

MEETING MY HEALTH CARE PROFESSIONAL

- positive and negative experiences on meeting health care professionals

The aim of the 'Meeting My Health care professional' exercise is for participants to reflect in writing on five questions on their relations with health care professionals and their experiences with respect to their illness. Participants with a chronic condition often have both positive and negative reactions to meeting various health care professionals and they take their experiences with them to the class room. It is important to talk through their experiences to enable them to establish new relations based on confidence. The exercises enable participants to be critical and to make demands on communication with health care professionals.



Approximately 15 minutes for thinking time and jotting down thoughts
Minimum 20 minutes for dialogue



Five cards with questions for each participant
Paper and writing implements



Individual written reflections
Group dialogue



If people want other cards, they can be found in 'Meeting My Illness'

STEP BY STEP

1. The educator introduces the aim of the exercise: To create the basis for greater confidence in meeting health care professionals in the future.
2. Participants each get five cards with questions.
3. The educator may suggest that participants give a little thought to the five questions and possibly jot down their thoughts either as a short story or as bullet points. If participants do not wish to write anything down, they can think about the questions and speak about their thoughts.
4. Participants get about 15 minutes to write down their thoughts.
5. The educator asks whether a participant would like to start. A participant can now step forward and read his/her notes aloud. The idea is not for everyone to say what they have written but to have their say if they wish.
6. The educator asks whether any other participants would like to take a card and say what they have written down.
7. The educator may ask about responses without particularly identifying with them and the group then discusses the participant's experiences.
8. The educator can decide whether to take all questions but depending on the time available and participants' wishes, the group may also select the most relevant cards.
9. The educator may also choose to only give out a couple of cards and allow participants only to use them.
10. It is important for the educator to be open about the answers and not to defend other health care professionals but to let participants tell their own stories.
11. The educator can conclude by asking participants what they could do differently in future to achieve good communication with their health care professionals and to say what they would demand of them.