for and preventing infections in people with cancer
• Nurturing your emotional health

Complete the post-survey evaluation and ask your questions of our expert faculty panel