The Role of the PLN

This is a list of what the PLNs can or cannot do, some of the important messages they can give to people in their communities, and their responsibilities to themselves.

1. A PLN can...
   - Develop a relationship with those in need of health information
   - Provide useful health information found on the internet
   - Validate feelings and concerns about health conditions
   - Remain objective
   - Empower people to seek help in their community

2. A PLN cannot...
   - “Fix” the situation
   - Change what has happened
   - Remove pain or health conditions
   - Make judgements about someone’s health
   - Know all the answers

3. A PLN’s most important messages to give to people in their communities are...
   - I understand you have certain health concerns
   - I can show you where you can find useful health information on the internet
   - You can show this information to others

4. A PLN’s responsibility to her/himself is...
   - Know and accept your limits
   - Know yourself
   - Own your feelings
   - Debrief with staff
   - Attend to your mental, emotional, and physical health and well being