



# LIVING LIBRARY



Video vignettes of real patients and caregivers (Health Mentors) talking about their health care experiences are available on Canvas for educational use. Their stories illustrate important topics in health professional education including health care ethics, professionalism, communication, patient-centered care and more. Potential uses include: required reading, case-based learning, student projects, etc.

View the videos using your CWL: <https://canvas.ubc.ca/enroll/XPDHFA>

## **Darren: The Journey to Disclosure (1:39)**

### **UBC Health Mentor Since 2012**

Darren shares the flood of emotions and feelings one has after a positive HIV diagnosis.

*Topics: Criminalization, empathy, breaking bad news, communication, ethics*

## **Daryl: An Experience with Assumptions (1:00)**

### **UBC Health Patient & Community Advisory Committee Member Since 2017**

Daryl recounts a negative moment in his health care journey due to stereotypes.

*Topics: Stigma, communication, professionalism*

## **Maxine: A Journey with Hearing Loss (2:16)**

### **Western Institute for the Deaf & Hard of Hearing Audiometric Technician**

Maxine discusses her journey with hearing loss and life after a cochlear implant.

*Topics: Communication, health and technology*

## **Al: A Journey of Living Positive (3:14)**

### **UBC Health Mentor Since 2014**

Al discusses living with HIV, his experiences with drug trials, medication side effects, and managing depression.

*Topics: medication side effects, mental health, advocacy, stigma*

## **Al: Being HIV+ what needs to be said? (1:38)**

### **UBC Health Mentor Since 2014**

Al details an experience in Mexico to show why professionals should follow proper procedures.

*Topics: ethics, communication, stigma, patient safety*

## **Mandy & Sophie: A Caregiver's Journey Part 1 (1:05)**

### **UBC Health Mentor Since 2012**

Mandy recounts receiving her daughter's Prader-Willi Syndrome diagnosis on the phone.

*Topics: ethics, professionalism, communication, caregiving, rare diseases, breaking bad news*

## **Mandy & Sophie: A Caregiver's Journey Part 2 (2:53) UBC Health Mentor Since 2012**

Mandy describes changes to her home and lifestyle and how she built her health care team.

*Topics: chronic disease self-management, team-based care, patient-centred care.*

## **Rob: A Journey of Aphasia & Hope (1:55)**

### **UBC Health Mentor Since 2012**

Rob discusses how his stroke led to aphasia, how he learned to talk again, and how hope got him through it.

*Topics: communication, patient-centred care, breaking bad news*

## **Jory & Robin: A Journey with Alzheimer's Disease (3:57)**

### **UBC Health Mentor Since 2012**

Jory shares how his wife's Alzheimer's diagnosis taught him about selflessness, commitment, and heartbreak, as well as the progression of the disease and how he coped as her caregiver.

*Topics: caregiving, advocacy, resiliency, family-centred care, palliative and end-of-life care*



**Mario & Lynn: Different Journeys with Dementia (2:35)**

**UBC Health Mentors Since 2016**

Mario and Lynn discuss the stages from denial to acceptance in dementia diagnoses, stress the importance of positive language, individualized treatment and the role of peer support.

*Topics: communication, advocacy, brain health, community resources and peer support*

**Chris: Mobility Matters (2:47)**

**UBC Health Mentor Since 2011**

Chris describes what transportation and mobility is like for him and shows how his wheelchair can empower.

*Topics: disability, transportation, mobility, independence, wheelchair demonstration*

**Jon: Arthritis and Painful Feet (5:23)**

**UBC Health Mentor Since 2017**

Jon shares his experience with arthritis and makes his case for the patient-centred approach and for better collaboration within healthcare.

*Topics: physical therapy, kinesiologists and biomechanics, collaborative patient-centered care and shared decision making*

**Thom: History Matters (3:47)**

**UBC Health Mentor Since 2018**

Every patient has a history beyond the chart, and history matters. Thom discusses some of the intricacies in the relationship between patient and practitioner.

*Topics: mental health, relationship, more than medical history, building trust, vulnerability*

**Marge & Eric: Collaborative Healthcare with Families (5:11)**

**UBC Health Mentors Since 2012**

Marge recounts her experience bringing healthcare professionals together, discusses the current state of the system and offers her hopes as a mother of a child with cognitive disabilities.

*Topics: communication, collaborative care, family-centred care, advocacy, neurological disability, neurodiversity*

**Donna: Caring to the End (3:11)**

**End-of-Life Care Panelist 2019**

Donna talks about becoming Neil's caregiver as his ALS deteriorates and leads to his death.

*Topics: caregiving, end of life, palliative care, quality of life, death, faith, motor neuron disease, ALS, PLS*

**Kristie: What and Why (3:27)**

**UBC Health Mentor Since 2014**

Questions are important tools for practitioners. Kristie describes the difference between “what” and “why” and how these respective questions achieve different but related goals in the patient-practitioner relationship.

*Topics: communication, relationship, patient-centered care*

**Eve: Dying with Dignity (2:00)**

**UBC Health Mentor Since 2014**

Eve speaks about the loss of her husband and shares her perspective on dying.

*Topics: end of life, assisted death, advanced directives*

**Her and Her Healthcare: A Look into the Relationship Between Healthcare and Teen Girls (4:20)**

**Justice For Girls (2019 Recipient of the R. Paul Kerston Community Educator Award)**

Three friends discuss intersectional experiences of black and indigenous girls with healthcare.

*Topics: intersectional, relationship, teen girls*

**Kristie: Maybe I'm More Healthy than I Realized (8:53)**

**UBC Health Mentor Since 2014**

Kristie shares her experiences coping with chronic illness, and how her grief lent her strength.

*Topics: resilience, grief, loss*

**Deb: I'm Just Trying To Keep My Kid Alive Here (11:46)**

**Moms Stop the Harm**

Deb tells the story of her child's struggles with addiction and navigating health services.

*Topics: substance use, addiction, mental health, patient-centered care, family-centred care*



**Darren: And Then You Get a Diagnosis that Changes Your World (5:28)**

**UBC Health Mentor Since 2012**

Darren shares why he left the corporate world following his diagnosis and how running has positively contributed to his career and personal wellbeing.

**Topics:** *Communication, resiliency, HIV, patient-centered care*

**Karen: The Journey to Acceptance (5:48)**

**UBC Health Mentor Since 2018**

Karen narrates her experiences in coming to terms with having cerebral palsy and provides examples of the everyday stigma that comes with the condition.

**Topics:** *Cerebral palsy, stigma, communication, vulnerability*

**Paul: Advice for Healthcare Providers (7:44)**  
**UBC Health Mentor Since 2011**

Paul gives four key pieces of advice on how healthcare providers can best support individuals with HIV.

**Topics:** *HIV, communication, patient-centered care, building trust.*

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**Health Mentors are available to speak in classrooms and meet with students**

**If you would like to use the videos or connect with mentors in the library**

**Contact:** [cathy.kline@ubc.ca](mailto:cathy.kline@ubc.ca) (604-822-8002).

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