Questions for Peer Support Session

 *The following are typical topics of discussion covered during a peer support session.*

1. What, if anything, is bothering you or worrying you about this event?
2. Is there anyone at work you trust to help you sort out these concerns? Who (eg, section chief,
risk management, etc.)?
3. What are your coping strategies for stressful times? *(Note to person facilitating the intervention: mention not to use alcohol or benzodiazepines as coping mechanisms)*
4. Who is in your support network at home? At work? Have you shared with them?
5. Are you ruminating about the event? If yes, what aspects of the event and how often do you find yourself ruminating?
6. Are you experiencing any issues with:

a. Sleeping?

b. Eating?

c. Concentrating?

d. Thoughts of self-harm?

1. Do you need or want time off from work?
2. What else are you are thinking about that we didn’t discuss?
3. May I send you information about coping strategies and other resources?
4. May I check in with you by email in about a week?

*Adapted from written communication with J. Shapiro, MD (March 2020).*

Source: AMA. *Practice transformation series: Peer support program.* 2020.