

Roundtable Discussions: Beyond the Text Book

With thanks to **Experts by Experience** and the staff and students of the School of Health Professions

Introduction

Workshop delivered as part of the Living and Staying Well module; introducing students to **Experts by Experience**, people with a Long Term Health condition, who share information and details about their conditions and its impact on daily lives and activities.



Engagement Methods

Roundtable discussion groups took place enabling students to meet and engage with **Experts by Experience**, who each have a specific Long Term Health condition.

Each Roundtable lasted approximately 20 minutes with students listening and discussing the impact on lived experiences and daily lives.

Resources and materials were used to demonstrate and illustrate the factors which effect people with mobility and sensory issues.

Students worked in small groups to discuss and reflect on the key messages of the day on both a personal and professional level.

Learning Outcomes

Recognise the value of listening, empathy and compassion.

Consider the importance of person-centred care and self-management.

Identify factors which impact on daily lived experiences.

Recognise the value of a multi-disciplinary approach.

Impact

36 Year 3 students, 5 **Experts by Experience**, 5 Roundtable discussion groups.

Deeply moving experience as students heard about issues and concerns the Experts face.

Encouraged the development of listening and interpersonal skills.

Students recognised the importance of understanding, kindness and empathy.

Recomendations

Allow more time for the Roundtable discussions, if possible 30minutes.

Allocate a room per Expert, with the students moving around the various rooms.

Make it fun, engaging and enjoyable, we used an air horn to sound when it was time to move!

