

# **Finding My Voice: Empowering Patient Perspectives: Enhancing the Value of Lived Experience in Medical Conversations**

Category: TED-Style Presentation

Abstract Body

Title:

Finding My Voice: Enhancing the Value of Lived Experience in Medical Conversations

Abstract:

In the field of addiction medicine, the integration of People with Lived and Living Experience (PWLLE) in healthcare teams is crucial for providing well-rounded, patient-centered care. In this storytelling session, I will share my personal journey of finding my voice as a PWLLE within an interprofessional team at a major urban hospital.

Navigating this transition was challenging, but it offered valuable insights into the importance of embracing lived experience in medical conversations. Through a blend of humor and reflection, I will recount the hurdles and triumphs of my early days as a PWLLE in the medical setting.

This session will focus on three key learning objectives:

1. Creation of safety: Discover how to establish a safe and inclusive environment that fosters open dialogue, trust, and collaboration between healthcare professionals and PWLLE.
2. Mentorship inside and outside the organization: Learn the importance of mentorship for PWLLE in addiction medicine and how to identify potential mentors both within and outside your healthcare organization.
3. Speaking and gathering feedback: Gain insights into effective communication strategies for PWLLE, as well as the value of seeking and incorporating feedback to strengthen your voice and enhance your contributions to the team.

By the end of this session, audience members will gain practical knowledge on how to successfully integrate

PWLLE into their healthcare teams and empower them to contribute effectively. Join me in this engaging and inspiring storytelling session, as we explore the power of lived experience in enriching medical conversations and enhancing patient care in addiction medicine. Together, we will learn how to harness the potential of diverse perspectives and create a more empathetic, compassionate, and effective healthcare environment.

#### Key Words

- Equity, Diversity, Inclusion issues
- Mutual Help/Peer Support/Lived Experience
- Prevention/Harm Reduction
- Stigma

#### Learning Objective # 1

1. Creation of safety: Discover how to establish a safe and inclusive environment that fosters open dialogue, trust, and collaboration between healthcare professionals and PWLLE.

#### Learning Objective # 2

2. Mentorship inside and outside the organization: Learn the importance of mentorship for PWLLE in addiction medicine and how to identify potential mentors both within and outside your healthcare organization.

#### Reference # 1

n/a

#### Reference # 2

n/a

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