



Quality
Insights

Renal Network 4



Network 4 Patient Representatives

May Monthly Meeting

May 2nd 2:00 PM

May 3rd 2:00 PM

What is Peer Mentoring

- Definitions

- A peer is someone on the same level as you, perhaps facing similar situations, who is in a position that could relate to yours.

- For example, if you are a person with kidney disease, a peer would be a fellow person with kidney disease. However, they may have a different treatment plan than you, or may have been receiving treatment for a longer or shorter time than you.

What is Peer Mentoring

- Definitions
 - A mentor is someone who has experience or knowledge that he/she shares with another person to help them.

How do Peer Mentors Help?

- Research shows that people often handle things better when they can connect with someone in a similar situation to theirs
 - Your peers may get support from friends and family, but connecting with others who have similar experiences can offer added support

How do Peer Mentors Help?

- Peer Mentors Provide:
 - Understanding and insight based on experience
 - A feeling that others are not alone facing their illness
 - A positive role model that can share hope
- Your peers may be challenged with
 - Lack of support from friends and family, which may make it difficult for them to follow their treatment plan
 - Limited one-on-one support from medical staff
 - Challenges that affect their day-to-day lives

Results of Peer Mentoring

- Promote, influence and inspire peers to become active and engaged in their Care!
- Affect positive Patient Engagement
 - By helping patients understand the benefits of being involved in their care
 - By providing information to help patients make important decisions
 - By helping to build communication between patients and staff

Results of Peer Mentoring

- Patient Engagement leads to hope and less feelings of depression
- Pass on the positive notion “Dialysis Means Life” or DML



How do I become a Peer Mentor?

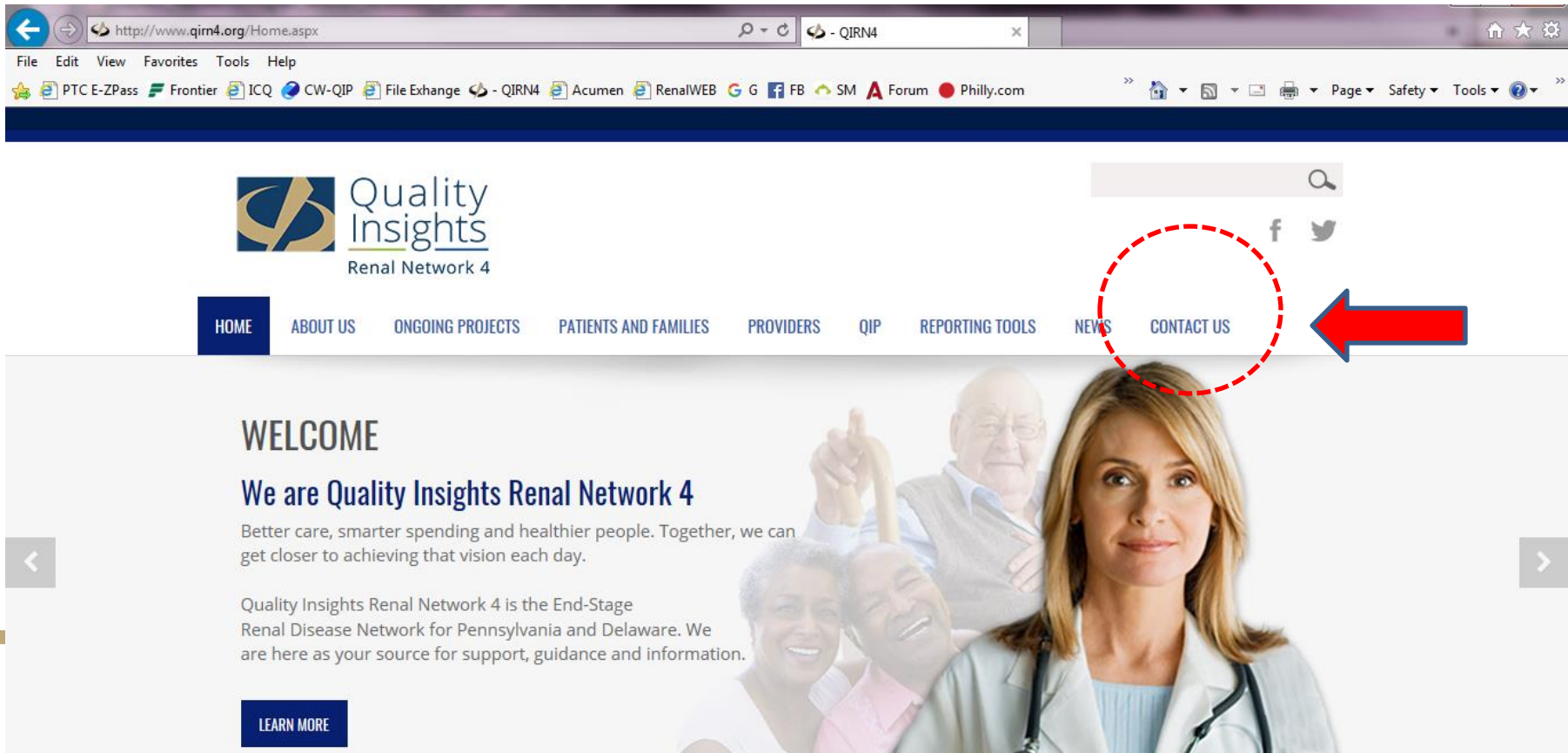
- Network 4 has access to a Peer Mentorship Training Program that was developed in 2015 by the National Coordinating Center (NCC)
- Three 60 minute training Modules
 - After each module there is a short quiz
 - Educational information and resources are provided
- After completion of all three (3) modules
 - Receive a course completion certificate; “Certified N-PFE LAN Peer Mentor”
 - You will be ready to work with staff at your facility to being helping mentor other patients

This training course will help you to:

- Understand what a peer mentor is and strengthen your leadership and communication skills
- Understand the importance of your role in keeping patient information confidential and important guidelines/tips to follow
- Learn about educational information that will prepare you to discuss kidney care choices with your peers;
- Hear more about how your role will make a difference and tips on how to start mentoring in your center
- Build the skills that will help you to succeed as a peer mentor to help your peers with kidney care choices

Interested in Peer Mentoring Training?

- Contact us at our Website: WWW/QIRN4/org
 - Click on: Contact us top Right side of landing page
- Email Tish Lawson at plawson@nw4.esrd.net



The screenshot shows a web browser window displaying the homepage of Quality Insights Renal Network 4. The browser's address bar shows the URL <http://www.qirn4.org/Home.aspx>. The website header features the Quality Insights logo and the text "Renal Network 4". A navigation menu includes links for HOME, ABOUT US, ONGOING PROJECTS, PATIENTS AND FAMILIES, PROVIDERS, QIP, REPORTING TOOLS, NEWS, and CONTACT US. The "CONTACT US" link is highlighted with a red dashed circle and a red arrow pointing to it from the right. Below the navigation menu, the main content area has a "WELCOME" heading, followed by the text "We are Quality Insights Renal Network 4" and a sub-headline "Better care, smarter spending and healthier people. Together, we can get closer to achieving that vision each day." A "LEARN MORE" button is located at the bottom left of the main content area. The background of the main content area features a photograph of a diverse group of people, including a woman in a white lab coat with a stethoscope, and several older adults.

Open Forum and Discussion

- Introductions
- What is going well?
- Do you need support/advise about a situation?
- What would you like to share?