

BUILD YOUR PATIENT

PATIENT COMMUNICATION

Project partner:
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BRIEF DESCRIPTION:

The Build Your Patient tool invites individuals to reflect on areas of life in denial with a focus on the tendency to act (Mead, 1934). Intended for training healthcare students/professionals, it places the patient at the centre of attention, and focuses on reflexive practice.

Collaboratively, healthcare students construct a patient by assigning personal traits and picking a diagnosis. From here, they reflect together on how this individual could react to the changes in their life affected by the disease, discussing for example how they will spend their quality time, fulfil their goals, react to treatment, etc.

The tool seemed to engage participants in a collaborative sense-making of the interdependency between basic needs, responsibilities, hobbies, and emotions influencing the quality of life.

The focus on imagining the actions a person would take invites for an important reflection on the choices patients will have to consider. Imagining what has not yet happened enables engagement with difficult themes and increases the capacity for healthcare professionals to invite for conversations about them.

The tool invites for critical reflection on questions such as: How well did I get to understand this person? What kind of things did I focus on? What did I miss, or what is it that I don't know?