

A Patient Partner Mentor is someone who wants to help to make a positive difference in someone else's healthcare journey."

Patient Partner

- 1) Research and identify how you want to self-identify
[Patient Partner vs Patient Perspective Consultant](#)
- 2) Recognize and embrace your skills, knowledge & connections
[The Patient Revolution Community: Hope](#)
- 3) Reflect on the positives that you will bring to tables
[Volunteering can Lead to One Thing then Another](#)
- 4) Know and recognize your worth
[Engaging Community Members: A Guide to Equitable Compensation](#) CHCS
- 5) Take time to address vulnerabilities –trust building and learn to say 'no'
[Real World Challenges Partnering in Research / Self Care is Not Selfish](#)

Embrace Learnings

- 1) Embrace curiosity and humility
[Native Americans Know How Place Matters](#) Place Matters Oregon
- 2) Identify what you want to learn about & knowns-assumptions-unknowns
[Words Matter The Patient Revolution: Non Compliance](#) Victor Montori
- 3) Recognize and embrace possible knowledge opportunities
[Understand patient engagement in health system decision-making: a co-design](#)
- 4) Reflect on what you consider reliable sources for information / ethics
[The Patient-as-Partner Approach in Health Care- a Conceptual Framework](#)
- 5) Take time to critically evaluate what your thoughts are
[Mindfulness and Being Present](#) mindful.org

Careful and Kind Care

- 1) Identify what careful and kind care is, both a practice and disposition
[The Patient Revolution: A movement for care](#) Victor Montori
- 2) Recognize and address where gaps are in your health care systems
[Three Considerations for Building Successful Research Partnerships](#)
- 3) Take steps to be the change/ make the change
[Listen, Empathize, Agree & Partner](#) Bethany Yeiser Psychology Today

- 4) Reflect on yourself, where your knowledge might have the greatest impact
[Creating Space for All - Caira Grey Johnson & Kevin Frick](#)
- 5) Take time to implement careful and kind self-care
[Leadership for careful and kind care](#) BMJ article

Advancing Expertise

- 1) Identify where your gaps are in learnings and what you might want to achieve
[Role of active patient involvement in undergraduate medical education](#)
- 2) Recognize and embrace how you might close those gaps
[Hidden in plain sight? Identifying patients authored publications](#)
- 3) Plan on how to curate knowledge on an ongoing basis
[Patient, Family and Care Partner engagement in Learning Health Systems](#)
- 4) Reflect on experiences where you have made a positive difference
[The Sweet dance between patients and clinicians](#)
- 5) Take time to pat yourself on your back for your achievements
[Partnering in research is 'with' patients not 'on' patients](#)

Develop and Nurture your Niche

- 1) Identify what you appreciate in your partnering efforts
[Primary Care Intervention Evaluation of a Novel Co- Design](#)
- 2) Recognize and embrace what you excel at and what you like to do
[Finding Happiness in any Challenge - Rhonda Y. Williams & Elia Gourgouris](#)
- 3) Think about where you would like to be/ your role in the future
[Patient Advisor to Patient Co-Investigator](#)
- 4) Reflect on your passion for patient partnering- why?
[Towards Conceptualizing Patients as Partners in Health Systems](#)
- 5) Take time to go out in nature and just be
[Healing in Nature](#) Nitin Das

Find and Connect

- 1) Know your interests and expand your vision
[Perhaps advance a peer mentoring program](#) Mass General
- 2) Identify individuals or organizations for future possibilities / networking

[Sharing the Wealth: Mentoring Newbies to Advocacy \(health-hats.com\)](https://health-hats.com)

- 3) Recognize and embrace your abilities to convey careful and kind care
[Patient and Care Partner Community - The Beryl Institute](#)
- 4) Reflect on who you want to connect with, how and why-expand your circle
[Graduate Mentoring Center](#)
- 5) Take time to thank others as well as yourself
[Mentoring Partnerships are Bi-directional Thank them](#)

Be a Mentor

- 1) Develop an interest to be a mentor – remain curious and humble
[The Importance of Patient-to-Patient Mentorship \(patientpower.info\)](https://patientpower.info)
- 2) Identify who you might mentor and who they might mentor
[Gender Differences in Faculty Perceptions of Mentorship/Sponsorship](#)
- 3) Recognize and embrace we all have more than one mentor
[Legacy and Succession Planning for the Seasoned #141 \(health-hats.com\)](https://health-hats.com)
- 4) Reflect on priorities and goals for change / how you might give back
[Rebel Health: A Field Guide to the Patient-Led Revolution in Medical Care](#)
- 5) Take time to ensure you are not overcommitting – own your time
[Reflections on engagement by patient partner: How it can go wrong](#)

Evaluate

- 1) Successes
[Preparing for Patient Partnership /Partner Engagement and Evaluation](#)
- 2) Challenges
[Facing up to the Challenges: Honest discussions on real world risks](#)
- 3) Diversity and Equity
[Involving diverse community members working towards equity](#)
- 4) Opportunities for Advancement
Coming Soon IPRO PFCA Tool Kit
- 5) Vulnerability
[Patient-Partners as Educators: Vulnerability Related to Sharing of Lived Experience](#)