

Beyond **Advocacy**

Beyond **Advocacy**

1. How and why we advocate.
2. Selfcare.
3. Transitioning advocacy.

12 YEARS AGO

1. Medicine is a **perfect** science.
2. Doctors know **everything**.
3. Hospitals are the **safest** place to be.



What could we do?

What could we do
to give him the **best**
chance of life?

Be **INVOLVED.**

12 YEARS AGO

1. Medicine is a **perfect** science.
2. Doctors know **everything**.
3. Hospitals are the **safest** place to be.

TODAY

1. Medicine is **NOT** a perfect science.
2. Doctors know **A LOT**, but they **CANNOT** know everything.
3. Hospitals are a safe place to be, if you are **INVOLVED**.

ADVOCACY

1. Medicine is **NOT** a perfect science.

Although safety in healthcare has **improved** in the past decade, there is still improvement needed.

ADVOCACY

1. Medicine is **NOT** a perfect science.

Educated guessing game.

ADVOCACY

2. Doctors know a lot, but they cannot know everything.

In 1990, there were
2,700 syndromes.

ADVOCACY

Hospitals are a safe place to be, if you are involved.

Be **INVOLVED.**

ADVOCACY is simply...
being **INVOLVED**.

SIMPLY ...is not
the right word.

HEALTH LITERACY

HEALTH LITERACY

Health literacy is defined as: “the degree to which individuals have the capacity to **obtain, process, and understand** basic health information and services needed to make appropriate health decisions.”

HEALTH LITERACY

Comprehensive healthcare education is necessary to **empower** people to participate fully in their healthcare and share in decision-making.

HEALTH LITERACY



Be Prepared



Be Honest



Ask Questions

ADVOCACY TOOLS

PATIENT PORTAL

BE PREPARED

PATIENT PORTAL

Get blood lab reports

Communicate with providers

Review prescription and request refills

?

Review appointment summaries

Read post-operative reports

Track and make appointments

BE PREPARED

PATIENT PORTAL



HEALTH TRACKING APPS

BE PREPARED

HEALTH APPS

Best Medication Tracking

- Best Share Reminders: **MediSafe App**
- Best for Flexibility: **Dosecast**
- Best for Medication Information: **Pill Reminder**
- Best for Symptom Tracking: **CareClinic**
- Best Visual Displays: **Pillboxie**
- Best Pharmacy Services: **CareZone**
- Best on IOS: **MedManage** and **RoundHealth**
- Best for Android Users: **MangoHealth**
- Best Pill Identification: **Care4Today**
- Best for Simplicity: **RoundHealth**
- Best for Non-English Speakers: **MyTherapy**
- Best Healthcare Management: **CareZone**

BE PREPARED

HEALTH APPS

Best Growth/Milestone Tracking

- Best Baby Tracking App: **Sprout Baby**
- Best Baby Tracking App: **The Wonder Weeks**
- Best Growth Chart App **Growth: Baby and Child Charts**

BE PREPARED

HEALTH APPS

Best Nutrition Tracking App

- Best for IOS: **Noom**
- Best for Android: **Fooducate**
- Best Nutrition: **MyPlate**
- Best Healthy Eating: **Fooducate**

BE PREPARED

HEALTH APPS

Best Exercise Tracking

- Best Activity Tracking: **Care4Today**
- Best Health Education: **MedPlan**
- Best Exercise App: **Aaptiv**

BE PREPARED

HEALTH APPS

Best Sleep/Health Tracking

- Best Sleep App: **Sleep Cycle**
- Best Baby Sleep App: **Sleepiest**
- Best for Apple Watch: **Hello Heart**
- Best Diabetes: **MySugr** and **Diabetes:M**

BE PREPARED

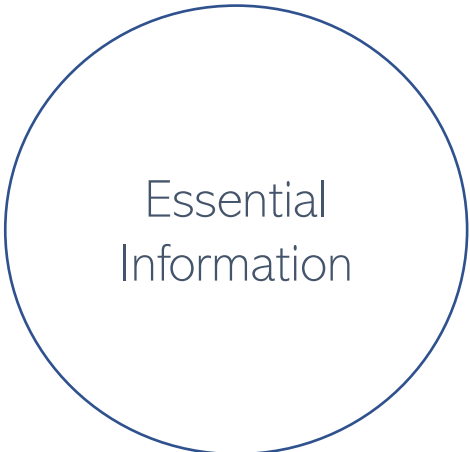
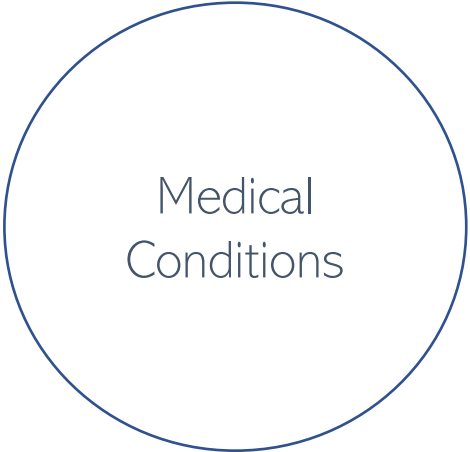
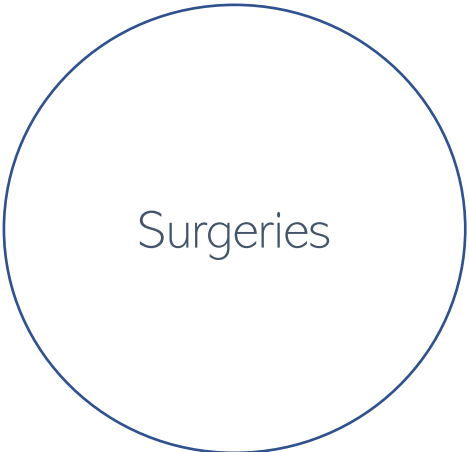
HEALTH APPS

You can find basically
anything you need.

HEALTH CARDS

BE PREPARED

HEALTH CARDS



BE HONEST!

ASK **QUESTIONS!**

ASK QUESTIONS

ASK ME 3



What is my **main** problem?



What do I **need** to do?



Why is it **important** for me to do this?

DO YOUR
RESEARCH!

DO YOUR RESEARCH

DR GOOGLE

The Risks of Using the Internet to Self-Diagnose

-verywellhealth.com

[Going to 'Dr. Google' to look up your symptoms actually leads to accurate diagnoses!](#)

[- Study Finds](#)

Turning to 'Dr. Google' may not be as anxiety-inducing or misleading as believed, study finds

[HEALTH](#) | News

A visit to 'Dr. Google' makes patients better at diagnosis

-medicalxpress.com

Anonymous Nurse: Stop Using Dr. Google to Diagnose Symptoms

-healthline.com

DO YOUR RESEARCH

DR GOOGLE

Healthcare providers often worry about how you'll use the information. Many of them say online information is best when you use it to ***supplement*** conversations with them, not as a replacement.

DO YOUR RESEARCH

DR GOOGLE

BEST USES

1. **Learn more** about your diagnosis than your provider has time to teach you.
2. Point you toward **treatments** you may want to **discuss** with your provider.
3. **Find support** from other people with the same chronic condition.

CONNECT with a
SUPPORT GROUP.

DO YOUR RESEARCH

CONNECT WITH SUPPORT GROUP



SELF CARE

SELF CARE



When you fly on an airplane, the flight attendant instructs you to “**put your oxygen mask on first,**” before helping others. Why is this an important rule for ensuring survival? Because if you run out of oxygen yourself, you can’t help anyone else with their oxygen mask. Or put more simply: if you die, you can’t help anyone else.

SELF CARE

HOW DO WE MAKE TIME
FOR OURSELVES?

SELF CARE

HOW DO WE MAKE TIME FOR OURSELVES
AND
NOT FEEL GUILTY?

SELF CARE

Many people treat self-care as a synonym of self-indulgence.

The difference between self-indulgence and self-care, essentially, is the **outcome**. Self-care habits help us stay healthy and at the top of our game.

SELF CARE

When you take time to care for yourself every day, you're **looking out for your loved ones** just as much as you are caring for yourself.

SELF CARE

Did you know that the **best way** to teach your children about self-care is to model it yourself?

SELF CARE

Self-care can teach kids how to react to challenging situations and is shown to improve **empathy development**.

SELF CARE

TYPES



PHYSICAL

Sleep
Stretching
Running
Exercise
Healthy Food
Massage



EMOTIONAL

Stress Management
Forgiveness
Kindness
Compassion



SOCIAL

Communication
Time Together
Support System
Asking for Help



SPIRITUAL

Time Alone
Nature
Journaling
Yoga
Meditation
Reading
Prayer

Beyond **Advocacy**

SELF CARE

HEALTH APPS

Best Mental Health Tracking

- Best Mental Health App: **Talk Space**
- Best Meditation App: **Headspace**

SELF CARE

Because self-care and mental health are **connected**, neglecting one can have a negative impact on the other.

TRANSITION of CARE



TRANSITION of CARE

Let them be **INVOLVED!**

TRANSITION of CARE

BENEFITS

1. Makes it **easier** for them to cope with receiving care.
2. They are **less likely to be distressed** if they are prepared for what is going to happen to them.

TRANSITION of CARE

Factor in children's **mental ability** and **emotional maturity** to participate in decisions. **NOT** all kids will be able to be involved and the level of involvement depends on each child and the situation.

TRANSITION of CARE

NOW



Medications



Communication
with Doctors



Involved in Surgery
Procedures

TRANSITION of CARE

FUTURE



Reviewing Lab
Work/Appointment
Summaries



Ordering
Medication



Making
Appointments

TRANSITION of CARE

Most children, regardless of age, prefer to **share** decision-making with their parents and healthcare professionals rather than have sole responsibility.

TRANSITION of CARE

For children, though, it is about **taking part**, voicing preferences, being **listened to** and **being heard** in the decisions that affect their lives in hospital. These may be simple, but they can make a huge difference to children.

Be **INVOLVED.**

Thank You!

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