

MY CHALLENGES

- to identify the challenges that the disease and medication cause patients

The aim of the 'My Challenges' exercise is to investigate how patients perceive and reflect on having a chronic disease and being on medication.

The exercise consists of reviewing a series of cards with pictures and quotations indicating the challenges they may have with their diabetes. The challenge cards are divided into five dimensions that are significant for their level of adherence.

The purple cards describe personal issues, the red cards describe social and financial issues, the blue cards describe issues associated with treatment and the Bordeaux cards deal with issues relating to illness.

Issues relating to the health service are described on the orange cards. Let patients select the cards that apply to them. The colour codes will show where patients have special challenges.



15-20 mins.



Typically used during the introductory dialogue



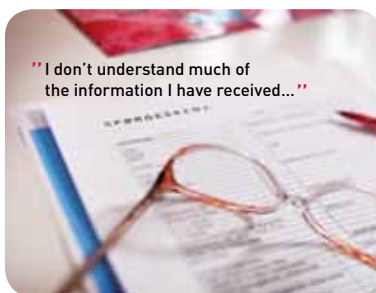
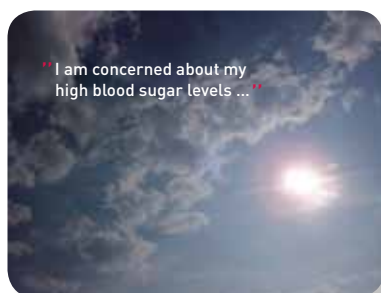
40 Challenge cards, 'Agree/Disagree' card and Task card.



Use this exercise together with the 'My use of medicine' exercise, possibly followed by the exercises in the Scrapbook

Tick box sheet with all the challenge cards.

Preparation: Copy the tick box sheets (download/print from www.steno.dk).



STEP BY STEP

1. Introduce the purpose of the exercise: To express how patients see the challenges associated with their disease and medication.
2. Place the 'I have challenges with...' task card on the table.
3. Place the 'Agree' and 'Disagree' cards on the table.
4. Give patients instructions at the same time as showing them specifically how to use the cards and place them in different piles.
Say for example: "You now have some cards with different statements about the challenges you may face as part of your illness and medication. Try to divide the cards into two piles on the table. One pile with the statements you agree with and another with the statements you disagree with. We can either do this by you reading the statements or by me reading them aloud. Which do you prefer?"
5. When all the statements have been allocated, ask patients to select the three to five cards from the 'Agree' pile which they feel are the most important.
6. If patients do not think that their feelings are covered by the statements on the cards, ask them to write their own statements on a piece of paper or to tell you what you should write down.
7. Depending on the time, the exercise could finish with patients talking about the cards they have chosen. Ask them to tell you what they understand the cards mean to them and why precisely they have selected those cards. You can also decide to revisit the statements at the next session and that in the meantime, patients can think about the challenges they experience.
8. On the tick-box sheet, put a checkmark by the statements patients have chosen as the most important. Give the sheet to the patient to take home and keep a copy for yourself.
9. Insofar as possible, use the selected challenges as the basis for working further with the patient.