



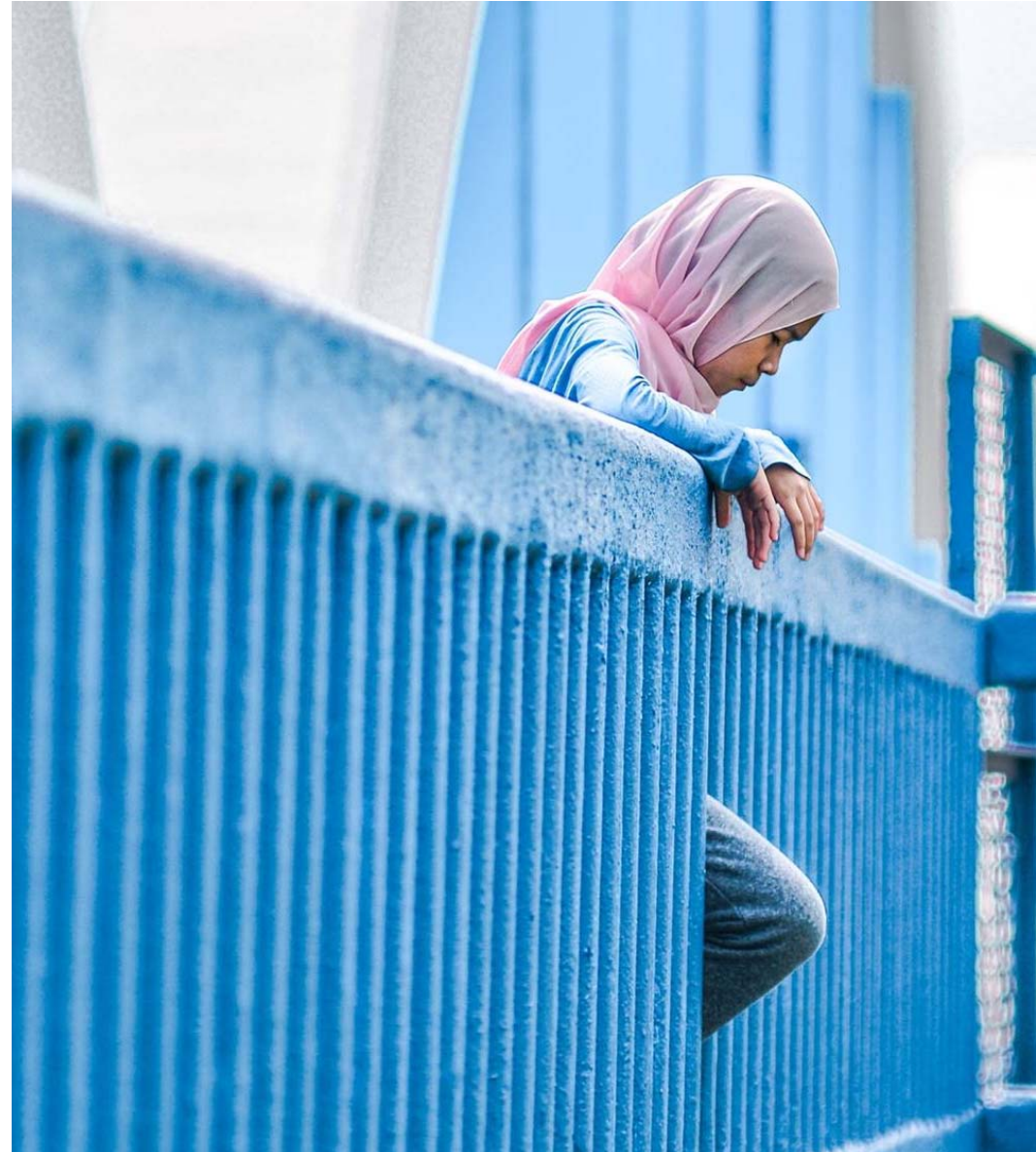
COVID-19 Critical Care Training Forum

Peer Support for Survivors

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May 26th, 2020 ATS Webinar

LET'S LEARN





Why Peer Support?

- Healing through empathy, advice, and stories [1]
- Effective in cancer, diabetes and for mental health disorders [2]
- Reduce psychologic morbidity and increase social support [3]
- Lack data regarding outcomes for post-ICU population

Source:

1. Mikkelsen ME, Jackson JC, Hopkins RO, et al. Peer Support as a Novel Strategy to Mitigate Post-Intensive Care Syndrome. *AACN Adv Crit Care*. 2016;27(2):221-229. doi:10.4037/aacnacc2016667
2. Cameron, Linda et al. *Psycho-Oncology* 16: 171–180 (2007) Published online 20 July 2006 in Wiley InterScience (www.interscience.wiley.com). DOI: 10.1002/pon.1050
3. Haines, Kimberley et al. Peer Support in Critical Care: A Systematic Review, *Critical Care Medicine*: September 2018 - Volume 46 - Issue 9 - p 1522-1531 doi: 10.1097/CCM.00000000000003293

MODELS

Six General Models of Peer Support

Current models utilized by collaborative sites reporting data



Community Based



Psychologist Led



**Groups in post-ICU
clinics**



Online



Groups in ICUs



Peer Mentor Models

Critical & Acute Illness Recovery Organization



QUICK START GUIDE

To starting an online support group

1

• RESEARCH

- What technology does your organization already have

2

• PLATFORM

- Know your group – preferences, restrictions, etc.

3

• MODERATOR(S)

- Deliver trauma informed care

4

• GROUND RULES

- Privacy, respect, environmental control

5

• LOGISTICS

- How often for how long
- Group size

6

• IN-BETWEEN

- Resources for after group



Summary

“Thank you for your beautiful messages. I have read the messages you sent already many times...they **carry so much meaning** because I feel that **you understand** things that few others do. Last night, I read what you had written yesterday out loud to my husband. When I turned to look at him after I had finished, I saw that he had a tear running down his face. He said, “**I have not known how to help you**”. We both feel such **gratitude** for your kindness in reaching out to me to give me **hope** for the road ahead.”

Resources & Special Thanks

- Joanne McPeake
- Tara Quasim
- Joel Meyer
- Andy Slack
- Ellie Hirshberg
- Sarah Beesley
- Leanne Boehm
- Kelly Drumright
- Wendy Harris
- Dorothy Wade
- Janet Kloos
- Megan Nachimo
- Rita Bakhru
- Kimberley Haines
- Cydni Williams
- Heather Imperato-Shedden
- Mary Beth Leaton
- Tom Farley
- Anthony Bastin
- Samuel Gluck
- Veronica Rojas Jara
- Julie Rogan
- Sarah Hoehn
- David Hornstein
- Philip Efron
- Anna Gardner
- Christa Schorr
- Nitin Puri
- Sachin Agarwal
- Tammy Eaton
- Anna Lewis
- Brad Butcher
- Aluko Hope
- Dmitriy Golovyan
- Jack Iwasyna
- Carla Sevin
- Mark Mikkelson
- Hali Felt



Intensive Care (ICU)

Welcome to a place where you will meet people who have experience with intensive care, critical care or post intensive care syndrome. You'll also meet family members with ICU experience. Post your question, share your story, or just say hello and introduce yourself.

Add yourself to the member list and click the Follow button to receive email notifications when new messages are posted.

QUESTIONS & ANSWERS

For more information:

<https://connect.mayoclinic.org/group/intensive-care-icu/>

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