

**CAB Conference Call  
April 9, 2020  
12:00 EST  
Meeting Minutes**

---

**Participants:**

|                       |  |
|-----------------------|--|
| <b>Alex</b>           | FSTRF                                      |
| <b>Andrea</b>         | Jacobi Medical Center                      |
| <b>Anisa</b>          | Harvard University                         |
| <b>Carol</b>          | Bronx-Lebanon Hospital Center              |
| <b>Carrie</b>         | University of Colorado, Denver             |
| <b>Claire</b>         | Harvard University                         |
| <b>Delia</b>          | University of Miami                        |
| <b>Exzavia</b>        | Children’s Diagnostic and Treatment Center |
| <b>Gena</b>           | University of Miami                        |
| <b>Haleigh</b>        | FSTRF                                      |
| <b>Jennifer</b>       | San Juan Hospital                          |
| <b>Juanita</b>        | Tulane University                          |
| <b>Joel</b>           | University of Puerto Rico                  |
| <b>Julie</b>          | University of Alabama, Birmingham          |
| <b>Julie</b>          | Westat                                     |
| <b>Kay</b>            | Lurie Children’s Hospital                  |
| <b>Kimbrae</b>        | Texas Children’s Hospital                  |
| <b>Kylie</b>          | Texas Children’s Hospital                  |
| <b>Latonia</b>        | University of Illinois, Chicago            |
| <b>Laurie</b>         | FSTRF                                      |
| <b>Lesley</b>         | Texas Children’s Hospital                  |
| <b>Liz</b>            | Harvard University                         |
| <b>Megan</b>          | Westat                                     |
| <b>Morten</b>         | Bronx-Lebanon Hospital Center              |
| <b>Raiko</b>          | University of Colorado, Denver             |
| <b>Renee</b>          | University of Chicago, Illinois            |
| <b>Sanita</b>         | University of Miami                        |
| <b>Shannon</b>        | University of Alabama, Birmingham          |
| <b>Sharry</b>         | University of Southern California          |
| <b>Stephanie M.</b>   | University of California, San Diego        |
| <b>Stephanie S.</b>   | University of Miami                        |
| <b>Tatania</b>        | Tulane University                          |
| <b>Theresa</b>        | Texas Children’s Hospital.                 |
| <b>Tracey</b>         | University of Illinois, Chicago            |
| <b>Trinise</b>        | Tulane University                          |
| <b>Veronica S. R.</b> | University of Puerto Rico                  |

• **APPROVAL OF MINUTES**

The minutes from the March 26, 2020 call were approved with no changes.

**Megan** reviewed a follow-up question from the CAB. A CAB member asked about nutritional advice for a healthy immune system. **Megan** followed up with **Dr. Jennifer Jao** after the last CAB call. **Jennifer** explained that people living with HIV should follow the same nutritional recommendations as people not living with HIV. It is important to eat a low fat, high vegetable, and high fiber diet.

- **CORONAVIRUS DISEASE 2019 (COVID-19) TOWN HALL #2 WITH PHACS CLINICIANS**

**Stephanie** introduced **Drs. Kay Malee** and **Renee Smith. Kay** and **Renee** reviewed the list of questions from the CAB about mental health and coping:

- **What are some of the long-term effects of social distancing?**

**Renee** clarified that there is a difference between social and physical distancing. Even though people are physically apart, they can still be social by maintaining connections through technology and other ways. Many people are suffering from COVID-19 directly or indirectly. However, people will be okay. Everyone's experience is unique. It is important to remember that we are resilient. We may be able to get through this situation with an even larger set of tools for coping.

Many research studies have been done on physical isolation or social distances. These studies have shown that there can be long-term consequences. This is due to stress.

Some people may have been experiencing anxiety and depression prior to the COVID-19 restrictions. For these people, it may be even tougher to deal with stress. Stress can trigger many issues. These can include change in sleep habits or lack of exercise. They can also include poor nutrition or weight gain. Stress can also affect how people manage other chronic health conditions. All of these issues can contribute to poor immune health. So, it is important to try to manage stress. Managing stress can help control these issues so that they do not continue during and after the COVID-19 crisis.

**Kay** explained that the CAB is a very resilient group. **Kay** reminded the CAB of all of their accomplishments in PHACS. It is important to acknowledge the loss of our daily activities. At the same time, recognize how strong and resilient we can be. Remember that resilience is an interactive process between and among people. We use our own strengths to interact with people. Being strong and proactive can help others be strong for themselves.

- **What should I do if I can't talk to my therapist?**

**Renee** explained that this issue may be very frustrating. Some therapists may have very busy schedules right now. Some therapists may be able to do appointments through Zoom or over the phone.

If you cannot get in touch with your therapist, think about expanding your support networks. Be open to reaching out to people. Be direct with friends and family to ask for their help. It is okay to let people know you are struggling. It may be helpful to let people know you need a daily check-in. It can help to schedule calls with friends and family.

- **What are some ways to cope with stress?**

**Kay** talked about ways to cope with stress. **Kay** talked about compartmentalizing. **Kay** suggested thinking about dividing parts of your life into compartments. When you are at work, try to focus only on work. When you are done with work, move to your next compartment task such as taking care of your family. It can help to have a beginning and an end to the responsibilities you have during the day. It can help you feel like you are in control. It can be helpful to have a compartment for self-care. Self-care can include watching a movie, talking to a friend, listening to music, making a snack, or exercising.

**Renee** talked about stress management. It can be helpful to be mindful of the sources of your stress. Acknowledge those sources. Let yourself know that it is normal to have these feelings. Acknowledge those feelings and then think about how you can cope with them. Sometimes, when we stop and acknowledge our stressors, it can help us control our feelings. **Kay** explained

that it can be helpful to reach out support from others. It can help to let others know how you are feeling. They may be able to help you get back to your normal.

**Renee** talked about examples of stress management. **Renee** stated that her daughter made her a music playlist. She listens to the playlist to relax. She is now working on a music playlist to send back to her daughter.

**Jarmel** talked about stress management. It can be helpful to spend time with family. He has been managing stress by playing board games and watching movies. His family even cooked a meal together. He is trying to stay active and busy. He is looking to take up a hobby.

**Kim** talked about stress management. It can be helpful to find a new hobby. She has been gardening. She has also started watching old television shows.

**Tracey** talked about stress management with children. It can be helpful to do activities together. **Tracey** has been doing arts and crafts with her children. She encourages her children to talk to their friends on the phone.

**Renee** talked about stress management with children. Since children are not able to be engaged with other people in person, it can be helpful to play games. Games can be a great way to give children social outlets. It can also help them continue to develop problem-solving skills.

- **What are some signs of stress in children that parents should be looking out for? If children are feeling stressed, what are some ways we can support them?**

**Renee** explained that each child is unique. Each age group will experience this stress differently. Pre-school-aged children are “ego-centric” and “concrete.” This means their biggest concerns may be whether they are going to be okay. They can notice stress in their parents. Parents may see a change in their child’s sleep habits. This can include not sleeping well, having bad dreams, or bed-wetting. They may also seem clingier or have temper-tantrums.

In school-age children, parents may notice signs including change in sleep habits. Children may also have shorter tempers than usual. They may also have trouble concentrating.

Teens may be very affected. During the teenage years, children work on their social skills. Being at home away from social activities may affect them. Parents may notice signs including change in sleep habits. Teens may become more argumentative. They may need more space to themselves. Parents should be sensitive to those needs. Teens often feel invincible, so they may have trouble understand how the COVID-19 crisis affects them. It is important to be open with them and acknowledge their feelings, even if their feelings seem unnecessary. **Kay** reminded parents to encourage teens to stay in touch with friends.

**Tatania** and **Latonia** talked about dealing with the COVID-19 crisis. The CAB thanked **Tatania** and **Latonia** for sharing their stories and for being a part of the CAB. CAB members reminded each other to reach out to other CAB members for support.

**Megan** reminded the CAB to visit the “COVID-19 and PHACS” page located on the PHACS website: <https://phacsstudy.org/Education-Hub/COVID-19-and-PHACS>

**Megan** reminded the CAB about the following upcoming meetings:

- Thursday, April 16, 2020 at 1:00 PM Eastern Time: Health Education and Communication Committee (HECC) Call
- Monday, April 20, 2020 and Tuesday, April 21st: Virtual 2020 PHACS Spring Retreat

**NOTE: The next CAB call will be on Thursday, April 23, 2020 at 12:00 pm EST.**