

# MY DAY

## - to gain insights into patients' daily lives

The aim of the 'My Day' exercise is to establish close contact with patients whilst also gathering valuable information in a way that is guided by patient's own focus. Patients report on their daily lives on the basis of an absolutely normal day. The exercise can be used to learn relevant details of patients' daily lives which can then form the basis for advice and strategy for subsequent treatment. In this way, dialogue boosts healthcare professionals' understanding of their patients and supports individual adaptation of the subsequent process to match patients' needs.

Use the 'My Day' sheet to illustrate the 24 hour time frame and use it to jot down notes.



Approx. 10 mins.



Can be used for introductory dialogue



'My Day' sheet  
Good table space  
Writing implements



The exercise can be done before or together with the 'My Medication' exercise.

Preparation: Copy the 'My Day' sheet (download/print from [www.steno.dk](http://www.steno.dk)).

EXERCISE SHEET 1 MY DAY AND 2 MY MEDICATION

## MY DAY

steno  
diabetes center

# STEP BY STEP

1. Introduce the purpose of the exercise: To gain an overview of patients' daily lives.
2. Ask the patient: "Try telling me about a typical ordinary day so I can learn a little about you and your life. Think of a recent day, such as yesterday, and tell me what happened."
3. Take notes along the way on the 'My Day' sheet.
4. Keep an eye on the time. Ask exploratory questions if patients get too far ahead and ask about times later in the day if they start giving too many details or get off the subject. Try asking: "And what happened then?" or "What did you do afterwards?"
5. Summarise when appropriate, for example to ensure that you and patients have the same understanding of what has been said.
6. At the end, remember to ask how typical the day they have described is. Ask for example: "Are all days very different or are most of them like the one we have just talked about?"
7. During the exercise, it is important to be curious and listen carefully and insofar as possible, do so without interrupting. Avoid airing your own hypotheses and ideas. For example, open questions are often enough, such as: "What happened then?", "What did you feel?", "What did that mean for you?". The aim is for patients to have the time to talk and to tell you about situations and actions that are relevant for them.
8. In the process, remember to bear in mind what you are trying to achieve in the exercise and whether you think you have achieved it, and whether you are getting a proper picture of the patient's daily life.
9. Complete the exercise by summarizing the day and thanking the patient for having told you about it.
10. Consider following the exercise up by reviewing patients' medication (see the 'My Medication' exercise).
11. Then give patients the sheet to take home and keep a copy for yourself.