

# 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



Society for  
**Participatory Medicine**  
Transforming the Culture of Patient Care



[signthemanifesto.org](http://signthemanifesto.org)

[participatorymedicine.org](http://participatorymedicine.org)



## 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

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

#### Respect One Another

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

#### Share Information Responsibly

- 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

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

#### Be a Teambuilder

### 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

- 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

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

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

- 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