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Abstract Title:	Psychosocial Impact Of A New “Survivors Offering Assistance In Recovery” Peer-Support Program At A Burn Center
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Objective:	<ol style="list-style-type: none">1) Discuss the psychosocial impact of a Peer-Support Program at a Burn Center.2) Identify the four aspects of peer-support care utilized at this Burn Center.
Abstract:	<p>Introduction/Background: In March 2019, this Burn Center became the 76th active Survivors Offering Assistance in Recovery (SOAR) hospital across the U.S. and Canada. Burn injuries and the burn recovery process do not occur in a vacuum; such injuries are not static or independent. The psychodynamic process of burn injury has both micro and macroeconomic impacts, contributes to chronic medical problems, and impacts typical psychosocial functions leading to psychiatric disorders. The 2018 Burn Registry depicts our typical patient as single Hispanic male with minimal social support and with some high school education. Financial problems, chaotic upbringing, and untreated or poorly treated past psychiatric problems were common concerns among those referred to the Burn Center psychiatric service. Predictors of poor health outcome from burn injuries are: low socioeconomic status, unmarried, previous history of mental health diagnosis, substance use disorder, or having symptoms of acute stress, anxiety, and depression. [1] Burn survivors are directly affected by their burn injuries, but so is the survivor’s family, their healthcare staff, and their community.</p> <p>The purpose of this project is to describe this Burn Center’s efforts to provide psychosocial care after discharge, and our efforts to provide ongoing psychosocial care to the burn community and our medical staff. Phoenix SOAR is a powerful venue to share one’s experiences and inspire others on their path of burn recovery. The Burn Center developed our peer-support program to ensure no one recovers from a burn injury alone to include our staff.</p> <p>Methods/Design: The Burn Center’s SOAR peer-support program consist of four aspects: 1) group care, 2) individual care, 3) staff care, and 4) community care. It is common to have burn survivors take advantage of multiple activities.</p>

Group care: Group care consists of weekly peer-support sessions for burn survivors. These sessions are led by certified SOAR peer supporters/burn survivors, with logistical support from certified SOAR program coordinators. Topics of discussion are uniquely tailored to each group. We also host monthly social outings.

Individual care: Individual care occurs when a certified SOAR peer supporter/burn survivor provides one-on-one support to another burn survivor who is usually in an earlier stage of burn recovery. Our burn survivors have historically visited other burn survivors in their support of each other's recovery. On an as-needed basis, a few of our certified SOAR peer supporters have previously supported patients when requested by Burn Center staff. Our peer-support program expanded and streamlined this effort by certifying burn survivors in teaching them an evidence-based approach to better support other survivors. Individual care has been conducted in-person, via phone, social media, and/or through the Phoenix SOAR webpage platform. Individual care is not limited to, but seems most effective for, people who live at a distance from the burn center and who cannot attend weekly sessions.

Staff care: The primary purpose of staff care is to increase morale and mitigate burnout risk. There is a prominent association between a high-stress environment and the prevalence of vicarious traumatization among clinical caregivers. Burn survivors, who are deemed psychiatrically stable by a behavioral health clinician, are invited to speak about their burn injury and recovery experience to the same group of staff who took care of them. The intent is to remind staff the life-saving effect of their daily work, and to instill a sense of meaningfulness. Burn Center staff are frequently invited to attend burn community activities to include both social activities and volunteering opportunities.

Community care: Community care consists of burn survivors speaking publically at various community events to raise burn awareness and provide primary prevention activities: sharing the burn recovery process, available resources, and fire safety hazards.

Results: According to multiple staff members, our SOAR peer-support program is the first to have a clinical impact at our center. Qualitative reports by burn survivors and those involved in their recovery (i.e. their families and medical staff) are consistent with positive psychosocial outcomes to include improved moods, community reintegration, anxiety levels, pain scores, and physical rehabilitation. More recent burn survivors and their families report feeling better connected to the

community than burn survivors and their families who sustained their burn injuries years ago.

At the 10-week point, there have been a total of 475 SOAR encounters: group care (10 group sessions and n=131), individual care (n=27), staff care (4 events and n=212), and community care (2 events and n=105). The weekly groups currently have an average of 13 participants. There are 27 documented individual-care encounters, and there are certainly more undocumented individual-care encounters as multiple social relationships have been formed. A common theme from the Burn Center staff revolves around regaining a sense of meaningfulness after witnessing the progress burn survivors have made directly due to the staff's efforts.

Conclusions: All four aspects of care demonstrate a desire for the continuation of the Burn Center's SOAR peer-support program. Ten weeks into the inception of the program, there continue to be new and recurring attendees at our weekly group sessions. Our current certified peer supporters are semi-autonomous and eager to provide individual support. The program coordinators and peer supporters continue to support Burn Center staff at their respective unit leadership's request. Lastly, the Burn Center's peer-support program is earning recognition as local organizations are contributing to augment our efforts.

The Burn Center is raising burn awareness as evident by burn organizations' increased involvement in our efforts to provide psychosocial support for burn survivors after discharge. The Burn Center has been invited to speak at the 1st Annual TX Burn Community Connect Conference. Our peer-support program has already been covered in multiple reports in the media. Our burn survivors have been invited to speak at the hospital's grand rounds. All of this and more are attributable to the long-desired need to fill this gap in care.