

Integrating Peer Support across the Continuum of Trauma Care: Trauma Survivor, Caregiver, and Healthcare Provider Perspectives and Recommendations

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Background

- **Traumatic injuries** are a **leading cause of disability** worldwide, and account for over 12% of the **global burden of disease** [1, 2].
- Many trauma patients **experience mental health issues** such as **emotional distress**, anxiety, and depression [3].
- Peers can provide **empathetic connection** and **emotional support** that is rooted in **lived experience** [4].
- Research has **yet to explore** the **ideal components** of a **peer support program** for trauma survivors

Purpose

- To explore the **peer support experiences** of trauma survivors, caregivers, and healthcare providers, and **identify the ideal components** for a **cross-continuum peer support program**
- To use an established **Framework for Peer Support Interventions** to **map the ideal characteristics** of a cross-continuum peer support program

Methods

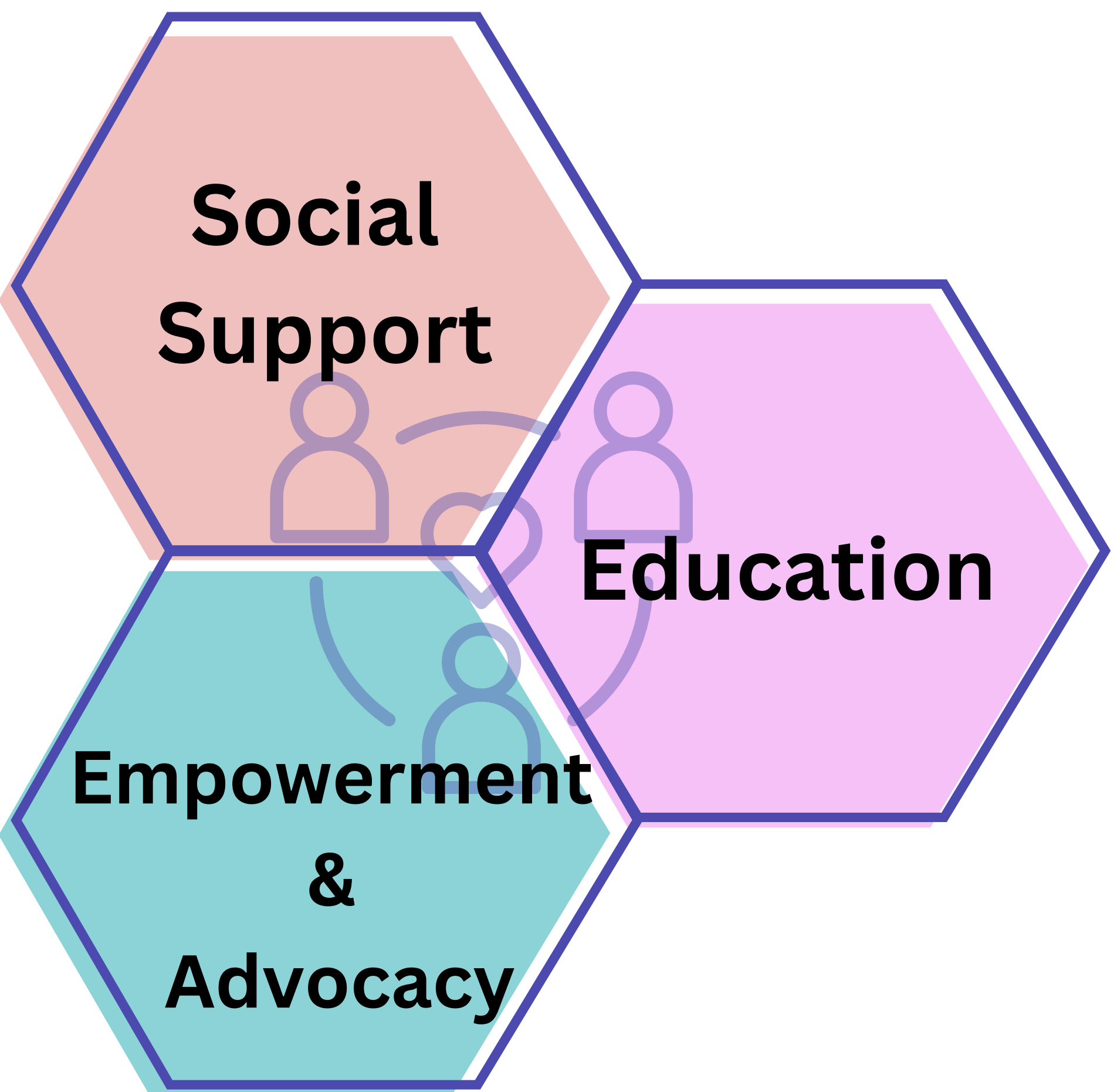
- **Qualitative interviews** with Trauma Survivors (n=15), Caregivers (n=4), and HCPs (n=16) about their **past experiences with peer support** and to hear their perspectives on what a cross-continuum **peer support program for trauma survivors** should involve

References

1. J.A. Haagsma, et al., *Injury prevention* 22(1) (2016) 3-18.
2. W.H. Organization, *The global burden of disease: 2004 update*.
3. H.K. Vincent, et al., *PM&R* 7(9) (2015) 978-989.
4. K. Badger, D. Royse, *Soc Work Health Care* 49(4) (2010) 299-313.

Perspectives and Recommendations

Program Goals



Dosage

Frequency

Weekly -
Bi-Weekly -
Monthly

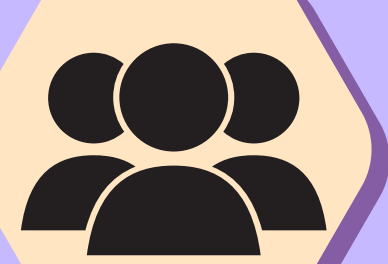
Duration

Up to 2
months post-
discharge

Intensity

1.5-3
hours

Modes of delivery



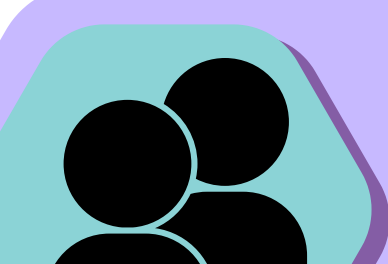
In-person



Virtual



Hybrid



**Group vs.
One-on-one**

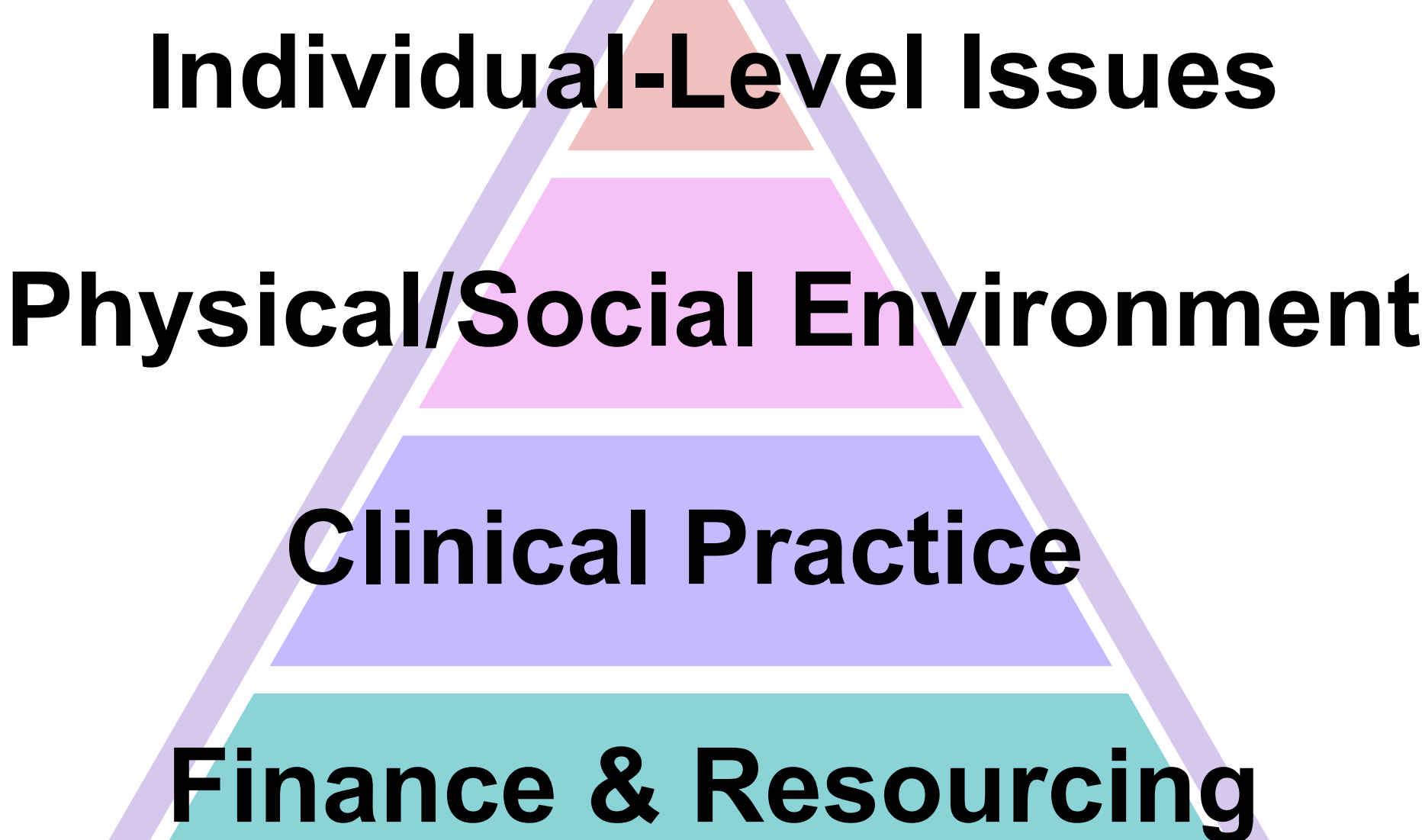
Ideal Peer Supporters

Characteristics: Respectful & accepting of everyone, good/active listener, strong leader, Compassionate and Empathetic, knowledgeable

Training: Cultural competency, conflict resolution, confidentiality and privacy, trauma-informed care, Person-centered care, safety training

Skills/Expertise: Lived experience with trauma, group facilitation, flexible and adaptable, interpersonal skills, open minded, accessible

Challenges



Setting

- ☒ **Large Bright Room**
- ☒ **Accessible**
- ☒ **Privacy and Quiet**
- ☒ **Close to home**
- ☒ **Welcoming**

Conclusion & Implications

- Participants recommended **early, flexible programing** for **fostering peer support relationships** that **extend into community living**.
- **HCPs are interested** in peer support, but proper **education and training are needed**
- **Trauma survivors** should **play a central role** in the **planning and facilitation** of peer support programs
- Need **further research** on the **feasibility of cross-continuum** peer support programs