

## Creating impactful peer support interventions for non-communicable disease management in humanitarian settings

People living with non-communicable diseases (NCDs) are primarily responsible for managing their conditions, with approximately 99% of care being self-managed.<sup>1</sup> Peer support can be an impactful tool to strengthen people's self-management skills and support people living with NCDs beyond their diagnoses and symptoms.<sup>2</sup> By connecting people with lived experiences and similar characteristics, **peer support can significantly improve the physical and mental health outcomes of people living with NCDs and improve their quality of life.**<sup>3,4</sup>

In humanitarian settings, peer support can be an **effective tool that can actively help people living with NCDs cope and continue to self-manage** their conditions in fragile contexts.<sup>2</sup> The approach is particularly valuable in conflict settings due to its simple implementation and anchoring at community level.<sup>5</sup>

Despite the recognition of the approach's benefits, scale-up and integration of peer support into clinical guidelines are lacking. With appropriate planning, implementation and evaluation, peer support can help support underserved and marginalised communities in NCD self-management.<sup>6</sup>

### The Partnering for Change peer support handbook

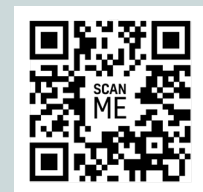
Partnering for Change has developed a handbook to provide practical guidance for planning, implementing and evaluating peer support with people living with NCDs in humanitarian settings. The handbook is based on available evidence and has been developed through a combination of methods: a desk review of research publications, a document analysis of grey literature, stakeholder interviews and expert consultations.

Access the handbook via the QR code to explore the step-by-step process, practical tools and relevant case studies for establishing impactful peer support approaches.



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Access the Partnering for Change peer support handbook



## Case studies

### 1 Lebanon

The Bridging the Gap initiative offers peer support for people living with diabetes or hypertension.

### 2 India

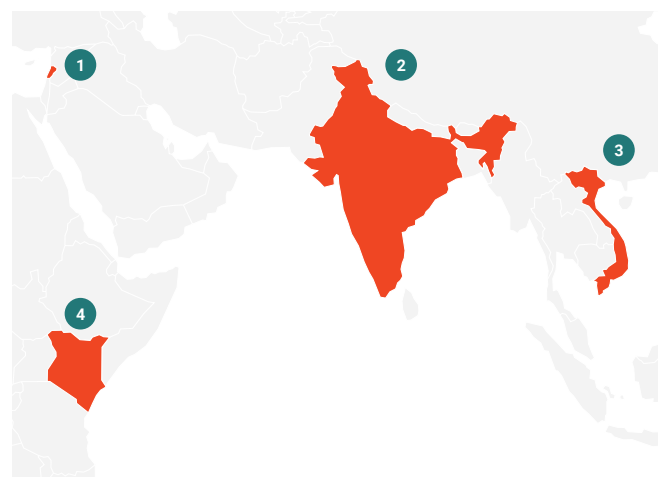
People living with severe mental health conditions took part in peer support groups in hospitals as part of the broader WHO QualityRights initiative.

### 3 Vietnam

The VALID project aimed to enhance diabetes care through peer support and education in rural areas.

### 4 Kenya

As part of the Continuity of NCD Care in Crisis project, peer support groups are offered to people living with diabetes and hypertension.



## What you will find in the handbook

The handbook provides step-by-step guidance leading humanitarian actors through three phases. Based on your existing experience and needs, the process can be followed step by step, or specific steps can be skipped or chosen. The handbook is designed to be flexible so that the peer support approach can be adapted to local needs and conditions.

Throughout the handbook, practical tools support you in establishing your peer support approach. Case studies provide examples of how peer support has been applied in various settings, including Lebanon, India, Vietnam and Kenya.

### Phase 1 Plan and initiate



#### Steps

- > 1. Define the target group and objectives
- > 2. Identify the project team
- > 3. Choose a peer support approach
- > 4. Stakeholder engagement and sustainability

### Phase 2 Implement and adapt



#### Steps

- > 5. Select and recruit participants
- > 6. Develop a peer support manual
- > 7. Select and train peer facilitators
- > 8. Practicalities of running peer support
- > 9. Flexibility and problem-solving

### Phase 3 Evaluate and learn



#### Steps

- > 10. Define the purpose of monitoring and evaluation (M&E)
- > 11. Develop a results framework
- > 12. Develop an M&E plan

## Tools



### Reflection questions

Considerations that help guide the process and refine the peer support intervention



### Exercises

Practical exercises to inform the development of the peer support intervention



### Practice tips

Useful tips that help implement the handbook's content into practice



### Case studies

Examples of how peer support has been applied in various settings, including Lebanon, India, Vietnam and Kenya



### Checklists

Lists of objectives for each phase



### Further reading

Links to useful resources

## About Partnering for Change

Partnering for Change is a unique public–private partnership aimed at providing NCD care to all people affected by humanitarian crises, regardless of their location. The International Committee of the Red Cross, the Danish Red Cross and Novo Nordisk have been working together to gain a better understanding of the challenges faced by this vulnerable group and to build capacity around NCDs, specifically diabetes and hypertension, in humanitarian settings.

## References

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