Walk With Me: A Patient Centered Exploration of Health and the Health Care System

This innovative elective course for first year medical students places patients front and center of the exploration of the patient’s perspective, and challenges of managing optimal health in a complex health care system. In a unique 3-part monthly workshop format, students will:

1. Learn about national, state, and local perspectives from experts from Stanford and the community and explore the broad impact of the monthly topic on patient care and health.

1. Gain insight into the patient/family perspective, directly from a patient/families, with time to engage in discussion.

1. Engage in a workshop activity related to the impact of the monthly topic, and establish a framework for clinical exploration.

Outside the monthly workshop session, students are matched with a patient/family partner for the duration of the course, and meet on a monthly basis at the medical center or other location that relates to learning about the patient’s journey, and explore together the impact of the monthly topic at the individual level.

Session Structure

**Excite Talk**

*Objective:* Students will hear a National, State, and/or Local perspective and the broad impact of the monthly topic area on patient care and health.

(20 min)

**Patient Narrative**

*Objective:* Students will learn from a patient and/or their caregiver and family, how their journey to optimal health has been impacted, in relation to the monthly topic.

(15 min + 15 min Q&A)

**Skills Workshop**

*Objective:* Students will engage in a workshop activity related to the impact of the monthly topic, and establish a framework for clinical exploration.

(30 min)
Details at a glance

• 1 Unit, Autumn, Winter, Spring (new topics each quarter)

• 1.5 hour Experiential Workshop, meets 5:30-6:50 PM, 1st Monday monthly*

• 1 Patient/Family speaker at each session, describe their lived experience

Outside of the workshop:

• Students are paired with a patient / family and meet monthly for up to a year

• Optional co-enrollment in INDE 291: Early Clinical Experience Practicum, for clinical application of knowledge and skills learned in workshops. Students are paired with a mentor at a clinical site. two half days monthly.

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Brief Q&A

Q: I am really excited about the opportunity for authentic interaction between patients and families early on in my training, but concerned about the time commitment. What is expected?
A: The course has been developed with the consideration of the time constraints of first year medical students. The workshop is held one Monday evening a month, just after POM. The students and patients arrange their monthly meetings at a time that works with their schedules.

Q: I am unclear about the Early Clinical Engagement (ECE) requirement where INDE 290 fits in.
A: INDE 290 is an independent year-long elective, compromised of an interactive monthly seminar and individual matching with a patient, through which to explore the monthly topic through the lens of your partner. By enrolling and completing the course, you can fulfill the ECE requirement, and you will not have to enroll or complete the ECE course. You can take both however, and it is encouraged!

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Monthly Topics

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<td>Oct 5</td>
<td>Understanding the Patient Perspective</td>
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<td>Nov 2</td>
<td>Health Systems Integration: Care Transitions</td>
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<td>Dec 7</td>
<td>Policy and Health Care Reform</td>
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<td>Jan 4</td>
<td>Health Coaching and Patient Empowerment</td>
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<td>Vulnerable Populations in a Pandemic</td>
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<td>Teamwork and Interprofessional Collaboration</td>
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<td>Systems Thinking and Health System Improvement</td>
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* This date is exception to the 1st Monday meeting pattern