



Psychosocial Effects of Physical Isolation in Response to a Pandemic

Wednesday, February 24, 2021, 7 p.m. – 8 p.m. EST

Presenters: Ali Zaidi, MD, Meredith Kalbacker, LCSW, and Alex Weisman

About the Webinar

Has the isolation caused by the COVID-19 pandemic caused you to feel out of sorts, sad and lonely? Have the changes in your daily life and the fear of what will happen caused you emotional stress? If so, you will want to attend this webinar. It will be a unique and enlightening conversation. The panelists include an ACHD provider in NYC, one of the epicenters of the COVID-19 pandemic in the United States, an ACHD patient with complex CHD who contracted COVID-19, and an ACHD social worker who has seen the effects of COVID-19 on a psychosocial level for ACHD patients.

REGISTER NOW: <https://bit.ly/39amKHm>

About the Presenter

Dr. Ali Zaidi serves on the ACHA Medical Advisory Board and is a board certified adult congenital heart disease (ACHD) cardiologist. He trained in ACHD, pediatric cardiology and adult cardiovascular disease at The Ohio State University Nationwide Children's Hospital in Columbus, OH. He also received advanced training in cardiac imaging at The Ohio State University. He is currently Associate Professor of Medicine and Pediatrics, Director of the Adult Congenital Heart Disease Center, Director of Pediatrics to Adult Transition of Care Program, and Director of Academic Affairs, Division of Pediatric Cardiology at Mount Sinai Hospital in New York, NY.

Meredith Kalbacker is a licensed clinical social worker at the Mount Sinai Adult Congenital Heart Disease Center in New York City. She has been practicing medical social work for more than five years, supporting patients with complex medical, social and mental health needs. As the ACHD social worker, Meredith provides emotional support, psychoeducation and connects patients to appropriate resources in the community. Meredith is an integral part of the ACHD interdisciplinary team to help patients successfully transition from pediatric to ACHD care.

Alex Weisman is a CHD patient who had COVID-19. Professionally, he is an actor and bibliophile living in New York. He graduated from Northwestern University. Alex made his Broadway debut as part of the original cast of the Tony Award-winning *Harry Potter and the Cursed Child*. He is a two-time Joseph Jefferson Award winner. For five years he was seen as Paramedic Chout on NBC's *Chicago Fire*, *Chicago PD*, and *Chicago Med*.

About the Adult Congenital Heart Association

The Adult Congenital Heart Association (ACHA) is a national not-for-profit organization dedicated to improving the quality of life and extending the lives of adults with congenital heart disease (CHD). ACHA serves and supports the more than one million adults with CHD, their families and the medical community—working with them to address the unmet needs of the long-term survivors of congenital heart defects through education, outreach, advocacy, and research. For more information about ACHA, contact (888) 921-ACHA or visit www.achaheart.org.