LearningCafé

This is the way to learn

Patient needs knowledge but more important is to be able to ask questions and to reflect on your own condition and to find the answers on your own.
**Needs:**

Altered patient role with greater involvement and influence on the in choice of healthcare

Medical equipment at homes that require more knowledge of the patient and family

Manage the flow of information - GOOGLE - what information can I trust? (Pregnant 18 500 000 hits, breastfeeding 2 110 000 hits)

Shorter length of stay means that the patients need to manage their everyday lives more quickly

Information that is good, reliable and easy to understand

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**Purpose:**

Emphasizing ‘‘the healthy’’ and focusing on opportunities

Managing everyday life and creating the conditions for security through increased self-reliance

Create network where the exchange of experience and learning can be based on participants' questions

Build your own knowledge bank where you know how to seek adequate information about your health and disease.
Patients and their families should receive support and help in making independent choices.

"It's not so much about how we have it, it's about how we take it"

"Happy are those who do not grieve for what they lack, but are pleased with what they have"

Democritus
## Learning café team

### Schedule

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<td>• Prepare with questions you want to ask.</td>
<td>• Draw through the prior notes.</td>
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<td>• Participants introduce themselves.</td>
<td>• Answer questions.</td>
<td>• Invited speaker will answer questions.</td>
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<td>• Rules.</td>
<td>• Coffee (Fika).</td>
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<td>• Expectations.</td>
<td>• Discuss solutions to everyday problems.</td>
<td>• Discuss solutions to everyday problems.</td>
<td>• Follow up expectations.</td>
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<td>• Coffee (Fika).</td>
<td>• Todays saying.</td>
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<td>• Which questions do you want to ask.</td>
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<td>• Divide questions into different groups after how can answer this questions.</td>
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### Learning café 1

- Date: 
- Time: 

### Learning café 2

- Date: 
- Time: 

### Learning café 3

- Date: 
- Time: 

### Learning café 4

- Date: 
- Time: 

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**Date:** 2018-03-02

**Region:** Jönköping län
PICTURES TO THE PATIENTS/RELATIVES FOR THE PRESENTATION
20-30 pictures to choose from.

(coffee) FIKA!!!!!
QUESTIONS??

• Ask the important questions. "What do I want to know?".

• Write down on the whiteboard.

• Divide in different categories "Who can answer this question?"

The end of the first meeting.

Question to think about until next time we meet.

• Problems I need help to solve?
• Tips and Trix?
• More questions to the Doctor??

Thank for coming, see you next time!!
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