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## Press Release (FOR IMMEDIATE RELEASE)

### Mid-Atlantic Renal Coalition Finds Peer Mentoring Reduces Missed Treatments

**Richmond, VA, January 7, 2016** –Peer-to-peer mentoring may help patients improve their treatment attendance. This is just one of the findings resulting from the Mid-Atlantic Renal Coalition’s (MARC) Special Innovation Project, Peer Support to Enhance Self-Management and Reduce Hospitalization Rates, which was funded by the Centers for Medicare & Medicaid Services (CMS). MARC recently completed the pilot test of its peer program, known as *Peer Up!*, at University of Virginia Lynchburg Dialysis where 46 dialysis patients participated. It included pairing of mentees and mentors, mentor training, kick-off social mixers to explain the program and introduce mentees and mentors, ongoing meetings between mentees and mentors, mentor training booster, and a final celebration mixer.

In addition to reducing missed treatments among mentees, *Peer Up!* increased self-efficacy, knowledge, social support, and dialysis social support among mentees. Mentors also experienced increases in knowledge, dialysis social support, and self-management behaviors. One mentor said, “I’ve become more conscious of taking my medicine, controlling my fluids ...and just my overall health. Sometimes, my mentee became my ...inspiration as well as she made me accountable.”

MARC has made all of the materials developed for the *Peer Up!* program available on its [website](#) for easy download and customization so that all dialysis providers can implement a peer-to-peer program in their facilities. MARC partnered with FHI 360, an international nonprofit human development organization dedicated to improving lives by advancing integrated, locally driven solutions. They assisted with the literature review, environmental scan, and knowledge transfer activities.

MARC is a non-profit corporation serving as the CMS contractor for ESRD Network 5. MARC is subsidiary of WVMI and Quality Insights Holding, Inc., which serves as the CMS QIO contractor for West Virginia, Delaware, and Pennsylvania.

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