

# 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](https://zoom.us/privacy).

This ECHO will be recorded.



# Today's agenda

## Introductions

Dawn Wiatrek, PhD

5 minutes

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## Didactic presentation

Theresa Franco, MSN, RN

Rachel Cannady

20 minutes

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## Question and answer session

Expert faculty panel

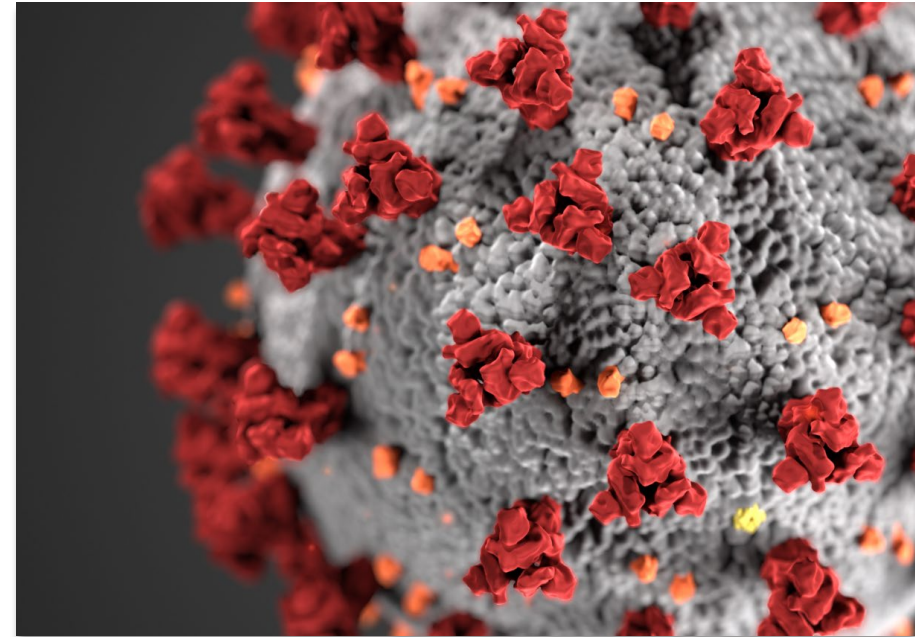
30 minutes

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## 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

# 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

# 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

DIDACTIC PRESENTATION

## Today's presenters



### **Rachel Cannady**

Strategic Director, Cancer Caregiver Support  
American Cancer Society

## Rosalynn Carter quote



**“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.”**



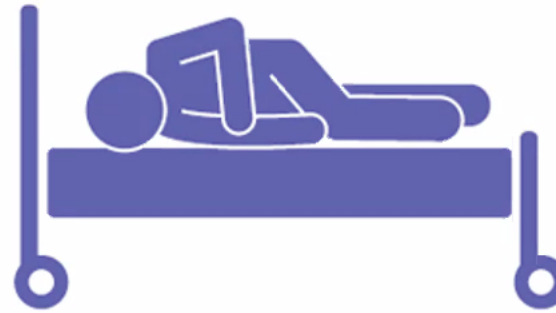
# Impact of Caregiving



**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

# Question 1

How do you recommend we support patients during social isolation?



## Question 2

What can employers do to support the caregivers at this time?

## Question 3

How should we appropriately normalize/validate fears associated with abnormal situations?

## Question 4

How do you see the Chaplain's role in this?

## Question 5

How safe is to go back to work in May?

## Question 6

What support can the American Cancer Society give caregivers?

## Question 7

Are there certain types of cancer that put patients at a higher risk of contracting COVID-19 than others?

## Question 8

Should gloves be worn? If so, when? What is the best way to disinfect a vehicle?

## Question 9

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.)

## Question 11

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

## Question 12

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

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](https://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