



## My Ten Year Journey

### *Joannie Tate, PCC Member since 2005*

I was no longer able to work as a Nursery Nurse, after 30 years service, because of my disability. I thought I was on the scrap heap at 54. I believed that my disability would leave me house bound, in a wheelchair and very dependent on others. I was depressed and had no hope for the future.

By accident I was introduced to the University of Leeds and was asked to do some training called the Patient Learning Journey (PLJ) run by Jools. I never thought for a minute where it would lead me. I did not even know if this training would be any use. How wrong I was!

It opened all sorts of avenues to me, things I never thought I was capable of doing. Through good training and people having faith in my ability, which built up my confidence, my whole world changed. It has not only allowed me to learn new skills but the main part is that this work has been a great healer for me. My health has improved; I have a better understanding of my own condition and the medical/NHS system. I am now able to tell the doctors what I need to improve my life in a more positive way; it does not only save time but also saves money within the NHS.

I am now a valued member of a team: the Patient | Carer Community. I am involved in all aspects of the University and my role can be varied. I work with students and qualified medics. These are just a few of the session I am involved in:

- ❖ Mini Multiple Interviews (MMI's) for new applicants to the MBChB, dentistry and audiology
- ❖ Introductory lecture for the 1st years "What patients and carers want from Tomorrow's Doctors"
- ❖ Classroom visit and home visits for 1<sup>st</sup> year medical students
- ❖ Simulated Patient for Communication Skills
- ❖ I design, run and assess OSCE scenarios for years 2, 3, 4 & 5
- ❖ Stigma sessions (including redesign)
- ❖ I attend meetings and conferences all over the country for the Lived Experience Network
- ❖ I deliver training for our PCC group
- ❖ Co-facilitate training sessions for our Patient Learning Journeys
- ❖ Curriculum development
- ❖ I have been involved in running, writing and publishing a Patient Safety RCT for FY1 doctors
- ❖ I also facilitate small group teaching for 1st and 2nd year students as a Patient Mentor
- ❖ Writing scenarios for OSCES, MMI's and communication skills teaching
- ❖ Working with Physician Associates

I'm a valued member of University staff and never feel that my disability is a problem, in fact I feel it is an advantage for the students learning. They are eager to learn from, and with, patients and carers, their feedback is very positive (they'll soon let you know if not).

So ten years on I feel I'm a real asset and not a burden.