Sample Peer Time

Greetings and welcome
Thank the mentee for making time to join you and caring about his or her health.

Ask about self-care in past week
- Fluids
- Diet
- Medications
- Attending all dialysis treatments
- Staying for the full treatment time

Point out and congratulate good self-care
ASK: “What has gone well since we talked?”

Check in about expectations
ASK: “How can I help you?”

Talk about one concern or challenge and how to address it
ASK: “What makes it hard for you to do that?”

Get Help

Go to the charge nurse right away if your mentee:
- Has questions about lab tests, medications, or other medical issues
- Seems unwell, sick, or unkempt
- Has problems with his or her vascular access
- Talks or acts in ways that make you feel unsafe (angry? threatening?)
- Does not make sense or speaks in a way that you cannot understand

Contact the charge nurse with questions and concerns.

Share tips from your experience

GUIDE for MENTORS

Peer Up! Mentors
- Meet with mentees twice a month, or as often as asked by facility staff
- Listen and show support
- Share tips and experience

This document was developed under CMS Contract #HHSM-500-2013-NW005C. The contents of this document do not necessarily reflect CMS policy.
Motivate and Build Confidence

Discuss reasons for good self-care

- To feel better
- For spouse or family
- To enjoy hobbies or interests
- For other things he or she cares about

Help the mentee pick something to work on

- Plan ahead for one change
- Try one small step from diet or fluid plan
- Repeat a past success
- Talk with a supportive friend or relative
- Review information on a topic of interest (offer your mentee material available at the facility)

Remind the mentee that small steps can make a big difference! Think of some together.

Stay Professional

DO

- Share your experiences with staying in treatment, managing fluids, eating certain foods, taking your medications, and asking for help
- Talk about how you stay confident and motivated to take care of yourself
- Offer support and encourage the mentee to check in with his or her health care team with questions

DON'T share or ask about

- Family or personal matters
- Finances or employment
- Religious or political views

DON'T give medical advice or wrong information

If you are unsure, ask a charge nurse.

Keep discussions private

- Explain confidentiality to your mentee
- DON'T talk about your mentee with other patients, friends, or relatives