

Clinical Peer Support Learning Community

Clinical peer support can be an effective measure to prevent health care worker (HCW) burnout. The risk for burnout is exacerbated when clinicians are involved in medical error and when they are exposed to stressful events and environments. In these circumstances HCWs often withdraw; feeling isolated, anxious, depressed, and questioning their future as a healthcare professional.

Clinical Peer Support can help

Trained, volunteer clinical peer supporters share the lived experience with the HCW in need. They listen to their colleagues concerns and help validate their feelings. On going 'check-ins' cultivate relationships and create critical connections to help re-build a sense of community and belonging. Peer to peer communications are kept confidential and support is tailored to the HCW's individual circumstances.

Organizations that offer clinical peer support programs recognize that HCW well-being is crucial for patient safety and that providing this assistance for the HCW is essential.

How do we start?

The Foundation for Healthy Communities, NH Hospital Association, NH Professionals Health Program, and the Bureau of Emergency Preparation, Response and Recovery have joined forces to create this learning community to proactively assist hospitals in expanding clinical peer supports for HCWs. Through facilitated collaboration, participants will gain the skill, knowledge and confidence to create and enhance clinical peer support initiatives in their own institutions.

COMMUNITY BENEFITS

The Clinical Peer Support Learning Community offers:

- ❖ A forum for NH hospitals across the state to learn, share best practices, problem solve and collaborate
- ❖ A compendium of resources for hospitals to build Peer Support Programs
- ❖ Guidance for hospitals developing their own programs and initial Peer Supporter training
- ❖ Ongoing Peer Supporter training and education from Subject Matter Experts
- ❖ A venue for Peer Supporters to share challenges and seek guidance and advice from peers.

