

Peer Support

Timeline

Setting up a peer support service for patients with skin cancer

The Royal Marsden NHS Foundation Trust

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The Idea:

To develop a peer support service for patients with skin cancer.

The aim:

To improve patients' psychological wellbeing and reduce isolation by supporting individual needs.

What is Peer Support?

- Peer support is complex.
- Offers patients an opportunity to form a supportive relationship with someone with related lived experience.
- Provide a mutually supportive relationship.^{4,5}



Why?

- Increase in survival for patients.
- Support for debilitating side effects.¹
- Social isolation as a concern.²
- Transformation of clinics from in person to virtual has removed the waiting room networking.
- Research has focused on empirical, now need to think about holistic care.³
- The health-related benefits in relation to peer support are significant.

How?

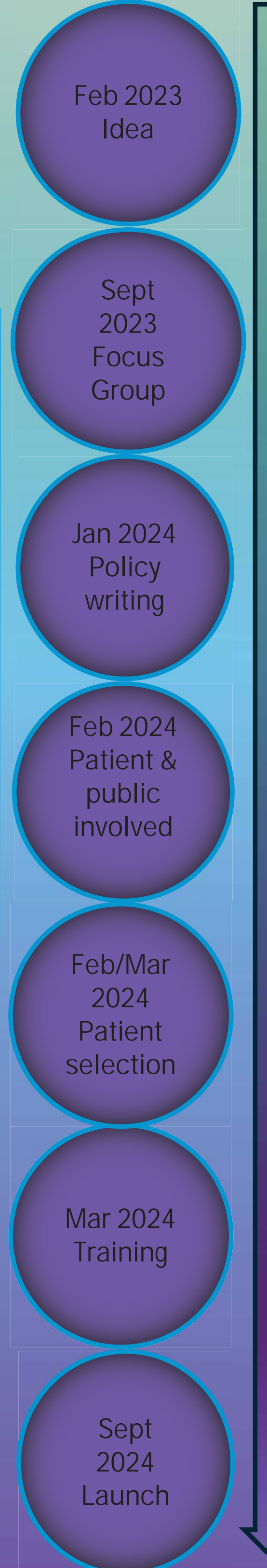
We undertook a patient engagement workshop for 15 long term survivors of melanoma and questioned the utility of having a peer-to-peer support service.

Patient Selection

- Self-nomination.
- MDT members.

What Next?

- Complete thorough literature review of peer support needs of patients.
- Roll out to other tumour sites.



1. Fu, H. et al. (2020) 'Supportive care and unmet needs in patients with melanoma: A mixed-methods systematic review', Supportive Care in Cancer, 28(8), pp. 3489-3501. doi:10.1007/s00520-020-05464-3.
 2. Choudhury, A. (2023) 'Impact of social isolation, physician-patient communication, and self-perception on the mental health of patients with cancer and cancer survivors: National survey analysis', Interactive Journal of Medical Research, 12. doi:10.2196/45382.
 3. Krishnasamy, Meinir, Amelia Hyatt, Holly Chung, Karla Gough, and Margaret Fitch. "Refocusing Cancer Supportive Care: A Framework for Integrated Cancer Care - Supportive Care in Cancer." SpringerLink, December 14, 2022.
 4. Peterson JL, Rintamaki LS, Brashers DE, Goldsmith DJ, Neidig JL. (2012) The forms and functions of peer social support for people living with HIV. J Assoc Nurses AIDS Care. 2012 Jul-Aug;23(4):294-305.
 5. Dennis, C.L., (2003). Peer support within a health care context: a concept analysis. International journal of nursing studies, 40(3), pp.321-332.

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