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# Health Mentors Symposium

**"The importance of placing patients with lived experiences and their caregivers at the center of the interdisciplinary healthcare team."**

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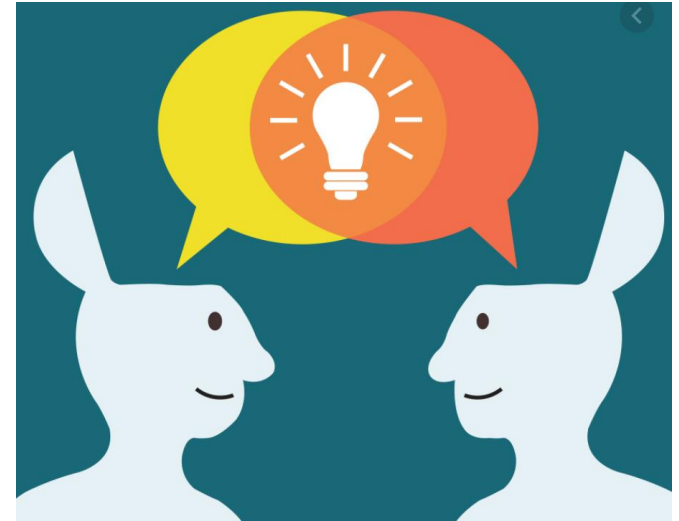
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# Learning pearl #1:

- As future health care workers, we need to understand the care continuum goes beyond the clinical setting.
- That it is not just the practitioners, but the community that contributes to health and well-being.
- If we are to create a client-centred and holistic relationship it is important to hear/witness the lived experience of clients and honour that they are the expert in their life.
- The Health Mentors program has provided an intimate and open platform for students and mentors to share and express their experiences and hopes for the future.

# Learning pearl #2

- Engaging in humility, admitting when you don't know something, and showing an eagerness to learn from the patients/clients are crucial for strengthening the healthcare professional and patient relationship
- Providing space for patients to educate their healthcare professionals builds trust and opportunities for learning for both the provider and patient
- Breaking down the traditional paternalistic relationship between healthcare professionals and patients/clients



<https://www.nationalservice.net/populations-and-settings/poverty/can-shared-decision-making-reduce-health-inequalities/>

# Learning pearl #3

- Importance of supporting both the patient and their caregivers/family throughout the entire healthcare process
- The impacts of a patient's illness have widespread implications beyond the patient themselves → often require huge adjustments from their entire family
  - In addition to supporting the patient, it's also crucial to support those who care for them
  - Patient and family-centered care

# Summary (Betty)

The value of this program of encouraging students from various disciplines to be able to understand the impact of Patient and Family Centered Care and the ultimate goal of the Team approach to care, by hearing from individuals who have had the experience of travelling the Health Care journey themselves and /or with a family member or friend cannot be underestimated.

And for me as mentor not only learning of the challenges facing students today, but also to learn of their incredible determination to continue, even if it means taking one week at a time, their hopefulness, their willnes to learn what it can be like in the "trenches", both difficult and inspiring situations, and the discussion "how can they best support Patients and Families" will help them in their chosen profession.