

INTERPROFESSIONAL PATIENT AND FAMILY MENTOR'S GUIDE

Tips for Planning Your Interaction with Students

Presentation and Discussion Prompts

Use some or all of these ideas:

1. Introduction:

- Briefly introduce yourself and tell us how your health care journey began.
- You may want to talk about how you would describe yourself and how health care providers may describe you.

How Practitioners See Me	How I see Me
Stroke	Accountant
Wheelchair	Father
Speech impairment	Chess Player

2. Talk about your experiences:

- What was your reaction to first learning about your condition/diagnosis?
- What is it like living with your condition and how does it impact your life?
- Talk about your experience in managing your health and navigating the health care system.
- Which professions have you worked with? What has it been like working with them? Did the professions work together?
- Were you involved in making decisions about your own health? What do you think the patient/family role is (or should be) on a health care team?
- What about communication? Do health care providers use language you can understand?
- What barriers have you faced in getting care?
- What were some successful moments where you felt your voice was heard?

3. Wrap up:

- How do you feel now?
- What suggestions do you have for these students to help support patients in the future?

4. Student discussion:

- A facilitator can help guide the Q&A.
- Please remember that you can decline to comment on any question you are not comfortable discussing.

Preparation

- You may wish to include PowerPoint slides, videos, photos, etc., in your presentation or you may choose to simply share your experience.
- You can view an example of one patient mentor sharing their experience and the questions you may encounter: <http://youtu.be/2-gT9Wlv1Wk>



There are many ways to interact with the students. Below are a few examples to give you ideas. You decide what approach (or combination) works best for you. A few things to consider:

- Some people like to create a more formal presentation with PowerPoint slides, while others prefer to simply talk about their experiences.
- Sharing both positive and negative healthcare experiences can provide a balanced approach.
- If you are planning a more structured presentation (slide deck, video, etc.) we suggest using about half the time for a presentation and half the time for questions and feedback from students.
- If you are not comfortable answering a question just let the students know.

You are the expert on your own experience. There is no wrong or right way to share it.		
Format	Description	Tips & Tricks
PowerPoint Presentation	<p>Create a short presentation to discuss your health journey with students. Include photos and other images. Consider including the following slides:</p> <ul style="list-style-type: none"> • Introduce yourself/your family • Chronological slides of your journey (E.g. pre-diagnosis, diagnosis, treatments, where you are now) • Include photos of schedules, binders of all medical info, big events, specialty food, medical devices, listing of social, emotional, health providers • Questions slide 	<p>Slides take 1-2 minutes to discuss, so try to align slide #'s with time available.</p> <p>Rehearse what you will say for each slide and time yourself.</p> <p>If you need help with creating slides or have any technology questions, ask your host for support.</p>
Informal Discussion	<p>Simply talk about your experiences.</p> <p>You may ask students to save questions until you've finished or invite interaction throughout your session, it's up to you.</p> <p>Some mentors find it helpful to bring visual representations that speak to their experience, such as:</p> <ul style="list-style-type: none"> • a calendar packed with appointments • photos • stack of business cards from all the health care team members involved 	<p>You may want to use a guide or checklist to help you stay on track.</p>
Written story	<p>You may choose to write out your story.</p> <p>There are options for you to read your own story or have a facilitator read it and pause at agreed upon times to allow students to ask questions or for you to add in more details.</p>	<p>This is a good approach for anyone who may feel fatigued from too much talking.</p> <p>You may feel differently hearing your story vs. saying it. Make sure to practice listening to your story ahead of time.</p>

HINTS

You can use the Presentation and Discussion prompts (reverse side) to help shape your conversation.

You can present alone or with a family member, caregiver, support person.

It is hard to prepare for how it will feel to share your deeply personal experiences, it may stir up difficult emotions even when you want to share them. Your emotional response may be unpredictable and depend on other factors such as how you are feeling that day, questions asked and the interaction with the students. Being well rested and prepared for the day may be helpful.