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BARRIERS OF PEER SUPPORT SERVICES TO PEOPLE WITH LONG TERM CONDITIONS IN JALINGO METROPOLITANT

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Abstract

The survey is aimed at identifying the barriers of peer support services rendered in Jalingo metropolitan. however, the survey population is five hundred in Rise support group.the result indicated that 69% participant are of the view that prevention methods like Smoking cessation, diet, cancer screening, safe sex or exclusive breastfeeding, against long-term conditions is vital and 21% disagreed to the fact that these methods to prevent the prevalence of long-term conditions. Moreover, most of the respondents 80% agreed that peer support conducted by various groups of people improves their knowledge, health outcomes and behaviour as well. While on the contrary 20% respondents disagreed with the notion. The results show that barriers to take part in peer support shows 35% lack of awareness and 25% accessibility as the barrier. Moreover, 23% said is due to stigmatisation. However, 15% of respondents selected cost of the service and others. The result shows that the significant barrier for people with long-term conditions in taking part in peer support is lack of awareness, Accessibility and stigmatisations and one respondent indicated the cost of transportation as Barrier.

Keywords: Barrier, Peer, Support, Services, Long Term.

Introduction

The people with long-term conditions need the peer support, which provide the education, techniques to develop self-reliance skills and provide information on peer support services (Ocloo and Matthews 2016). People with several Long-Term Conditions (LTCs) spend poor quality life (Panagioti *et al.* 2018).

In the 21st century, people know how to cooperate, distribute the burden and reward

against the services they exchange to the consumers. However, it was not always so.

All this determined the need for ancient people to enter into mutual relations with each other, which laid the foundation for cooperation between people. A typical path to recovery usually involves consultation and medication. However, there is a powerful recovery tool that is overlooked, which is called the peer support. This peer support consists of an individual called the peer, who has personal experience of long term condition and acts as a guide to wellness (Kennedy *et al.* 2014).

Furthermore, the long term health problems such as depression, Post-Traumatic Stress Disorder (PTSD), anxiety are more likely to occur within the people that have the LTCs such as asthma cancer, high blood pressure, HIV/AIDS and diabetes. Similarly, Orui; Harada and Hayashi (2017) claimed that 37.6% of people, who compliant for the severe psychological health problems, have a long-term physical condition as well.

Objective of the Research

1. Identify the barriers of peer support service within Taraba.
2. Providing solutions to the barriers to improve peer support service.

Materials and Methods

This study is an exploratory Research design, the Research design has been chosen in respect to the aim and objectives of the study

The researcher has opted for a survey questionnaire.

The survey questionnaire consisting of both demographic and survey questions was designed and distributed amongst the staff of third sectors organisations. Different options were added against each question representing the response of participants (Levitt *et al.* 208) designing survey questionnaires took 3 to 5 days due to alignment with objectives of the study.

Survey Analysis

The following questions are about your knowledge of peer support

Smoking cessation, diet, cancer screening, safe sex or exclusive breastfeeding will prevent the prevalence of long term conditions.

The figure shows that 69% participant are of the view that prevention methods like Smoking cessation, diet, cancer screening Hiv and Hepatis screening, safe sex or exclusive breastfeeding, against long-term conditions is significant and 21% disagreed to the fact that these methods to prevent the prevalence of long-term conditions. Moreover, majority of the respondents 80% agreed that peer support conducted by various groups of people improves their knowledge, health outcomes. While 20% respondents disagreed with the notion.

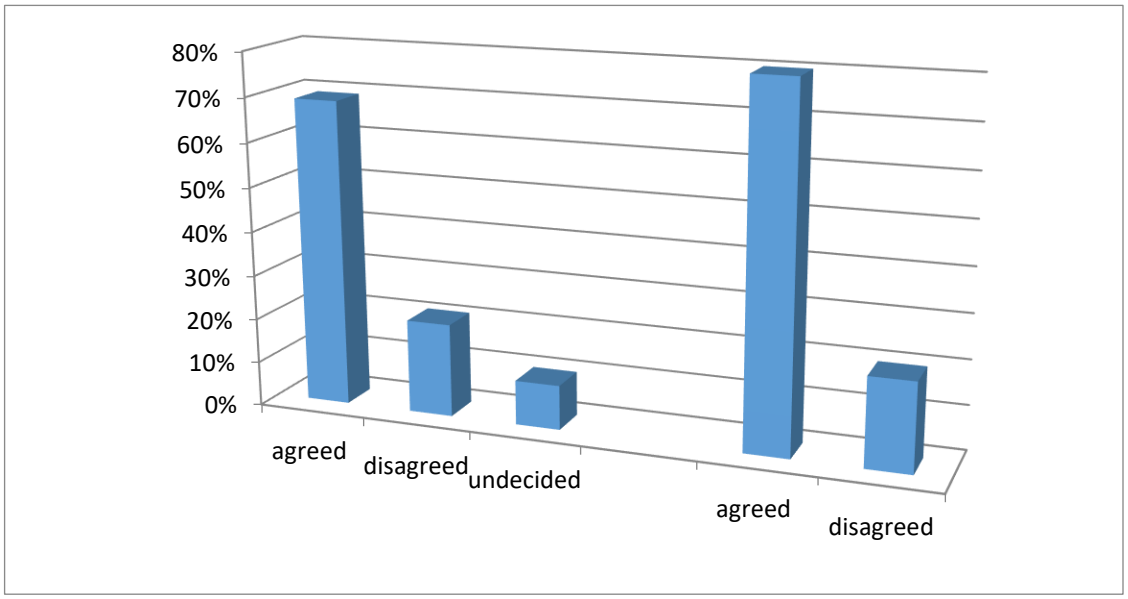


Figure 4.2.1

What do you think is the aim of peer support services?

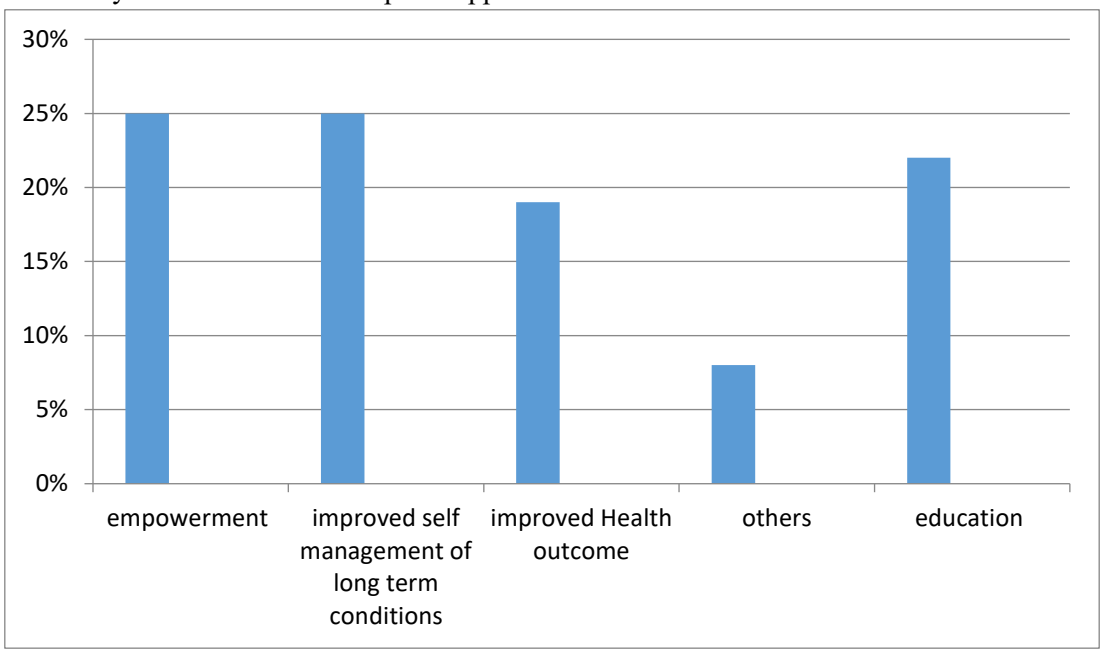
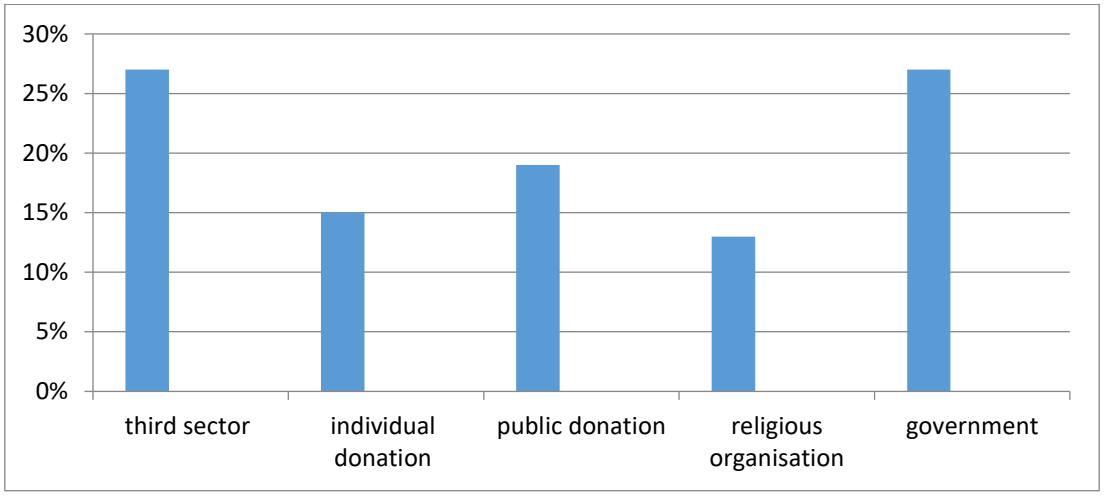


Figure 4.2.2

The result above indicates that 25% participants accepted that empowerment and improved self-management of Long-term conditions is vital, 22% participants opt for education and 19% claim improved health outcome is the aim of peer support services. While others confirmed that, enhanced emotional well-being, mutual aid and support solidarity, mindfulness, peer support are some of the aims of peer support services.

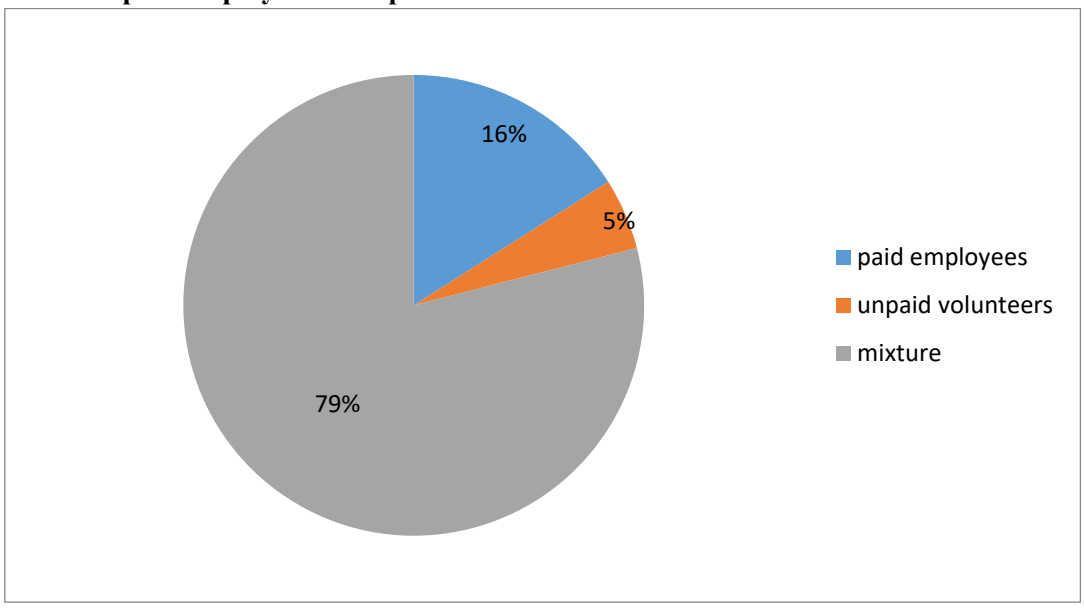
The following questions ask about your experiences of setting up peer support services. If you do not have direct experience, please answer these using your opinions of what might be the case instead

What is the source of funding for peer support services?



The graph shows the view of people regarding the source of funding for peer support services. Fifteen (15%) of the respondents selected individual donations from people. Twenty-seven (27%) of the respondents, selected third sector funding. Another 27% of the respondents choose government funding. Again, 19% respondents confirmed funding from public and 13% funding from religious organisations. This means government and third sector organisation place a vital role in funding peer support services in Taraba.

Are staff paid employees or unpaid volunteers?



The figure explains that (79%) of the respondents selected mixture, which means the staff are both paid and unpaid employees. Then 5% of the respondents selected unpaid volunteers as the staff of the organisation while the 15% of the respondents selected the option that said that the staff comprises of paid employees. Through the majority opinion, it is deduced that the organisation has the mixture of employees as working staff.

Do staff receive training in the management of long-term conditions?

Fifty-three (53%) of the respondents disagree that they do not receive training while 47% of the respondents believed the notion as true.

If yes, how frequently does staff receive training in the management of long-term conditions?

As per the above table, it is apparent that the majority of the staff receives training with a frequency of six months and beyond. The other types of training include supervision and variation base on the learning needs of workers.

Do you staff receive training in peer support?

Views of staff show that 68% receives training in peer support whereas 32% of the respondents indicate lack of training among the staff.

Table 4.2.1: Which of the following informs the services your organisation provides?

Responses	Frequency	Per cent
Evaluation Reports of Peer Support Services	12	38
Research Evaluation Reports of Peer Support Services	5	26
Previous Studies/Scientific Research, Reviews,	7	22
Reviews	10	31
Total	19	100.0

The table above shows that 38% of respondents believe that research and evaluation reports inform the services the organisation provides. More so, 31% respondents confirmed that reviews inform their services.However, the remaining 31% were of the view that previous studies and reviews inform the organisational services.

The following questions explore your views on potential barriers and facilitators to peer support

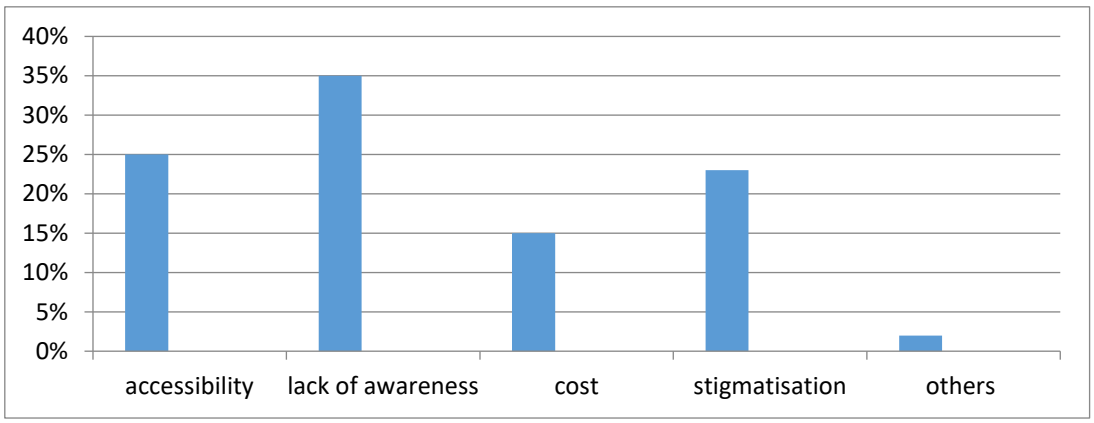
Through which methods do people with long-term conditions come to use peer support services?

The table below denotes that 92% of people with the long-term conditions use peer support services through medical, family and friend's referral. However, 8% of the respondents selected others options. and some participants added social work, drugs and alcohol, other

agencies and organisations, social care provider's referral, peer attraction and third-party referrals methods.

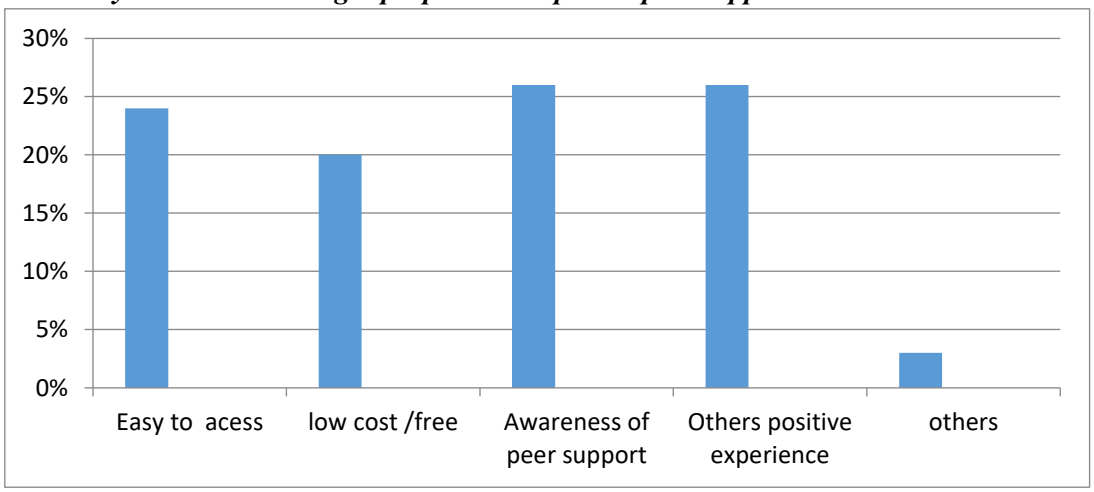
Response	Frequency	percentage
Medical Referral, Self-Referral, Referral by Family/Friends,	6	92
Referral by other	4	8
Total	19	100.0

Do you think there are any barriers to taking part in peer support?



The results above denote the barriers to take part in peer support show 35% lack of awareness and 25% accessibility as the barrier. Moreover, 23% is due to stigmatisation. However, 15% of respondents selected cost and others.

What do you think encourages people to take part in peer support?

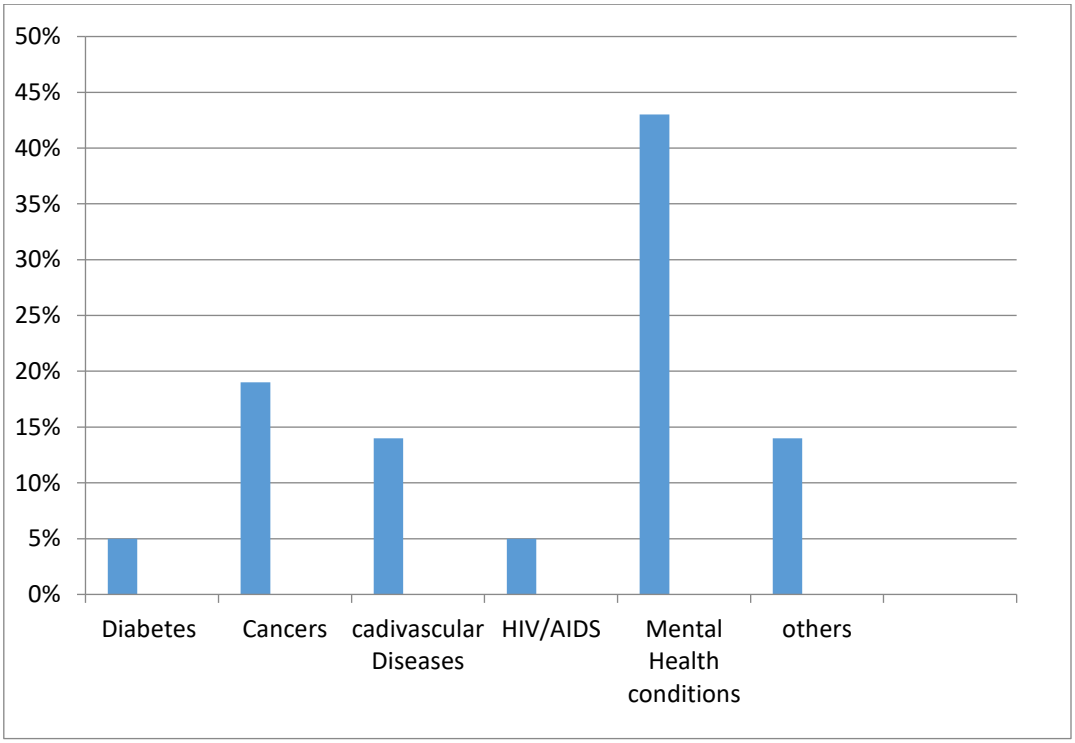


This figure shows that people with LTCs in peer support services are encouraged to participate because the respondents selected the all the options, which included easy to access 24%, low cost/free 20%, awareness of peer support and others' positive experiences 26% each while

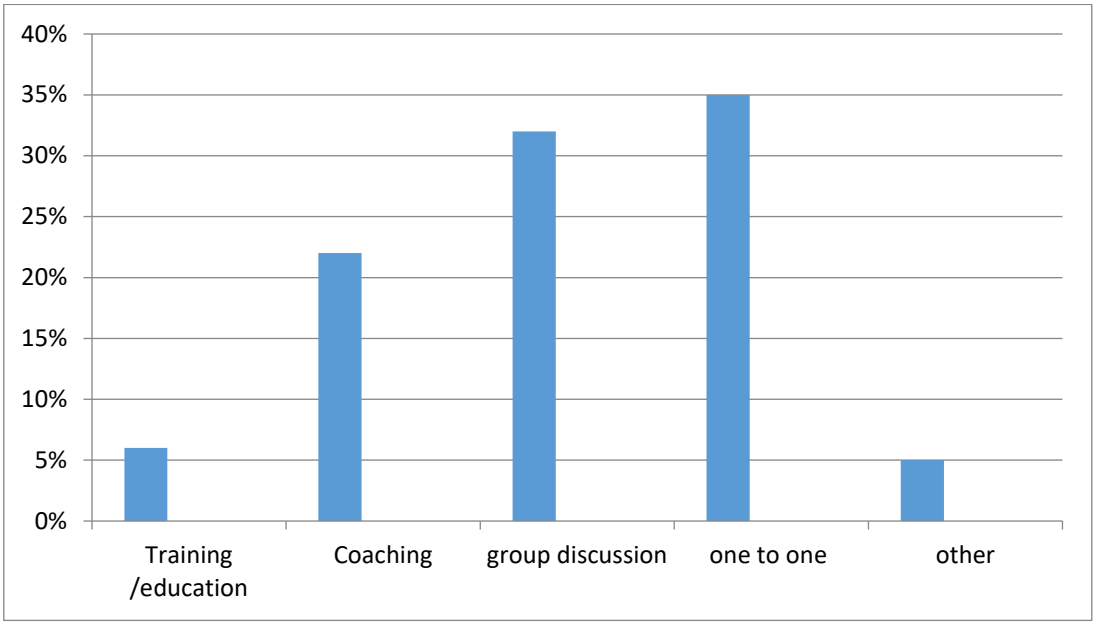
others 3%.and other options were availability of food such as tea/ coffee, snacks and socialisation.

***Do you think that there is enough information available about peer support services*?**
Seventy-four 74% of the respondents disagreed while 26% of the respondents agreed. This result shows that there is inadequate information available in peer support service. Other respondents claimed that support groups are not described as peer support
Are you aware of any government policies supporting peer support services for people with long-term conditions?
Twenty-one 21% of the respondents were aware of the government policies that support the peer support services for people with the long-term condition. Similarly, 79% of the respondents did not know about it, which lies under a majority
The following questions ask about peer support services in your organisation

Do you have any peer support services in your organization?
The majority, 84% of the respondents, expressed as yes, which means that peer support services existed in the respective organisations. Whereas the result below shows the percentage of long-term conditions that peer support services is provided. That is Diabetes 5%, Cancers 19%, cardiovascular diseases, 14%, HIV/AIDS, 5 %, mental health conditions 43% and other conditions include acquired brain injury, families affected by a loved one's addiction, asthma, stroke, pulmonary and respiratory conditions.

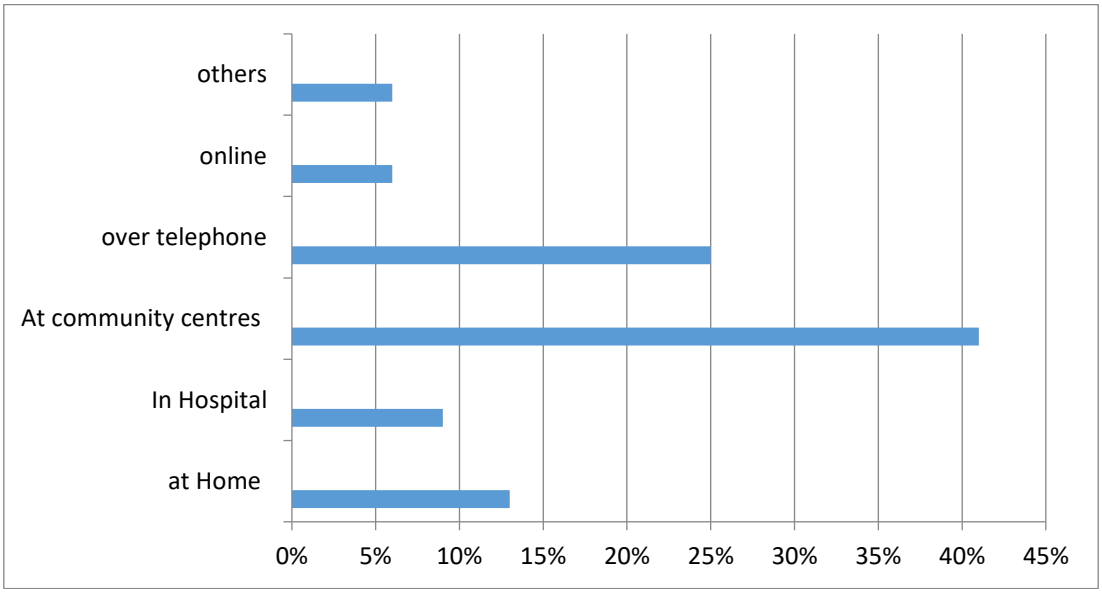


What method of peer support do you use?



The figure indicates that 35% of respondents claimed the method of peer support in use in their organisation is one to one support while 5% use Training method. Moreover, other services for the long-term health conditions provided included conversation, self-management via exercise, social groups, information giving.

What mode of support is provided?



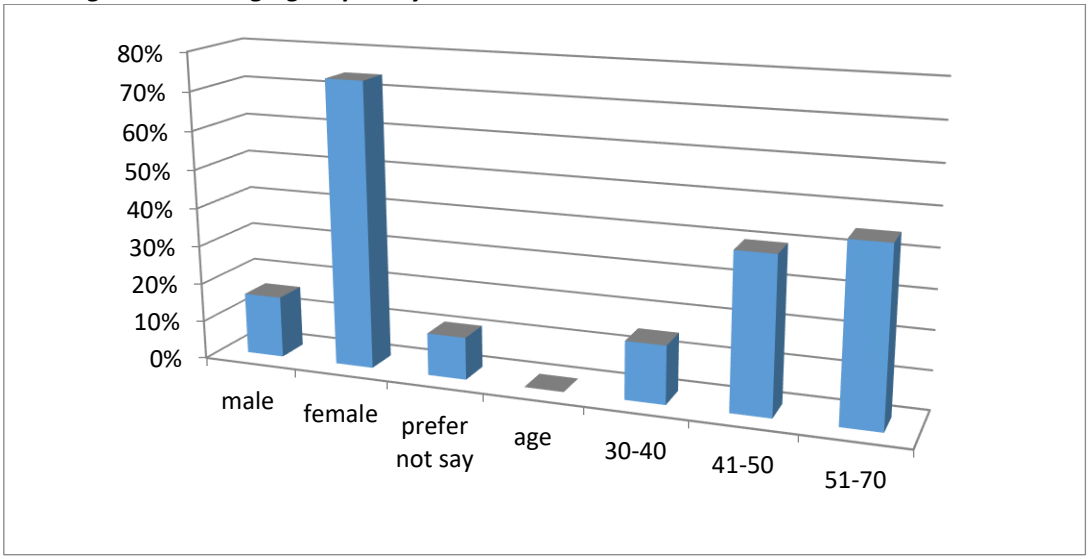
The figure depicts the mode of support that is provided within the organisation as follows; at Home 13%, in Hospital 9%, at community centre 41%, over telephone 25%.and online and other 6% each. Also, other modes of peer support services included accommodation, for example, haske community group in Bali and face to face at clinic Centre and out in the community

Do you think healthcare professionals are aware of the peer support services available for patients?

The participants 63% show that healthcare professionals are aware of the peer support services that are available. While 37% of the respondent's view that the healthcare professionals are not aware of the services available. Also, some respondents were of the view that reasons for lack of awareness include not all GP's seem aware of all support services

Demographic Questions

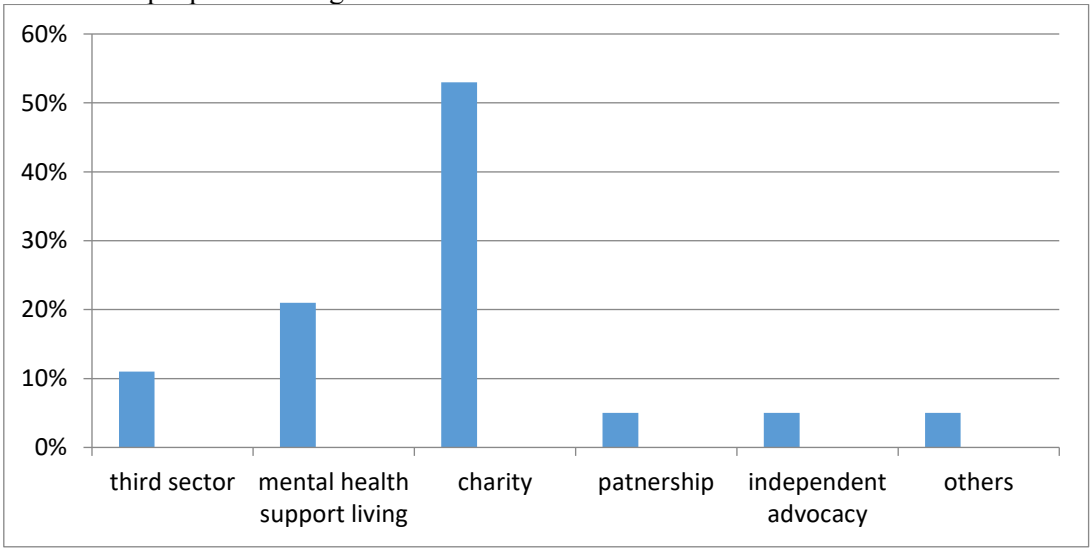
Which gender and Age group are you?



The graph denotes the gender and age group of the respondents of the survey. Results show that 11% of the respondents did not want to mention their gender. Additionally, the majority of the respondents' age group are above 55years.

What type of organisation do you work for? Please do not name the organisation.

Majority of the respondents belonged to the charitable organisations that render peer support services for people with long-term conditions.



RESULTS

Findings from the study survey revealed that peer support services exist in the area of study. The study found that maintenance of peer support services has some challenges. It has highlighted some important themes and discussed, the section of the study outlined some facilitators like partnership, training, and awareness However the barriers are stigmatisation and inadequate funding of peer support service for people with long-term conditions.

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