

# The Re-PEP Programme in New Zealand

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## OBJECTIVES

The Parents-Empowering-Parents (PEP) Programme was designed to educate parents of children with bleeding disorders and improve confidence in parenting skills. Originally developed in the USA, the programme is presented by parents of children with bleeding disorders, in tandem with a social worker and nurse. The Haemophilia Foundation of New Zealand (HFNZ) has held two PEP programmes in 2008 and 2009. The success of the programme with New Zealand (NZ) families created a desire for further training opportunities. The two-day Re-PEP programme was created in 2010. It aimed:

- to **revisit** PEP principles and provide a forum for self-evaluation;
- to further develop parenting skills in order to **revitalise** parenting; and,
- to provide a forum for PEP parent graduates to **renew** mutual support networks.

## METHODS

Fifteen of the 20 NZ PEP graduate parents attended Re-PEP (75%). Developed by HFNZ, the programme was facilitated by two Outreach Workers and a Haemophilia Nurse.

Together parents reviewed the concepts of PEP and discussed the value of the programme, revisited their world view, parenting styles and had the opportunity to reflect on and rewrite their family blueprint.

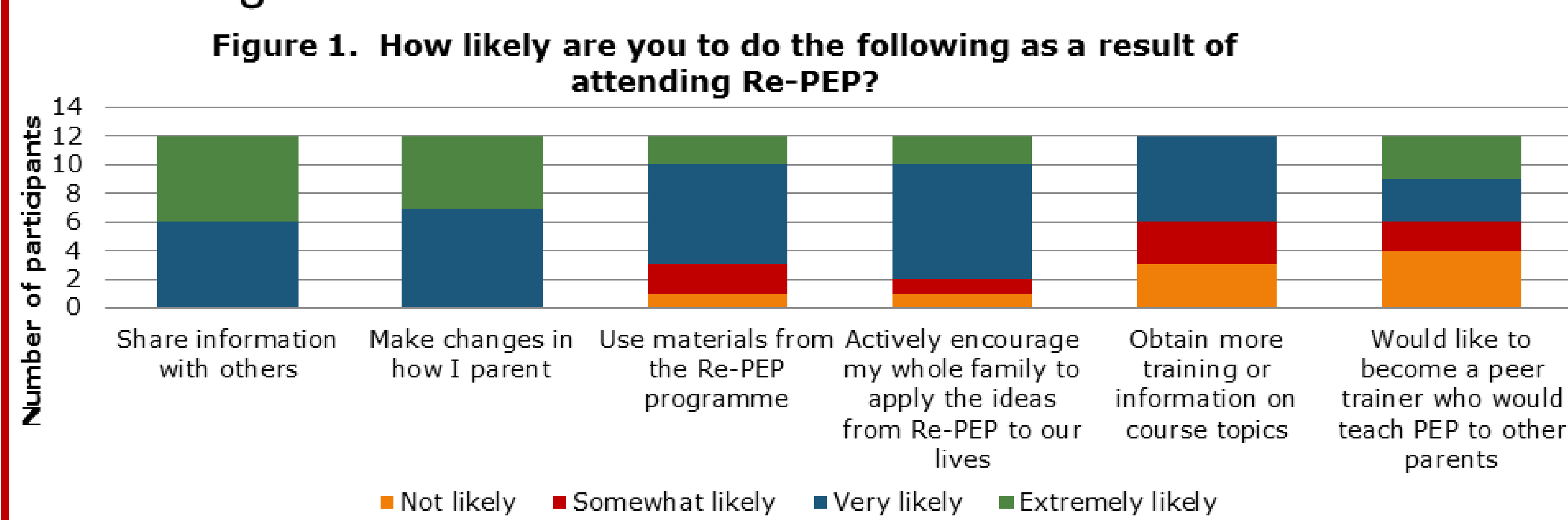
## RESULTS

The programme for Re-PEP was developed to make the most out of the lessons and knowledge gained from PEP, and revisit and refresh the concepts in a fun way.

Participants also had the opportunity to brainstorm future of PEP in New Zealand. Their suggestions included:

- Running another PEP Train-the-Trainers to increase the pool of trainers available
- Include 'PEP Talk' as a regular feature in HFNZ's *Bloodline* magazine
- Send out reminders of PEP Concepts to participants
- Develop a PEP Brochure for New Zealand

Figure 1 reflects the likelihood of how participants self-reported they would do various activities as a result of attending Re-PEP.



Comments from Re-PEP participants:

- "I feel empowered, supported and no longer isolated"
- "I learnt a lot about myself and how to be a better parent"
- "I have a deeper connection with some special members from the Foundation from throughout NZ"



Comment from Social Worker facilitator:

"Re-visiting the PEP programme has enabled parents to reflect on how they have put their new learning into place. For many this was an opportunity to congratulate themselves on the many positive changes they had made as parents. Re-PEP also helped parents to reconnect with each other and to re-vision the goals they have for their family as they grow together."

Comment from Nurse facilitator:

"As a nurse it was great to catch up with the parents, see how parents had utilised the tools we gave them and see parents more confident in what they are doing."

## CONCLUSIONS

In conclusion, PEP helped participants to fulfil the goals they had set for themselves. Re-PEP assisted parents to make new goals. Re-PEP also helped participants realise that some of the goals they had set for their family had been achieved and this success was important to acknowledge and use as scaffolding to build further goals on.

Participants felt that participation in the PEP and Re-PEP programmes guided them to empower their children to be honest, independent and self-reliant people who are able to make sensible and well thought-out choices for their own safety, wellbeing and their role in the wider community. All recommended PEP to all parents with or without bleeding disorders.

Since Re-PEP in 2010, a further Train-the-Trainers session was held in 2011, which included four Re-PEP participants, and a NZ-specific PEP brochure has been developed. Plans are underway for another PEP programme in 2012.

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