

# South East London, Kent and Medway Regional Nurse Advisory Group. Evaluating the benefit of peer support through Regional meetings

## BACKGROUND

The core group was originally developed in the late 1990's to provide peer support, share best practice and provide clinical supervision for a small group of nurses working in the South East London, Kent and Medway regions.

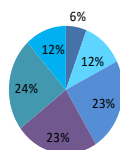
The launch of the Risk Sharing Scheme (RSS) in 2002 and the increased accessibility of Disease Modifying Drugs (DMD) drove the development of many new MS Nurse Specialist Posts. Subsequently the size of the group increased.

In the early days the group supported the development of MS services across the region focussing on a patient centred approach and promoting good working relationships. Over time the group has become more diverse with emergence of specialist practitioners joining the group.

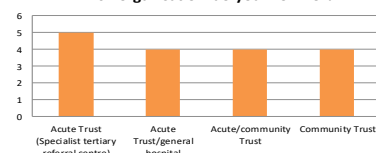
The group currently meets approximately every 6 weeks and has worked together to develop evidence based policies and procedures to support uniformity of care across the region. The group has also audited these policies and procedures and published their findings. Close working relationships with MS Consultant colleagues has led to the development of Regional DMD guidelines in line with both NICE and NHSE requirements. The group also runs an annual Multidisciplinary Seminar to share knowledge and best practice with colleagues across the South East Region.

How long have you been an MS Nurse/Practitioner?

■ < 1 year ■ 1-2 years ■ 2-5 years ■ 5-10 years ■ 10-20 years ■ > 20 years

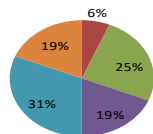


Which organisation do you work for?



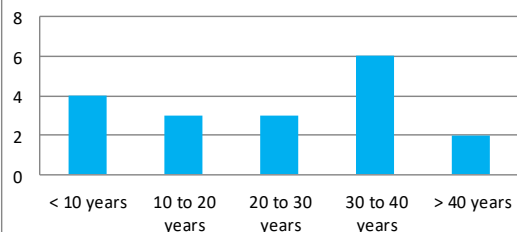
Age of group members

■ 20 to 29 ■ 30 to 39 ■ 40 to 49 ■ 50 to 54 ■ 55 to 59 ■ 60 +



*"The sense of perspective, historical change and knowledge of the complexities of our work has been invaluable."*

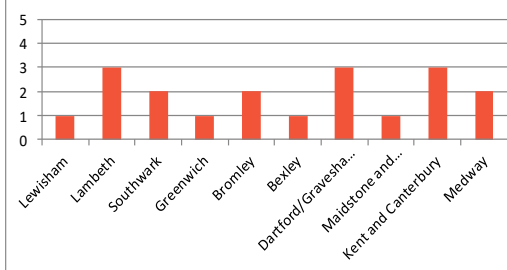
How long have you been a Nurse/Therapist/Practitioner?



## AIM

We undertook this audit to assess the demographic of the group, the diversity of the members and their level of experience. We also wanted to gain an understanding of how the members of the SELKAM MS group feel they have benefitted from attending the meetings, how relevant they are and to highlight the value of attending a peer support group.

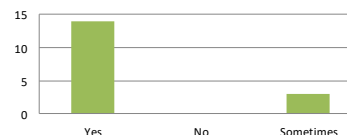
What locality do you work in?



*"I am proud to be part of such a proactive, professional and knowledgeable group of people. We share best practice, are instrumental in developing and auditing guidelines and it is an opportunity for clinical supervision which is not offered to us elsewhere."*

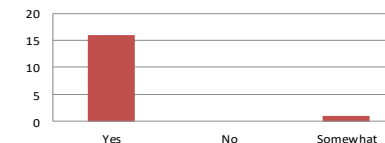
*"I find the meetings extremely useful and I'm fortunate to have the opportunity to grow as an MS nurse within the group with the support and guidance from other professional colleagues."*

Do you regularly attend the Regional Nurse Advisory Group meetings?

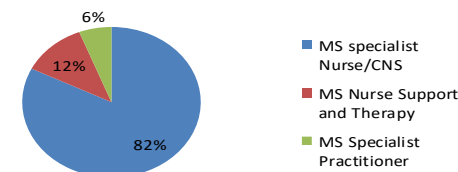


*"My practice has been enriched by the knowledge and expertise shared by the incredible group of colleagues who attend the meeting. These meetings are my professional breath of fresh air and have sustained me for many years when I worked as a lone practitioner."*

Do these meetings help support you in being an effective specialist practitioner?



What is your job title/specialist area?



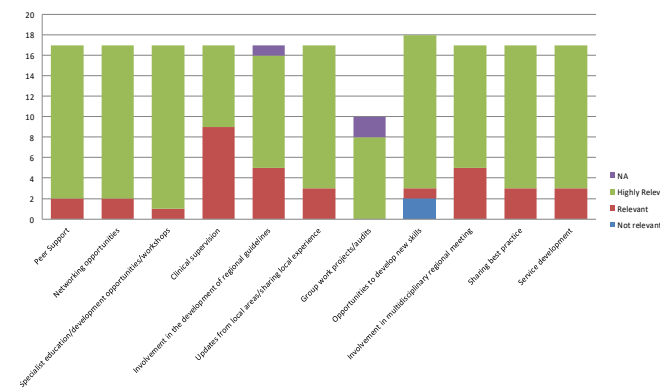
*"When I started my role as an MS nurse I would not have been able to cope with the management of my caseload without the help and support of the SELKAM nurses."*

*"I have found it very beneficial to have access to the skill set and expertise of colleagues who have been working in this field for many years."*

## Conclusion

The role of the MS Specialist has changed radically in the 16 years that our group has been meeting in its current format. With over 100 years combined specialist experience the group works to support new practitioners as they are appointed and continues to evolve to meet the demands of the changing landscape in which we practice. The value of the group is demonstrated by the regular attendance and the comments of the participants.

In the following areas how relevant have the meetings been to your practice?



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