



Experiencing Narrative Medicine

Enhancing Patient-Centered Care, Reflexivity and Well-being in General Practice

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Affiliations

Member of the Francophone Association for Narrative Medicine (AFMN)
Member of the RéSoN group: Network for Narrative Care (a collaboration between France and Columbia University, NYC)



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Workshop outline

1. Introduction (10 min)
2. MN Workshop (30 min)
3. Evidence and Feedback on teaching at the University of Grenoble Alpes (5 min)
4. Resources for organizing workshops (5 min)
5. Q&A (10min)



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Narrative Medicine



Charon R. *Narrative Medicine: Honoring the Stories of Illness*. Oxford University Press; 2006. 285 p.

- A method designed for caregivers to improve their ability to listen to patients' life stories
- Evidence- and Narrative-Based Medicine

"Every patient has a unique story to tell us"



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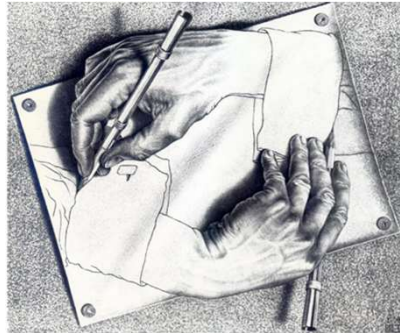
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Narrative competences

acknowledge, absorb, interpret, and be moved by the stories of others



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What do we do in a NM workshop ?

1- Close reading



2- Reflective and creative writing



3- Sharing



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Workshop Guidelines

Confidentiality

Respect

No grading

No obligations (no writing, no sharing!)

This is not

- a literature or philosophy class / a psychotherapeutic discussion group



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Workshop



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Tableau de Frida Kahlo, *L'autobus*, 1929

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<i>Mon autre</i>		<i>My other</i>
<i>Mon semblable</i>		<i>My kin</i>
<i>En cette chair</i>		<i>In this flesh</i>
<i>Qui nous compose</i>		<i>That shapes us</i>
<i>En ce coeur</i>		<i>In this heart</i>
<i>Qui se démène</i>		<i>That flails</i>
<i>En ce sang</i>		<i>In this blood</i>
<i>Qui cavalcade</i>	<i>L'autre</i>	<i>That races</i>
<i>En ce complot</i>		<i>In this scheme</i>
<i>Du temps</i>	<i>The other</i>	<i>Of time</i>
<i>En cette mort</i>		<i>In this death</i>
<i>Qui nous guette</i>		<i>That stalks us</i>
<i>En cette fraternité</i>		<i>In this brotherhood</i>
<i>De nos fugaces vies</i>		<i>Of our fleeting lives</i>
<i>Mon semblable</i>		<i>My kin</i>
<i>Mon autre</i>		<i>My other</i>
<i>Là où tu es</i>		<i>Where you are</i>
<i>Je suis.</i>		<i>I am.</i>
	<i>Andrée Chedid</i>	



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Écrivez à votre autre.	Write to your other.
Si besoin, vous pouvez commencer par " Tu es devant moi"	If you need to, you can start with 'You're standing in front of me'



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What evidence?

International literature reviews

- A structured and reproducible educational model
- Communication, empathy, reflective practice, ethics, professional identity, interprofessional collaboration, and burnout prevention



USA, Canada, Angleterre, Chine, Taiwan, Pakistan...

Milota, M. M., Van Thiel, G. J. M. W. & Van Delden J.J. M (2019). Narrative medicine as a medical education tool: A systematic review. *Medical Teacher*

Reinein C, Childs E, Pasco J, Trinquart L, Flynn D, Wingerter S, et al. Content and outcomes of narrative medicine programmes: A systematic review of the literature through 2019. *BMJ Open*. 26 janv 2020;10:e031568.

Undergraduate and postgraduate teaching in universities and teaching hospitals in France

- Paris (Cité, Sorbonne, Créteil), Bordeaux, Montpellier, Grenoble



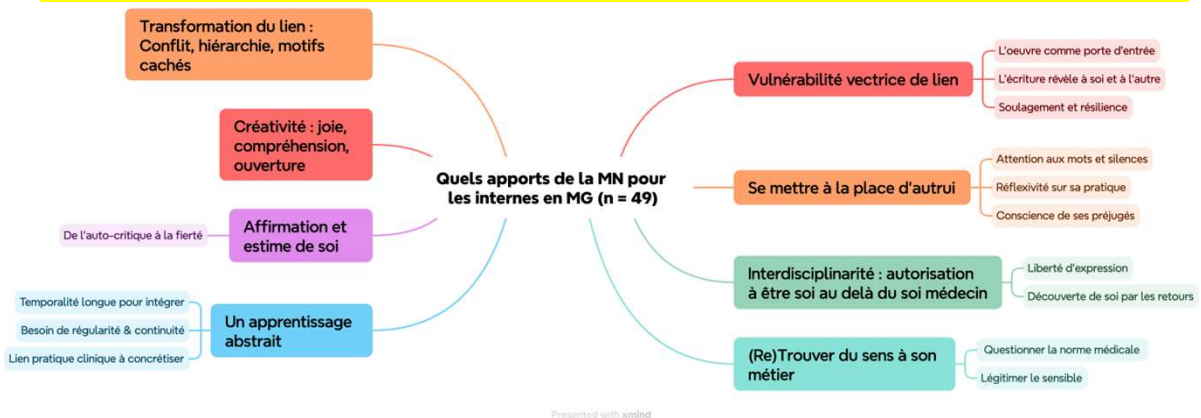
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Feedback on teaching at the University of Grenoble Alpes ?



Vécu des internes en médecine générale ayant participé aux enseignements de médecine narrative à l'Université Grenoble-Alpes de 2022 à 2026

Analyse thématique inductive à partir de 49 questionnaires à questions ouvertes

Thèse pour l'obtention du titre de Docteur en médecine. Clémence Guinois et Nolwenn Pellegrin. Directrice de thèse Solène Blanchin.

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Resources for organizing workshops

Before

- Define the learning objectives and educational structure
- Identify the target audience → select the themes to be explored
- Plan the workshop sequence (frequency, duration)
- Select the texts and writing prompts

During

- Establish the ground rules
- Read the texts aloud
- **Facilitate feedback** on the writing

After

- Evaluate the workshop



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Thank you!

Questions, comments or shared experiences?

Feel free to contact us :

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