

COVID-19 & Cancer

Support for Central and Northern Michigan

Karmanos Cancer Institute
Office of Cancer Health Equity &
Community Engagement (OCHECE)

May 6, 2020

Emcee



Katrina Studvent, MSW

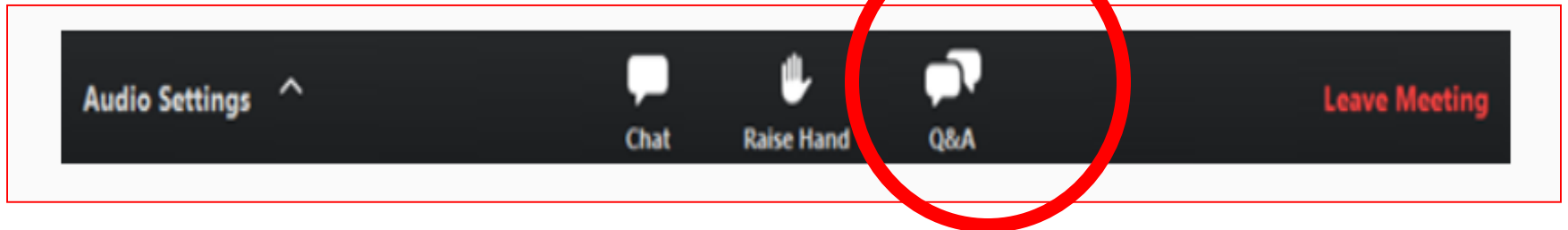
Chief Development Officer
Karmanos Cancer Institute

Welcome!

- **Today's webinar will be recorded and available to the community**
- **OCHECE COVID-19 Resource Guide**
 - <https://karmanoscancerhealthequity.org/covid-19-resource-guide/>
 - Check for updates!
 - Guide is translated into Arabic and Spanish
- **Next COVID-19 & Cancer webinar**

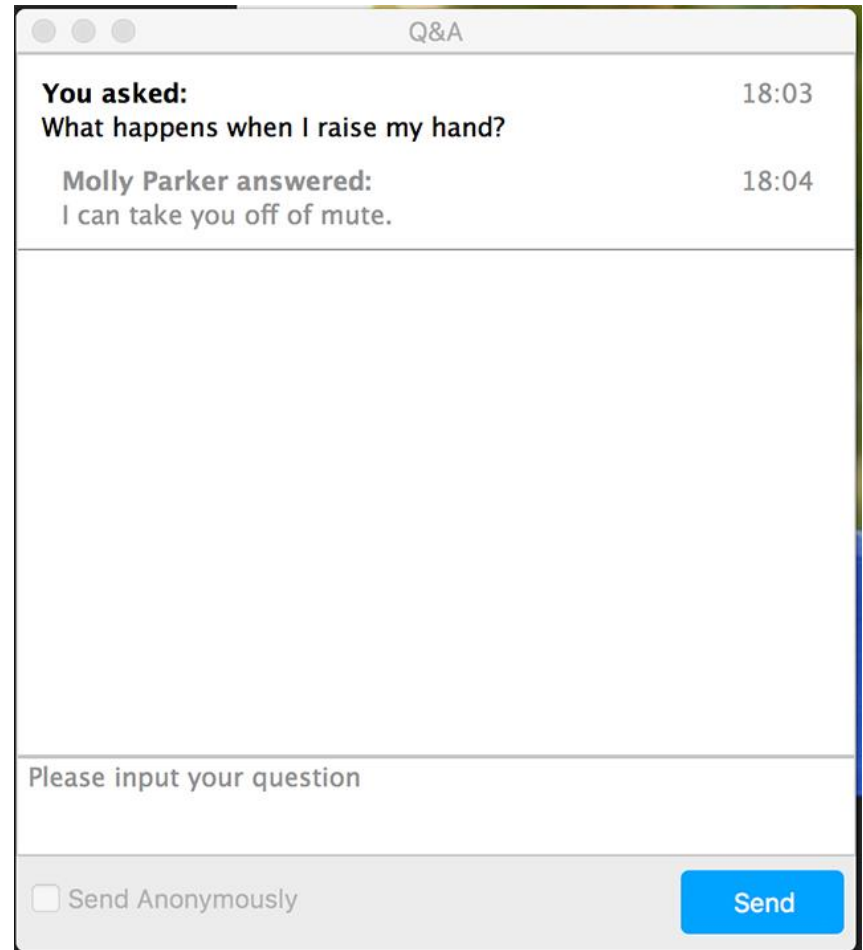
Asking a Question

- To ask a question during the webinar
 - Use the Q&A button (bottom right on your control panel)



Asking a Question

- Type your question directly into the Q&A box.
- Check **Send Anonymously** if you do not want your name attached to your question in the Q&A.



The screenshot shows a web browser window titled "Q&A". The content is as follows:

You asked: 18:03
What happens when I raise my hand?

Molly Parker answered: 18:04
I can take you off of mute.

Below the answer is a large empty text area for input. At the bottom of the input area, it says "Please input your question".

At the bottom of the window, there is a checkbox labeled "Send Anonymously" and a blue "Send" button.



Stephanie Leslie, FNP

Karmanos Cancer Institute at McLaren Bay
Region

Mental Wellness



Felicity Harper, PhD

Associate Professor, Department of
Oncology, Wayne State University School
of Medicine, Program Co-Leader,
Population Studies and Disparities
Research Program, Karmanos Cancer
Institute

Coping with Stress, Anxiety, and Grief

Felicity W. K. Harper, PhD

Associate Professor, Department of Oncology

Program Co-Leader Population Studies and Disparities Research

Scientific Director, Behavioral Field and Research Core

Wayne State University/Karmanos Cancer Institute

Common Concerns

- How to protect yourself from the virus
- How to stay connected to people, especially if you live alone or in a community setting that is not allowing visitors
- What to do if you can't get your regular medical care or access community services that are closed or providing reduced service
- How to get adequate food and supplies
- Having money for supplies and basic needs

Common Reactions

- Fear and worry
- Inability to stop thinking about things
- Changes in sleeping and eating patterns
- Not attending to chronic health issues or your general physical or mental health
- Increased use of alcohol or other substances
- Guilt about not being able to help loved ones
- Sadness and grief

Stick to the Facts

- Get your facts from medical experts, local health authorities, and reputable websites
 - NCI: What People With Cancer Should Know
 - www.cancer.gov/coronavirus
- Avoid reading about rumors and miracle cures
- When you know the facts, you can have an objective estimate of the risks and make a plan

Keep It In Perspective

- Do not get obsessed with the news and keep checking for hours and hours
 - Know enough to protect yourself and your family
 - The news will always be there
- Give yourself a chance to be distracted from bad news
 - Watch movies or TV series, documentaries, or comedies if you want to watch something

Take A Time-Out

- **Unplug**
 - Take breaks from watching, reading, or listening to news stories and social media
 - Hearing about the pandemic repeatedly can be upsetting
- **Make time to unwind**
 - Take time to do some other activities you enjoy

Validate Your Feelings

- Acknowledge your feelings
 - If you're feeling anxious, that's normal
 - Talk with people you trust about your concerns and how you are feeling
- At the root of most anxiety is a sense of uncertainty about what is to come
 - Recognize that the only thing we truly control is our response, so focus on that

Take Action

- Anxiety often makes us want to DO something
 - So, go ahead and DO something
- Channel your worry into action
 - Create a safety action plan for you and your loved ones
- Knowing what you can do can give you that sense of control we all need and help to reduce anxiety

Take Care of Your Body

- Sleep, nutrition, and moderate exercise all help our mental health and boost our immune systems
 - Try to eat healthy, well-balanced meals
 - Get 8 hours of sleep per night
 - Get moving

Stay Active

- Regular exercise not only improves physical health and immune system but also helps with depression and anxiety
- A short walk, stretching, yoga, or other activities can be helpful
- Physical activity also helps to regulate neurotransmitters in our brain that help us cope with stress and settle our emotions

Stay Connected

- Connect with other people
- Keep in touch by telephone, video chat, text, email, or writing cards and letters
- **Physical isolation is not the same thing as social isolation**
- Pick the right people
 - Choose people who are going to build you up

Keep the Calm

- Meditate, pray, or use mindfulness techniques
- Mindfulness refers to the act of paying attention in the present moment with an attitude of curiosity and non-judgment
 - Focus on your breathing
- Being mindful can help us to recognize when we are feeling anxious and to respond wisely to stress

Keep A Routine

- Keep your routines
 - Go to bed and get up at the same times you did before
 - Eat meals at your normal time
- A consistent routine, even if it's just your morning coffee or an evening phone call with friends and family, helps our ability to cope with stress
- Keep your expectations realistic

Your Mental Health

- Take care of your mental health
- People with preexisting mental health issues should continue with their treatment and be aware of new or worsening symptoms
- Call your healthcare provider if stress gets in the way of your daily activities including sleeping and eating for days in a row

Financial Resources



Andrea Cherry , LMSW

Karmanos Cancer Institute
McLaren Northern Michigan

COVID19 Cancer Resources

Andrea Cherry, LMSW, OSW-C

4/16/2020

Coping with Financial Stress

Pause but don't panic.

- Identify your financial stressors and make a plan.
- Write down specific ways that you and your family can reduce expenses or manage your finances more efficiently.
- Putting things down on paper can make things more manageable.
- If you are having trouble paying your bills, ask for help.

When you need help.

ASK!

Call 211

211 resource line can help you find programs and services in your area that will assist with basic needs such as food, shelter, transportation assistance and financial assistance.



CANCERcare®
75 Years of Help and Hope

Cancer Care

Counseling. Support Groups. Education. Financial Assistance

- Funding is currently available for people with cancer in active treatment who have been affected by COVID-19 to help with the costs of food, medications, general household expenses, transportation home care and child care. Call 800-813-4673.
- Cancer Care's oncology social workers can help you find resources.
- Their website www.CancerCare.org has a Helping Hand Online Financial Resource database. You can search based on your specific cancer diagnosis, age, etc.

Cancer Support Community

Support, Resources, Helpline, Cancer Education

Cancer Emergency Fund 1-888-409-4166

- Fund will provide a \$250 relief grant for people with cancer who are in active treatment (including palliative and hospice care).

Toll-Free Cancer Support Helpline 1-888-793-9355

- Connecting callers to local and national resources including support groups, financial assistance and counseling services.
- Short-term cancer counseling and emotional assistance

Triage Cancer

Practical and Legal Resources

- Find the latest updates about programs and legislation related to COVID-19 on their educational blog.

www.Triagecancer.org



Karmanos Social Workers

McLaren Northern

Andrea Cherry, LMSW

231-487-4015

acherry@northernhealth.org

McLaren Bay

Amber Thomas

989-667-2336

Questions ?

Post Covid-19 Cancer Care



Nancy King

Regional Director
Karmanos Cancer Institute, Bay City, Mt.
Pleasant, West Branch

Safe Care During COVID-10

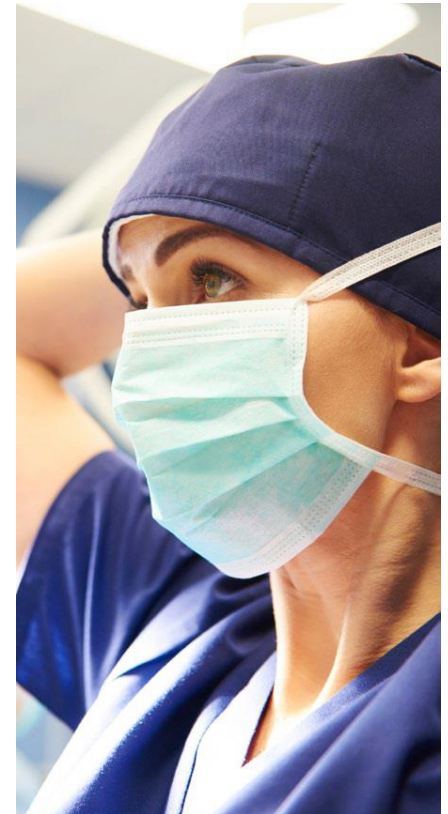
Ways Karmanos is Keeping Employees and Patients Safe

Nancy King

Regional Director Cancer Services

McLaren Bay Region, Central Michigan, Thumb Region

Karmanos Cancer Institute



We Are Still Here for Patients

- Karmanos is gradually and safely resuming time-sensitive care at our hospital and outpatient facilities.
- Karmanos is **still** here for cancer services and ready to provide safe, compassionate care.

Screening Everyone Who Enters our Facilities



- All patients, visitors and staff:
- Anyone experiencing symptoms prohibited from entering
- Positive symptoms directed to appropriate level of care.

Separating Patients with Symptoms



- Suspected and COVID-19 positive patients receiving care separated from patients in need of other care.

Testing Patients before Surgery



- Karmanos to test patients prior to their procedure to identify those who are COVID-19 positive but not showing symptoms.

Social Distancing



- Limiting seating in certain areas to create space between those awaiting care.



- Protective mask provided to those entering facilities as an enhanced safety precaution
- Staff wearing personal protective equipment (PPE) to keep patients and themselves safe.

Additional Sanitization



- Added cleaning processes throughout our facilities to enhance already robust sanitization protocols.



- Frequently updating policies and procedures reflective of CDC's guidelines.
- www.karmanos.org/KarmanosSafeCare

Words of Encouragement

Reverend Todd Thompson

Lead Chaplain

McLaren Northern Michigan

Do not copy



Remember...

- **Today's webinar will be recorded and available to the community**
- **Focus today is on metro Detroit but we are working to expand focus to other parts of the state that Karmanos serves**
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