

# Participatory Medicine Manifesto

Together we are reimagining the dynamics of healthcare. Our goal is to empower and embolden patients, healthcare professionals and caregivers by spreading the practice of participatory medicine. Our movement will shake up the system to create a collaborative, inclusive, compassionate, and mutually respectful healthcare environment.

I pledge my commitment to the Participatory Medicine Manifesto and promise to do the following:

Share and Listen

Respect One Another

Share Information Responsibly

Promote Curiosity

Be a Teambuilder



# I pledge my commitment to the Participatory Medicine Manifesto and promise to do the following:

## As a healthcare professional I will:

- Acknowledge that my patients are the experts on their own life, body, and mind
- Use plain language for clear and accurate communication

### Share and Listen

## As a patient or caregiver I will:

- Be prepared to share my story and experiences completely, accurately, and honestly
- Ask questions of healthcare professionals and voice my concerns

- Respect patient perspectives based on culture, upbringing, and circumstances
- Encourage my patients to be honest by being respectful and non-judgmental

### Respect One Another

- Take the time to make sure I understand what my healthcare professionals are telling me
- Respect my loved one's wishes about sharing information and gathering research

- Help my patients access and understand the information they need to engage in their care
- Acknowledge that patients own and have an absolute right to data about their health

### Share Information Responsibly

- Remember that my healthcare professionals need information to personalize my care
- Acknowledge that I own and have an absolute right to data about my health

- Be honest and clear with patients even when something is difficult to explain in lay terms
- Encourage my patients to do their own research and become involved in health communities

### Promote Curiosity

- Be truthful with healthcare professionals, even when it's uncomfortable
- Advocate for myself or my loved one by questioning healthcare professionals

- Treat my patients and their caregivers like partners, peers, and collaborators
- Learn and respect patient goals, values, and preferences

### Be a Teambuilder

- Play an active role on the care team as a patient or caregiver
- Reach out to other caregivers for help and take care of myself so I can take care of others

