

POSSE: Peers of Stroke Survivors Empowering – Meeting the Needs of Stroke Survivors/Families

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Introduction

- Peer Support Groups are a valuable resource to patients and their families.
- Evidence supports Peer Support Groups improve patient coping and re-integration after a life changing event.
- A stroke survivor expressed frustration with the lack of an acute care Stroke Survivor visitation program.

Purpose

- Develop a Stroke Survivor visitation program for inpatients.
- Monitor performance of the program.

Objectives

- Participants will be able to utilize information to develop similar programs at their facilities.



Creation of POSSE Program

- Stroke Leaders collaborated with the Volunteer department to create a visitation program that met regulatory requirements.
- Stroke Leaders screened potential volunteers by conducting one on one interviews.
- Establish a training plan for selected volunteers.
 - Attend hospital orientation for volunteers
 - Attend 8 hour training designed for volunteers who visit patients
- Consulted Nurse Research Scientist to create a program evaluation tool.
- Created work flow process and tools to facilitate visits.
- Structured monthly meeting to troubleshoot and problem solve issues that were identified during visitation.

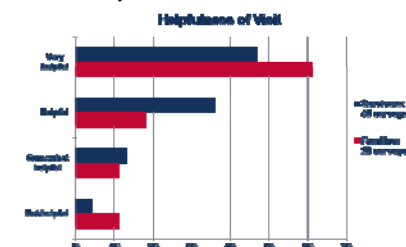


Program Highlights

- Summer 2014 program launched with five Stroke Survivors, increased to seven in 2015.
- Volunteers have varying degrees of disability and age.
- Visit patients daily on three in-patient units.
- Visit time and frequency of visit varies depending on situation
- Program Support Assistant (PSA) works closely with clinical staff to determine which patients/families are appropriate for a visit.
- PSA customizes visits.
- Visits are document including who was visited, duration and need for follow-up.
- To evaluate program effectiveness, PSA completes anonymous questionnaire post-visit.

Results

Results align with our care delivery model of Patient Family Centered Care.



Lessons Learned

- Communication is critical when working with individuals with disabilities
- Structured visits based on patients, families, and clinical staff feedback improved satisfaction with program
- Personal self-worth was enhanced for POSSE volunteers

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