

## **Proposal: Use of an Expressive Writing Activity with Patients at M Health/Fairview.**

In order to build relationships, increase trust, and practice new ways of communicating with patients, we propose a short (10 minute) expressive writing activity for health practitioners, medical students and patients to do together during medical visits. Interested clinicians and medical students would identify patients under their care who they feel may benefit from doing an activity like this (for example, patients with chronic conditions such as chronic pain may benefit from having a different opportunity to share their experience in their own words, and also see their clinician in a different way). We are thinking 3-5 clinicians/students would be involved, with up to 5 patients each.

The expressive writing activity, called the 3 Minute Mental Makeover was developed by Dr. David Thoele, a pediatric cardiologist at Advocate Aurora in Chicago, IL. The activity itself consists of 3 writing prompts:

1. Write three things you are grateful for (be specific).
2. Write the story of your life in six words
3. Write three wishes that you have

You can read more about Dr. Thoele's work here:

*Thoele DG, Gunalp C, Baran D, et al. Health care practitioners and families writing together: The Three Minute Mental Makeover. Perm J 2020;24:19.056. DOI: <https://doi.org/10.7812/TPP/19.056>*

The idea is for both practitioner/student and patient to take a minute or two to write their responses to these prompts, and then, if comfortable with the patient, to share their responses with each other. The hope is that this sharing could open some new lines of communication and help both patient and clinician learn something new about each other, or think about the relationship or health plan in a different way.

### **Clinician/Health care practitioner:**

- Identify patients in patient list who have upcoming appointment in next ~3 months and/or are in inpatient care who may benefit or be interested (summer)
- Complete expressive writing activity with patient at medical visit/encounter (10 min)
- Complete a survey on experience doing the activity with patients (<10 min)
- Complete one follow-up interview with research coordinator at the end of study period, after all visits have been completed, for feedback(<30min)

### **Patient:**

- Complete expressive writing activity with clinician at medical visit (10min)
- Complete post-visit survey on day of appointment (<5min)
- Complete qualitative follow-up interview with research coordinator (<30min)
- \*If interested\* share their writing/experience doing the activity with CFAM as part of a narrative medicine display

Compensation: Patients would receive a notebook to use to do the expressive writing activity with clinicians/students, and they will receive \$20 compensation for completing the study.