LIVING LIBRARY CATALOGUE October 2023



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. Potential uses include: required reading, case-based learning, student projects. **View the videos using your CWL:** [**https://canvas.ubc.ca/enroll/XPDHFA**](https://canvas.ubc.ca/enroll/XPDHFA)

### 1. Patient Experiences

### 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:*** *HIV, disclosure*

### 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:*** *HIV, resiliency*

### 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****: HIV, depression, medication side-effects, 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:*** *HIV, patient safety, disclosure*

### 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, diagnosis, patient education, shared decision-making, quality of life.*

### 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:*** *HIV, mental health, abuse, building trust, vulnerability*

### 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*:*** *hepatitis C, pain management, stigma*

### 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:*** *hearing loss, cochlear implant, communication*

### 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:*** *stroke, aphasia, hope*

# Vikram: Being Honest (5:20) UBC Health Mentor since 2020

## Vikram recounts a non-satisfactory experience with healthcare professionals and stresses [the](mailto:cathy.kline@ubc.ca) importance of compassion, communication, and collaboration.

***Topics:*** *stroke, cancer, hearing loss, visual loss, surgery, complex case management*

### 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:*** *dementia, Alzheimer disease, grief, acceptance*

### 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:*** *arthritis, collaborative care, kinesiologists*

# Michael: Anything is Possible (4:24) UBC Health Mentor since 2018

## Michael elaborates on how his life has changed as a traumatic brain injury survivor and emphasizes the importance of physical and mental resilience during recovery.

***Topics:*** *brain injury, coma, collaborative care, recovery, resiliency,*

# Alexandra: Life is like a Speeding Train (4:58) UBC Health Mentor since 2018

## Alexandra shares her amputation story and emphasizes the importance of internal motivation in amputee patients.

***Topics:*** *necrotizing fasciitis, amputation, prosthetics, self-care, motivation*

### 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, wheelchair demonstration, transportation, mobility*

### 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, disability, stigma, ableism, mobility*

**Gina: The Quilt** (5:11) UBC Health Mentor since 2021 (OT Student Project)

Gina shares her journey of living with many chronic conditions and highlights the significance of resilience and support in coping with the uninvited challenges of her condition.

***Topics***: *chronic pain, PTSD, grief, resiliency, support networks*

### 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:*** *chronic pain, endometriosis, shared decision-making, quality of life*

### 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:*** *chronic pain, endometriosis, resiliency, grief, quality of life*

### 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 care, 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***: *teen girls, stereotypes, intersectionality, trust*

### 2. Caregiver Perspectives

### 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:*** *Prader-Willi syndrome, rare diseases, caregiving, diagnosis, 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:*** *Prader-Willi syndrome, autism, rare diseases, caregiving, collaborative care*

**Mandy & Hudson** (4:32) UBC Health Mentor since 2012 (OT Student Project)

Mandy shares her journey with her child born with Prader-Willi syndrome, highlighting the importance of healthcare support and advocating for families in need.

***Topics***: *Prader-Willi syndrome, rare diseases, advocacy, support networks, schools*

### 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:*** *Alzheimer disease, caregiving, end of life care*

### 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: m****otor neuron disease, caregiving, end of life care, quality of life*

**Jory & Donna: The Heart Matters** (6:28) UBC Health Mentor since 2012 (OT Student Project)

Jory and Donna highlight caregivers’ extraordinary efforts to understand and care for individuals with disabilities, emphasizing empathy and compassion in caregiving.

***Topics***: *Alzheimer disease, motor neuron disease, caregiving, end of life care, advocacy*

### 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:*** *mental health, caregiving, collaborative care, families, burnout*

### 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, ADHD, caregiving*

**Alla: A Caregiver’s Experience** (5:00) UBC Health Mentor (OT Student Project)

Alla shares her journey as a caregiver to her two children with complex medical and developmental needs, shedding light on the significance of healthcare support and advocating for immigrant families in similar situations.

***Topics:*** *caregiving, stigma, immigrants*

**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).