



The RPSG

The Renal Patient Support Group

Renal & Peer Support

Peer Support

- A diagnosis of CKD can be devastating and can create physical and emotional changes with accompanying challenges (Taylor et al. 2015).
- Peer support is recognized as an important component of quality surrounding RRT and preparing patients (Taylor et al. 2015).
- Peer support is a multifaceted concept, which depends on context and use (Taylor et al. 2015).



Taylor, F., Gutteridge, R., Willis, C. (2015). Peer support for CKD patients and carers: overcoming barriers and facilitating access, *Health Expectations*, 19, 617-630.



Focus of Peer Support

- Being able to communicate and share lived experiences
- Gaining confidence and more sense of control
- Having access to practical information based on lived experience



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Peer Support

- Support exchanged by patients who share different aspects surrounding nephrology and renal disease (Wood 2014).
- Peer support is a complex and highly variable. It is best when patients and professionals work together surrounding specific aspects of both lived experiences and diagnosis (Wood 2014).



Peer Support

- Peer support can enhance self—efficacy through both vicarious experience and connectivity (Wood 2014).
- Friends and family can increase a patient's isolation and distress by offering unhelpful assistance, such as unwanted advice or false reassurance, whilst peer support can offer opportunity (Wood 2014).
- Peer support has been proposed to advantageous in a range of physical, and emotional settings (Wood 2014).





Advantages to Peer Support

- Peers have a unique authenticity, which enables recipients to compare, validate and share lived experience (Wood 2014).
- Peers provide real-world knowledge regarding compromise, enabling others to offer assistance (Wood 2014).
- Emotional assistance is reassurance and encouragement that peers can offer and share (Wood 2014).
- It can be introduced as flexible, which makes it an ideal to tackle renal real issues in nephrology (Wood 2014).



Lived Experiences

- Peer support has been implemented for a range of different long-term conditions (Taylor et al. 2015).
- Peer support can be beneficial in helping patients with CKD make treatment choices and alleviate fears about care plans (Taylor et al. 2015).
- Hearing about good and bad experiences can prompt decision making (Taylor et al. 2015).





Effects of Peer Support

- Having Control
- Reduced Uncertainty
- Empowerment
- Being understood and accepted
- Less Isolated
- Sense of Normality
- Positivity and Possibilities



ACKNOWLEDGEMENTS

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