



Developing a comprehensive COVID-19 educational guide for kidney and transplant patients

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EXPLORE Transplant & Living Donation



Aims

1. Identify key questions and concerns that kidney and transplant patients have regarding COVID-19 and their routine care
2. Provide clear and actionable guidance specific to kidney and transplant patients
3. Decrease morbidity and mortality among the kidney and transplant patient population by ensuring they know and take protective actions

Introduction

- People with chronic kidney disease (CKD) face a 4x higher risk of being hospitalized for COVID-19 than those without CKD¹ and are at higher risk of dying from COVID-related complications²
- Transplant patients are at heightened risk due to their immunocompromised status
- While early CDC guidance did address some sensitive groups—such as those with diabetes—COVID-19 education specific to the needs of CKD, dialysis, and transplant patients was not available
- Guidance for kidney and transplant patients on how to navigate routine medical visits and daily life activities in a pandemic is essential

Methodology

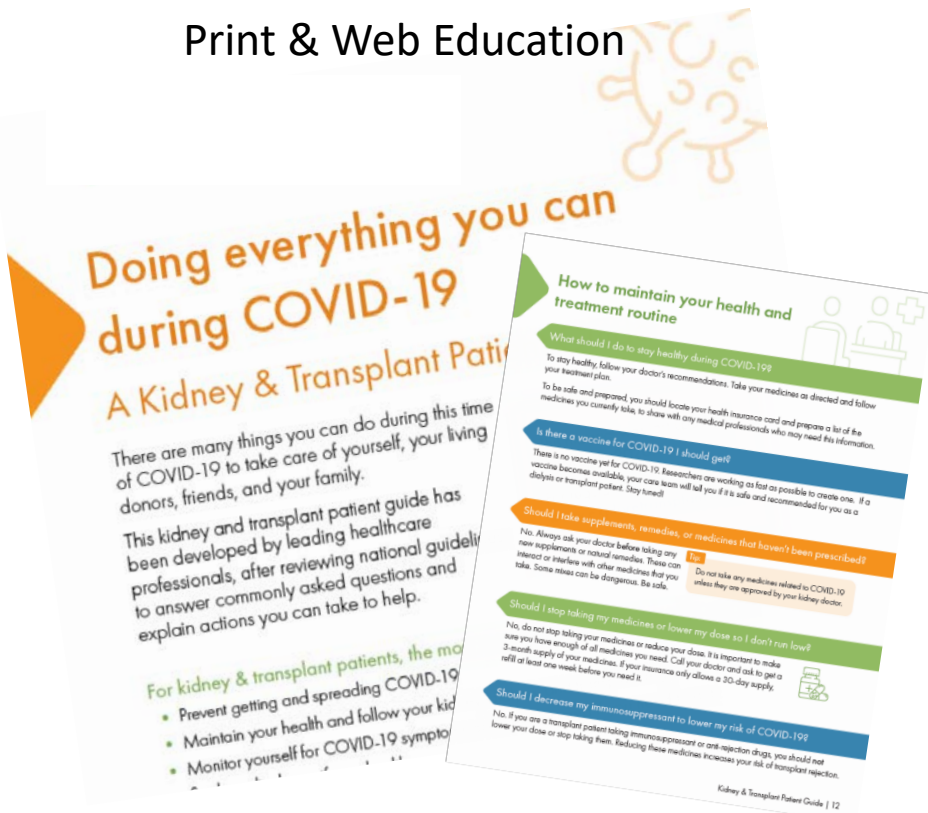
- Created a comprehensive guide to navigating COVID-19 based on guidance from the CDC, the American Society of Nephrology, the American Society of Transplantation, and UNOS
- Recruited a patient panel to identify key questions and gaps in available education
- Guide was reviewed medical and infectious disease experts from UCLA, as well as nephrologists, transplant surgeons, and coordinators
- Guide was developed using plain language and health literacy best practices in partnership with Health Literacy Media

Check it out at: www.exploretransplant.org/COVID-19/

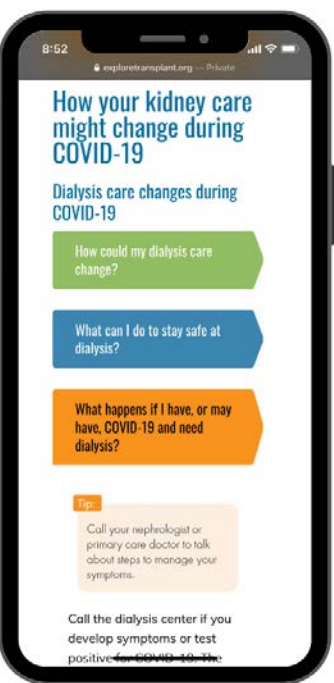
Bilingual, patient-driven comprehensive COVID-19 educational guide provides clear, actionable guidance to kidney and transplant patients during COVID-19 pandemic

Results

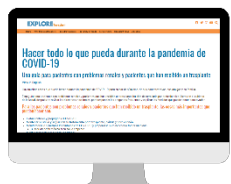
Print & Web Education



Mobile-friendly



Educational Social Media Posts



The free guide, titled “Doing everything you can during COVID-19: A Kidney & Transplant Patient Guide” was published in print and online formats and in English and Spanish. The resource was also adopted by the Connie Frank Kidney Transplant Center at UCLA and made accessible on the main UCLA Health COVID-19 webpage.

The research team notified the kidney and transplant community about the guide through social media and by contacting transplant coordinators and support groups nationally.

Key questions and excerpts from the guide were turned into an educational social media campaign on Facebook, Instagram, and Twitter to broaden the reach and consistently connect with patients.

Themes

Examples of Educational Topics Covered

How to prevent getting & spreading COVID-19

How does someone get COVID-19?
How can I protect myself if I need to go out in public?

How to maintain your health & treatment routine

Should I stop taking my medicines or lower my dose so I don’t run low?
“Should I decrease my immunosuppressant to lower my risk of COVID-19?”

How to monitor for COVID-19 symptoms

What should I do if I think I might have been exposed to COVID-19?
What’s telehealth, and how could it help me?

How to stay calm & supported

How can caregivers, family members, and friends help me feel supported?
What can I do if I’m feeling really anxious, stressed, or sad?

How your kidney care might change during COVID-19 & weighing your options

How could my dialysis care change?
Can I still get a living donor kidney transplant now?
Would it be better to stay on dialysis than to get a transplant during COVID-19?
Are living donors screened for COVID-19?

Conclusions

Doing everything you can during COVID-19: A Kidney & Transplant Patient Guide is a patient-driven guide that provides essential answers, resources, and support to vulnerable patients. By addressing the concerns specific to the kidney and transplant community, this educational guide can help more patients practice healthy decision-making, avoid hospitalization, and prevent serious health issues due to COVID-19. In addition to prevention and physical health topics, the guide’s inclusion of mental health and financial resources will further bolster holistic patient wellness.

“My sister and I are both kidney recipients living in different countries, and the volume of questions we had increased as COVID-19 began to rapidly spread across North America. I was privileged to be a liaison with the patient community to identify patient concerns not being addressed. The Guide provides in-depth answers and tools to empower dialysis and transplant patients to navigate this pandemic safely.”

--Louise Lermaniaux, transplant recipient & patient advocate

References

1. COVID-19 Associated Hospitalization Related to Underlying Medical Conditions. *Centers for Disease Control*, Atlanta, GA. 2020
2. Coronavirus disease 2019 (COVID-19): People with Certain Medical Conditions. *Centers for Disease Control*, Atlanta, GA. 2020

Partners



Conflict of Interest Disclosure

E.H. Wood: None; A.D. Waterman: None; C.C. O’Leary: None; L.F. Cary: None; C. Johnson: None; L. Lermaniaux: None.

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