

# iPeer2Peer Program

Within Paediatric Transplantation

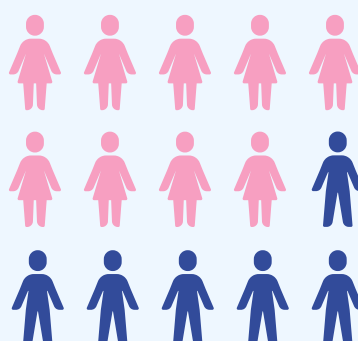
Exploring the potential for online peer support mentorship to improve disease self-management

## PATIENTS' VOICE

We interviewed 15 heart, lung, liver & kidney transplant patients to listen to their perspectives



**11 adolescents & 4 young adults**  
**9 females & 6 males**



## WHAT WE HEARD



**100%**

### UNANIMOUS SUPPORT

For a transplant-specific online peer support mentorship program to help disease self-management

#### 1. Self-management care can be "taxing"

Having a transplant is so mentally taxing

[My parents] remind me every time I have to take my medication

#### 2. There is value in peer mentorship for transplant patients

I want to hear what peoples' stories are like

It would just help [patients] not give up

#### 3. Mentorship is the "best" with relationship building

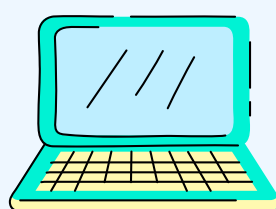
[Peer mentorship] is the best help available

[To do] something we enjoy together... build a relationship

## PROGRAM PREFERENCES

### PLATFORM

"It's super easy to Skype or Facetime"



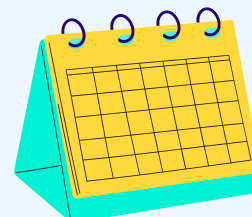
### MATCH



"I just have some questions only boys can answer"

### FREQUENCY

"Once a week or once every two weeks"



## NEXT STEPS



Pilot testing the iPeer2Peer program within paediatric solid organ transplantation

<https://lab.research.sickkids.ca/anthony>