

IDA CHANGE GUIDE

WHAT WOULD
YOU LIKE TO
CHANGE?

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PERSONAL CHANGE SESSION 1

AIM

This first session aims to help you develop or refine your understanding of what patient-centered care is and reflect on how the integration of the Ida tools can help you become more patient-centered.

DURATION

Session: 1 hour

Exercise 1: What is patient-centered care?

How do you define the term patient-centered care? Write what comes to mind in the box below.

What does patient-centered care mean to me?

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Exercise 2: Draw a mind map of patient-centered care

Draw a mind map by sorting the different elements you listed above into groups according to topic. If you need a bit of inspiration, you can download an example of a patient-centered care mind map [here](#).

My mind map of patient-centered care:

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Exercise 3: Imagine your patient-centered practice

Write down your answer to the question below.

What would my daily practice be like if I were more patient-centered, more of the time?

Outcome:

- A mind map visualizing your personal understanding of patient-centered care.
- Personal reflections on how being more patient-centered can positively change your daily practice. These reflections are the first steps on your journey to change the way you work.