

## **BC Home Parenteral Nutrition (HPN) Peer Support Program**

### **Information for Patients**

The purpose of the Peer Support Program is to offer extra support to patients on home parenteral nutrition through the HPN Program at St. Paul's Hospital. This support comes from volunteers who share their experiences with HPN. These volunteers usually have been patients with the HPN Program or caregivers for someone in the program. We call these volunteers 'HPN peer support volunteers'.

### **How does the Peer Support Program work?**

We offer all new patients in the HPN Program the opportunity to connect with an HPN peer support volunteer. When you come to St. Paul's Hospital for HPN training, we will ask you and your caregiver if you would like to connect with a volunteer who has experience with life at home on HPN. Patients already in the HPN program are also welcome to use the Peer Support Program at any time.

If you would like to connect with an HPN peer support volunteer, the HPN team will ask permission to share contact details and arrange a time to connect. You will meet with them either in person or by telephone. The HPN team will try to connect you with an HPN peer support volunteer who lives in the same area or has had similar experiences.

### **What can you expect from an HPN peer support volunteer?**

The role of an HPN peer support volunteer is to provide you with information, tips and support related to their lived-experience with HPN. They can also answer some questions you may have about HPN.

The support offered by HPN peer support volunteers complement the care provided by the HPN Program team, however, HPN peer support volunteers do not provide clinical care. They do not answer questions about your medical condition or give medical advice. Questions or concerns regarding your medical condition should be discussed with the HPN Program clinical team. Issues that are considered urgent include but are not limited to:

- fever
- pain
- shortness of breath
- central venous catheter (CVC) problems
- light headedness (decreased level of consciousness)

If you have concerns during office hours (Monday to Friday 8:00 to 4:00) please contact the HPN Program team directly. If you have an urgent concern in the evening or weekend, you should go to the closest emergency room.

If you are interested in connecting with an HPN peer support volunteer or have any questions or concerns, please contact the HPN Program Coordinator at 604-806-9808 or toll-free at 1-877-806-9353.

