

The iPeer2Peer Mentorship Program for Adolescent Thoracic Transplant Recipients



Adolescent thoracic transplant recipients manage their **transplant care daily** and have a high risk of psychosocial challenges.

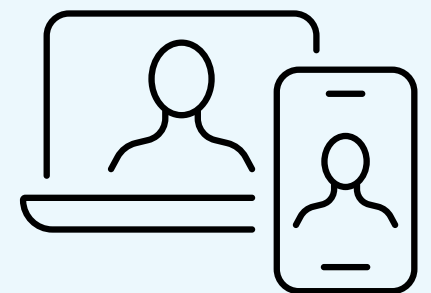
Support and **self-management skills** can help them successfully transition into the adult healthcare system.



iPeer2Peer (iP2P) is an online peer mentorship program for **adolescent mentees** and **trained young adult mentors** who provide **1:1 role-modeling and peer support**. Mentees connect with mentors via video calls and text messaging for 15 weeks.

STUDY AIMS

To evaluate the pilot implementation of iP2P for adolescent thoracic transplant recipients and its **effectiveness on health outcomes**.



PARTICIPANTS

were recruited from two Canadian heart transplant (Tx) centres and included:

20 mentees



13 females : 7 males
ages 12-17



18 Heart Tx Mentees



2 Lung Tx Mentees

9 mentors



7 females : 2 males
ages 18-25

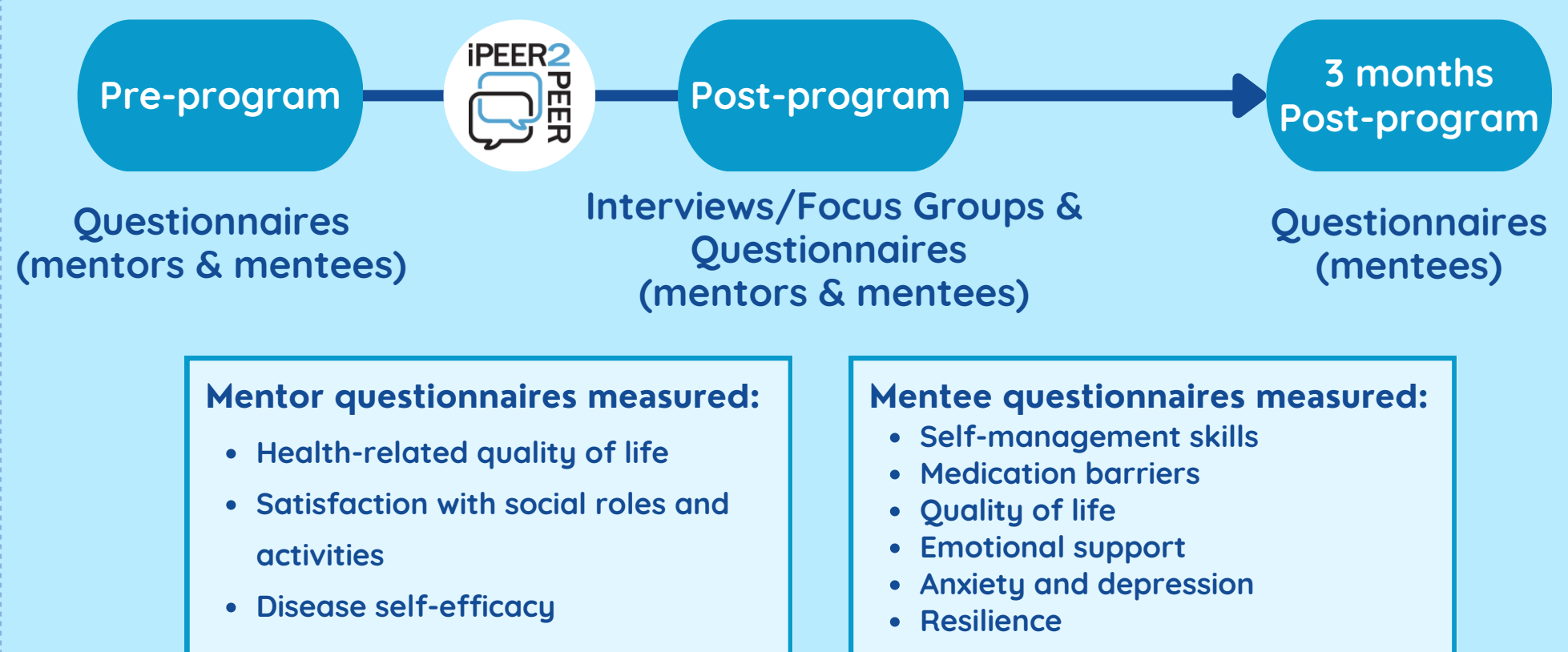


7 Heart Tx Mentors



2 Lung Tx Mentors

DATA COLLECTION



IMPLEMENTATION OUTCOMES

iP2P was successfully implemented for mentees and mentors.

- feasible adoptable acceptable appropriate

Median Time Participating:



6 calls

“The more calls I did, the more comfortable I felt, and the more I was willing to share.”



22 mins.

“I was almost sad to end the calls with her...The time flew by really fast.”

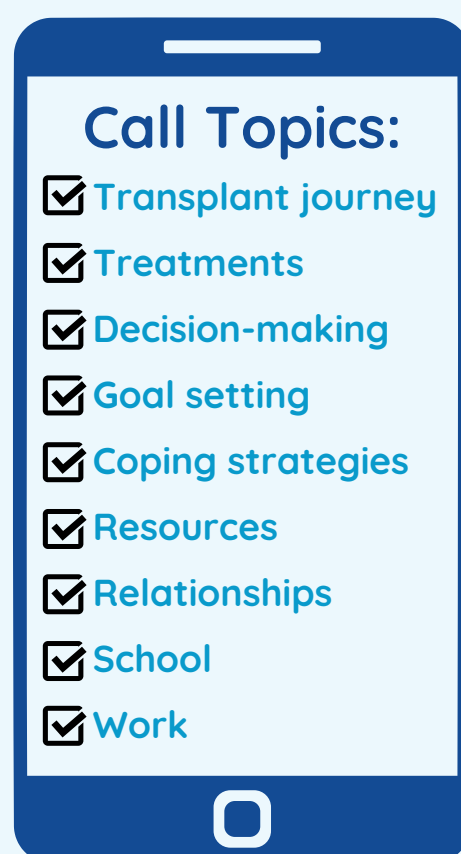
Mentees who completed at least 5 calls rated higher median engagement and satisfaction.

Engagement

“I was really engaged...I wanted to know about his life, how I could relate and what I needed to know about my future.”

Satisfaction

“It was definitely a wonderful experience... getting to talk to another person with similar experiences.”



EFFECTIVENESS OUTCOMES

Significant differences were found on mentee questionnaires.*



↑ Medical self-management:

“I feel...nervous with ordering my own medicine. Talking to my mentor was very helpful.”



↑ Quality of life:

“It has definitely impacted me...in a really good way. Looking back, I was in a really tough situation...I’ve learned a lot from that experience...”



↓ Anxiety and depression:

“I feel like the talk that we had kind of...impacted me...I got to get all my feelings out...I’m definitely happier.”

*There were no significant differences on mentor questionnaires.

The iPeer2Peer program was successfully implemented for adolescent thoracic transplant recipients. iP2P shows promise as an intervention to improve self-management skills and quality of life and lower anxiety and depression.

Future research should evaluate its scalability, sustainability, and cost-effectiveness.

CONCLUSION



The Canadian **Donation and Transplantation** Research Program
Programme de recherche en **don et transplantation** du Canada

Read more about our study **here:**



To learn more, please visit our **website:**

