

# Teaching Tool 4 – Small Group Learning

CanMEDS Health Advocate

## Inventorying and evaluating your health advocacy

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Completed by: \_\_\_\_\_

- Thinking back to your clinical experiences over the past two or three months, and using the table below, estimate the frequency, type, and appropriateness of your health advocacy activities.

PURPOSE of your health advocacy	Frequency of this type of health advocacy						Examples of this type of advocacy	Resources used for this type of advocacy	Rate the frequency of your advocacy	Are there barriers to your advocating more often?
	Many times a day	At least daily	Several times a week	Several times a month	Once or twice per month	Less than once per month			1 = can do better 3 = good enough 5 = terrific advocacy	If yes, how can you manage or overcome them?
To advocate for health care services or resources										
To advocate for healthy behaviours										

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	Many times a day	At least daily	Several times a week	Several times a month	Once or twice per month	Less than once per month				
To incorporate disease prevention, health promotion, or health surveillance into the patient's care									1 = can do better 3 = good enough 5 = terrific advocacy	If yes, how can you manage or overcome them?

2. In what areas of advocacy with patients are you most skilled?

3. In what areas of advocacy with patients are you most comfortable?

4. In what areas of advocacy with patients do you require improvement?

5. Rate your approach to health advocacy and provide examples using the table below.

Key steps to HEALTH ADVOCACY	In general, on a scale of 1–5, how well do you do this step?					Example(s) of when you did this well over the past few months	Example(s) of when you could have been more effective in doing this
	1 Can do better	2	3 Good enough	4	5 Strong at this step		
1. Establish an understanding of the patient's (or community or population's) preferences, needs, strengths, and values for health care.							
2. Collaborate with the patient, other health care professionals, and/or health promotion organizations.							
3. Develop the action plan with the patient, other health care professionals, and/or health promotion organizations to help the patient achieve their self-identified goals.							
4. Implement (i.e. by supporting, following, or on occasion leading, as appropriate) the agreed-to plan.							

5. Maintain open communication with the patient, other health care professionals, and/or health promotion organizations.							
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6. Which step(s) of advocacy with patients are you most skilled at?

7. Which step(s) of advocacy with patients are you most comfortable with?

8. How did you balance your patient’s health, preferences, needs, and values with the reality of finite resources and the need to ensure equitable access to health care?

9. How can you improve your skills at balancing health advocacy with a wise management of resources?

10. Do you have other observations or comments about health advocacy?