

Still a Patient

By Jacqueline Wigle

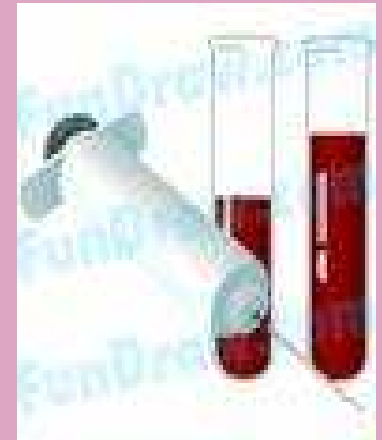
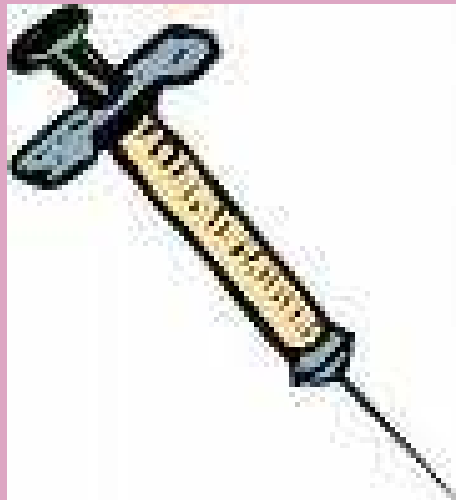
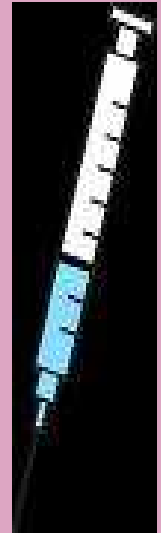
Halifax, Nova Scotia



Au Debut

- Began with IBD symptoms
- Preliminary blood test confirmed a serious medical problem
- After tests and uncomfortable procedures diagnosed with Crohn's disease





Continuing...

As a Crohn's patient at the IWK I experienced:

- In patient and out patient care
- Medical procedures, tests, and treatment plans
- Being treated by the IWK professionals



Warm Touches...

Some wonderful things about the IWK are:

- The friendly atmosphere
- The most caring nurses
- The anesthesia
- The learning that happened in my care, for myself, medical/nursing students, and doctors



As a Youth...

As a youth in the IWK there are very positive aspects:

- Can visit the Teen Lounge
- PG13 rated movies from the library
- Often doctors will talk to you more openly and honestly
- You get to provide input in your care and treatment



As a Youth...

Areas for improvement in the care of youth in a hospital setting.

- You are often talked to as a child or as an adult, not a youth
- Your concerns are heard but *not always taken seriously*
- You are not always set up for success in your home, school, and social setting *away from the hospital*



It never occurred to me....

Things in my life made complicated by my illness:

- Getting approval for my medication
- Dealing with my condition at school, and work settings
- Small things suddenly becoming a huge priority



Let's Make this Smoother

- Transition from hospital to home is important, but it should be viewed as the *transition from **hospital to life***.
- All aspects of life affected by the condition should be taken into consideration when health care professionals help patients return to their daily routines
- E.g. explaining to our friends



What about things like...

- School – Small information pamphlet to have with us
- Physical activity – Encourage us to get active again and work with us on a plan
- Emotional Stability – Help us realize we are not alone, or crazy
- Social Life – Help us understand it is ok to be sick, it is just one part of our life





Thank You!

The IWK Youth Advisory Council (YAC!)

**We are the messengers of
youth voice at the IWK.
Consult the experts!**

