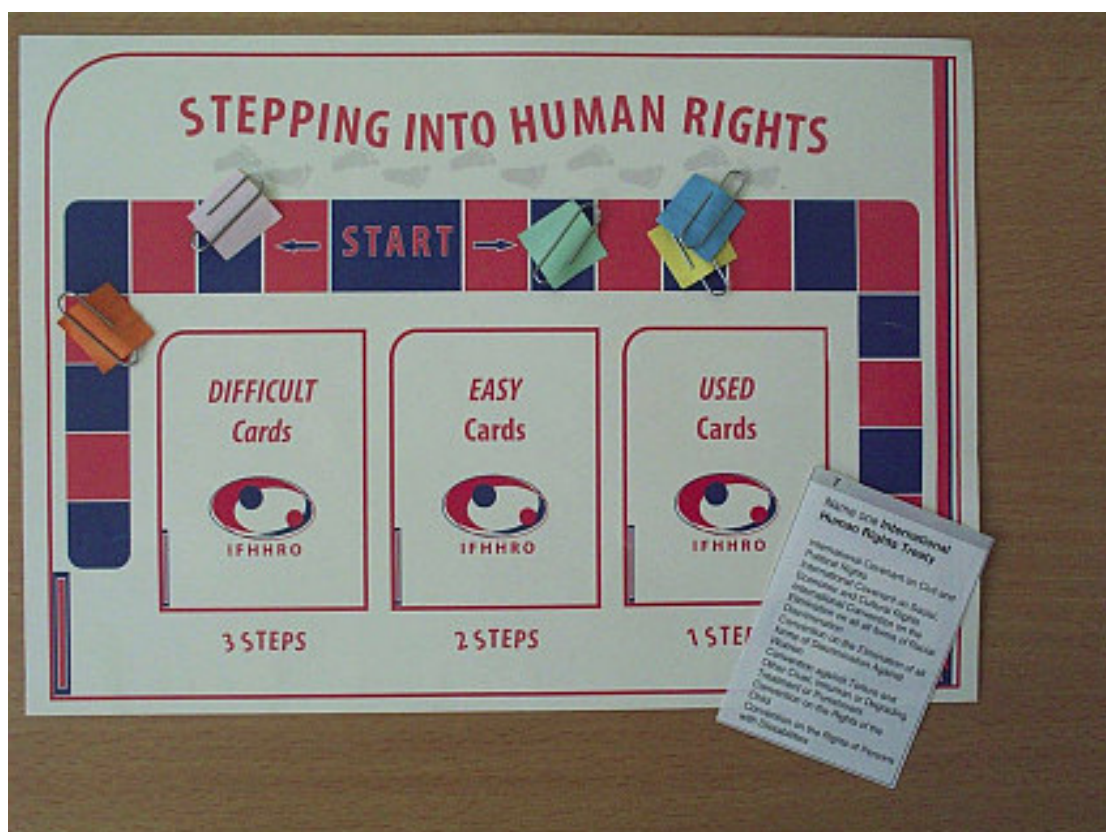


Adaptation of material belonging to

Training Session Plan

**‘Stepping into Human Rights’**  
**An introductory board game**  
**With patient care emphasis**



Original developed by: Alicia Dibbets  
Adapted by: Law and Health Initiative at Open Society Foundations

## **The International Federation of Health and Human Rights Organisations (IFHHRO)**

*IFHHRO forms a unique network of active organisations committed to the protection and promotion of health related human rights. Members and observers are human rights groups which address health-related rights violations, medical associations involved in human rights work, and organisations that have been created specifically to mobilize health workers for human rights protection.*

*For more information visit our website: [www.ifhhro.org](http://www.ifhhro.org)*

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Copies of the session plan in a different format can be requested.  
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Cover: game board

**Adapted material**

This is an adaptation of the materials used in one of the introductory sessions about human rights in relation to health: 'Stepping into Human Rights'- An introductory board game. This session can be found online in the IFHHRO training manual "Human Rights for Health Workers at [www.ifhhro-training-manual.org](http://www.ifhhro-training-manual.org)

In this adaptation the emphasis is on patient care. It only contains the revised set of cards used during the game.

For the game board and instructions download also the original session using the following link: <http://www.ifhhro-training-manual.org/index.php?r=training/view&sid=6>

<b>Training Aid 1 - Question and Answer Cards</b>
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Print the following pages double sided and cut into separate cards. It is recommended to print them on a bit thicker paper, especially if you want to use them more than once. If possible print the Game board and the Question and Answer cards to A3 size.

1	2	3	4
<p>Human Rights are <b>universal</b> this means...</p> <p>... they apply to everyone everywhere.</p>	<p>Human Rights cannot be taken away from a person: TRUE or FALSE</p> <p>TRUE Human Rights are <b>inalienable</b>: every individual is entitled to their human rights by virtue of being human.</p>	<p>What is the <b>Universal Declaration of Human Rights</b>?</p> <p>It is the foundational human rights document, which was adopted in 1948 by the United Nations General Assembly.</p>	<p>Name one way in which human rights are translated into national law and practice:</p> <ul style="list-style-type: none"> <li>• Through legislation</li> <li>• Through incorporation into national constitutions</li> <li>• Through court decisions</li> <li>• Through human rights-based policies</li> <li>• Through human rights education</li> </ul>
5	6	7	8
<p>Where can individuals direct complaints of human rights violations?</p> <p>a) Courts b) Treaty Monitoring Bodies c) Special Rapporteurs d) All of the above</p> <p>d) All of the above.</p>	<p>There is a requirement to seek all available avenues for national redress before submitting an individual complaint to a regional or international tribunal: TRUE or FALSE</p> <p>TRUE This is called "<b>exhaustion of domestic remedies</b>".</p>	<p>In what West European city is the European Court of Human Rights located?</p> <p>Strasbourg, France.</p>	<p>Governments report annually on the treaties they ratify: TRUE or FALSE</p> <p>FALSE Governments submit periodic reports according to a schedule specified by the particular treaty.</p>

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<p>9</p> <p>An independent NGO submission to a treaty monitoring body to help it assess a state's compliance with that treaty is called:</p> <p><b>A Shadow Report</b></p>	<p>10</p> <p>Human Rights Treaties impose different types of obligations on Governments. According to one type of obligation a government should not violate human rights. This is the obligation to:</p> <p>a) respect human rights b) protect human rights c) fulfill human rights</p> <p>The <b>obligation to respect</b> human rights.</p>	<p>11</p> <p>Human Rights Treaties impose different types of obligations on Governments. According to one type of obligation a government should create conditions necessary for the enjoyment of human rights by everyone. This is the obligation to:</p> <p>a) respect human rights b) protect human rights c) fulfill human rights</p> <p>The <b>obligation to fulfill</b> human rights.</p>	<p>12</p> <p>Human Rights Treaties impose different types of obligations on Governments. According to one type of obligation a government should prevent others from violating human rights. This is the obligation to:</p> <p>a) respect human rights b) protect human rights c) fulfill human rights</p> <p>The <b>obligation to protect</b> human rights.</p>
<p>13</p> <p><b>A Human Rights Treaty</b> is a binding agreement between two or more nations in which human rights are legally protected. What are two other terms for Treaty that mean the same?</p> <p>a) Declaration and Covenant b) Covenant and Convention c) Convention and Declaration</p> <p>b) Covenant and Convention</p>	<p>14</p> <p>A government can indicate that it agrees with the principles contained in a treaty and that it has the intention of becoming legally bound by it in the future. The treaty has then been:</p> <p>a) signed b) accepted c) ratified</p> <p>a) signed</p>	<p>15</p> <p>A government becomes legally bound by a treaty after it has been formally approved at the national level. The treaty has then been:</p> <p>a) signed b) accepted c) ratified</p> <p>c) ratified</p>	<p>16</p> <p>Are domestic courts in countries that have ratified the Convention for the Protection of Human Rights and Fundamental Freedoms (European Convention on Human Rights) obliged to apply interpretations of the Convention by the European Court of Human Rights?</p> <p>Yes</p>

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17	18	19	20
<p>Which two human rights treaties make up the international bill of rights, along with the Universal Declaration of Human Rights?</p> <p>The International Covenant of Civil and Political Rights (ICCPR) and the International Covenant of Social, Economic and Cultural Rights (ICESCR).</p>	<p>Which of the following treaties protects the right to the highest attainable standard of health?</p> <p>a) International Covenant on Civil and Political Rights  b) International Covenant on Economic, Social and Cultural Rights  c) Convention for the Protection of Human Rights and Fundamental Freedoms (European Convention on Human Rights)</p> <p>b) International Covenant on Economic, Social and Cultural Rights.</p>	<p>What does the right to the highest attainable standard of health mean?</p> <p>a) A right to health care that is available, accessible, acceptable, and of good quality  b) A right to the underlying determinants of health, such as food, water, and safety.  c) All of the above.  d) None of the above.</p> <p>c) All of the above</p>	<p>Which component of the right to health care requires that it be respectful of medical ethics?</p> <p>a) Availability  b) Accessibility  c) Acceptability  d) Quality</p> <p>c) Acceptability</p>
21	22	23	24
<p>Name one of the four dimensions of health care accessibility.</p> <p>Health care accessibility has four overlapping dimensions: (1) <b>non-discrimination</b>, (2) <b>physical accessibility</b>, (3) <b>economic accessibility</b> or affordability, and (4) <b>information accessibility</b>, the right to receive, seek, and impart information about health.</p>	<p>Name one element of the <b>minimum core</b> of the right to the highest attainable standard of health which must be immediately realized without regard to resources.</p> <p>This includes (1) non-discriminatory access to health care, (2) equitable distribution of health care, (3) essential medicines, (4) minimum essential food, water, shelter, and sanitation, and (5) a national public health plan and strategy adopted and implemented with civil society participation.</p>	<p>Name one difference and one similarity between human rights and <b>medical ethics</b>.</p> <p><b>Differences:</b> (1) human rights focus on government action and medical ethics focuses on the doctor-patient relationship, (2) human rights provides a set of procedures for enforcing decisions, (3) human rights often channels its arguments through media or advocacy.  <b>Similarities:</b> (1) both human rights and medical ethics are concerned with human well-being and intend to prevent abuse and harm, (2) both are subject to interpretation.</p>	<p>What is <b>human rights in patient care</b>?</p> <p><b>Human rights in patient care</b> refers to the application of general human rights principles to the context of patient care. It applies to all stakeholders in health care deliver, including providers.</p>

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