

CanMEDS Health Advocate  
Teaching tool T3  
Guided Reflection and Discussion

**Recognizing health advocacy**

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

1. Complete the table below, providing specific details from your clinical practice over the past month.

|  |  |  |
| --- | --- | --- |
| **Clinical location**  (include details about when, where, how long, type of service) | **Community details about patients in this clinical location**  (e.g. determinants of health) | **Common, frequent problems** (experienced by YOUR patients during this clinical experience) |
| 1. |  |  |
| 2. (complete this second row if you practise at two different clinical locations) |  |  |

2. Think back to one or two specific patients from a clinical location from the table above and describe features of their need for health advocacy and/or your health advocacy actions. You may find the table of trigger words below useful.

| **Patient** | Describe the **health needs** that this patient in this community or clinical location identified in collaboration with you | Describe the **health advocacy action(s)** that you and the health care team completed with this patient in this community or clinical location | **What was the purpose of the action(s)?** | | |
| --- | --- | --- | --- | --- | --- |
| To advocate for health care services or resources | To advocate for healthy behaviours | To incorporate disease prevention, health promotion, or health surveillance into the patient’s care |
| “X” |  |  |  |  |  |
| “Y” |  |  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **RECOGNIZE health advocacy when you are doing these actions** | | **RECOGNIZE health advocacy when you are discussing these topics** | |
| • Advise  • Assist  • Empower  • Encourage  • Facilitate  • Influence | • Justify  • Liaise  • Navigate  • Negotiate  • Recommend  • Support | • Access  • Barriers  • Competing needs  • Health behaviours  • Health literacy  • Health promotion  • Literacy | • Policy  • Poverty  • Prevention  • Risk factor modification  • Safety  • Social environment  • Surveillance |