

Exercise 1.3

How can stories help us reflect on mindset?

- Foundation
- Yes
- Medium

In a small group listen to this digital story, 'Knitting' by Tony Sumner:



You may also want to read this short article about the process of creating this story and other Patient Voices digital stories:



1.3.1

Discuss what we can learn from this story by thinking about the following:

-How does this story help us to reflect on the reality of confronting medical healthcare in the day-to-day life of a family?

What does this story reveal about differing mind-sets? Identify three key ways in which this story communicates how what we might call the medical, or clinical, and person-centred mindsets can differ. Use your own terms for differing medical and person-centred mindsets if you wish and explore ideas in the table below.

How might this story help us open up discussion and communication about not only the medical condition and care needed, but also the wider life choices and desires of the patient and their family members?

Medical mindset

Person-centred mindset

1.3.2

The 'EAR model'⁴ was developed by Patient Voices to support reflection on the learning potential of digital stories. The best stories are Effective, Affective and Reflective - EAR (Sumner, 2009).

Use this model to think about the story's effect on you, how it affected you and then to reflect on how - or what - you might change as a result of seeing the story (we will come back to using this model in module 5), by focusing especially on these questions:

4. Sumner, T. (2009). The power of e-flection: Using digital storytelling to facilitate reflective assessment of junior doctors' experiences in training. Paper presented at the Learning for a Complex World conference, University of Surrey, 31 March 2009.

Story	What did the story make you think? Effect on you	How did the story make you feel? Affect	What might you do differently? Reflect
Knitting			