



“Survivor,” “You’re so brave.” We can’t make assumptions, you’re more than a diagnosis. Practice whole person care with compassion.

Group #45

Sasha Granneman, Health Mentor
Sharon Jang, Occupational Therapy
Erika Crowley, Medicine
Lilyan Jia, Pharmacy



"Survivor," "You're so brave." We can't make assumptions, you're more than a diagnosis. Practice whole person care with compassion.

**According to WHO:
"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."**



Isolation



Community



Family

Companionship



Nature

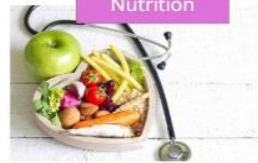
Social

Physical

Mental



Stigma



Nutrition



Rest



Chemotherapy



Fatigue



hobbies



Exercise

**Group
#45**

Participating in the Health Mentors Program was a very enriching experience. Our wonderful mentor gave us a window into her life to demonstrate the realities of the healthcare system and living with illness. I am very appreciative to have gotten this glimpse into our mentors health and wellness journey from her perspective. It was also a great honour to have had the opportunity to meet my teammates in this program. Over the course of the Health Mentors Program, I learned about their prospective professions and the barriers that exist between my own profession and theirs. Although there is a lot of work to be done and it is no easy task, I now have a greater appreciation for 'whole person care' and the multidisciplinary approach that needs to be undertaken to achieve it. We cannot diagnose and treat only one part of a person. Instead, we must all work together to care for each part of a single person: the social, physical, and mental.

• Erika L. Crowley, University of British Columbia, Doctor of Medicine

Being a part of the Health Mentor Program was very insightful and thought-provoking. Hearing the experiences of our health mentor gave me a new perspective of what the healthcare system is like, and glimpse into living with a chronic illness. Listening to the journey of my health mentor encouraged me to self-reflect on my own personal development in becoming an OT, in addition to the impact society has on health. Moving forward, I hope to become an OT who practices with an all encompassing lens - remembering that physical, mental, and social health are all intertwined. It was also such a pleasure getting to work with other students in other health professions. Despite each of us playing different roles in healthcare, the client is always at the forefront of our practice. I'd like to thank our health mentor, in addition to my groupmates, for creating a unique once in a life time learning experience.

• Sharon Jiang, University of British Columbia, Master of Occupational Therapy

The Health Mentors Program provided so much valuable insight into the patient experience. Learning about the barriers patients face when trying to access and navigate the healthcare system has made me reflect on ways I can advocate for patients, build trust, and engage in shared decision-making. Our discussions have really highlighted the importance of using interprofessional collaboration to provide comprehensive, continuous, and patient-centred care. Furthermore, Sasha has inspired me to strive to make my future patients feel empowered, self-sufficient, and supported. Participating in this program and learning from everyone has been such a pleasure. Thank you to my mentor and groupmates for being so open to sharing your experiences!

• Liyan Jia, University of British Columbia, Doctor of Pharmacy

As the health mentor, this has been an incredibly positive experience for me. I've had fun getting to know the students and what they are learning as well as their individual viewpoints on our meeting topics. I'm also heartened to see such compassion and empathy about my experience as a patient from them. I'm very grateful to have shared my stories/ideas and the discussions we've had together. This gives me a great feeling of optimism for the future generation of health care professionals and their ability to listen to, support and treat their future patients/clients in a way that's caring yet empowering for them.

Sasha Graneman, Health Mentor

info