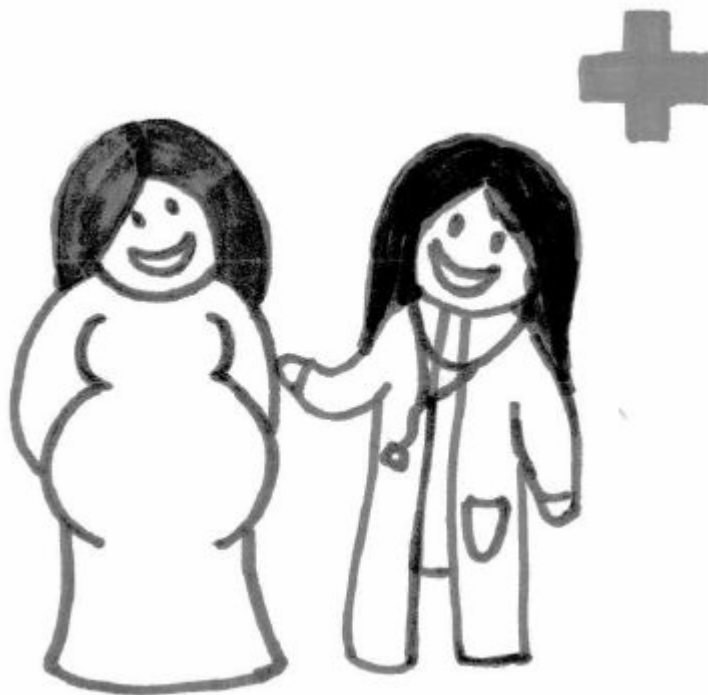


## Training Session Plan

### Introduction to Human Rights in Patient Care



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## **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.

More information: [ifhhro@ifhhro.org](mailto:ifhhro@ifhhro.org)

Cover: drawing by participant



### Learning Objectives

- To become familiar with human rights standards relevant to patient care
- To gain understanding of how these human rights standards can be linked to issues in patient care that participants have come across themselves



### Target Group

Individuals who have little knowledge on how human rights are relevant to patient care. Basic understanding of the rights-based approach is assumed.



### Duration

90 minutes



### Materials

- A4 paper
- Flip chart paper
- Markers
- A5 cards
- Masking tape



### Training Aids

1. Chapter 1 'Human Rights in Patient Care' of the OSI Health and Human Rights Resource Guide. Available online at: [www.equalpartners.info](http://www.equalpartners.info)



### Session Plan

*The session works best in combination with general introductory sessions about human rights in relation to health. The introductory sessions and sessions related to the role of health workers can be found online in the IFHHRO Training Manual 'Human Rights for Health Workers' at [www.ifhro-training-manual.org](http://www.ifhro-training-manual.org).*

#### **Preparation**

Prepare flip chart sheets by writing a list of human rights relevant to patient care on one side of each sheet. These rights can be found in the tables on pages 10-19 of Training Aid 1. The number of prepared sheets that is necessary depends on the number of participants; there should be one sheet to every five participants.

#### **Step 1 Introduction & Objectives (5 minutes)**

Inform participants of the topic and the main aim of the session.

#### **Step 2 What is patient care? (15 minutes)**

Hand out sheets of paper to the participants and ask them to spend 3 minutes drawing what comes to their mind when thinking of patient care. Next, ask participants to draw themselves into the picture. Hang up the drawings and ask a few participants to explain their drawing.

Guiding questions:

- What does patient care mean to you?
- What role(s) do you play/ have you played in patient care?

Conclude by reading out the definition of patient care which can be found under the heading 'What is Patient Care?' in Training Aid 1.

**Step 3          *Patient Care Issues (10 minutes)***

Ask each participant to write down a personal list of patient care issues they have experienced, encountered or observed.

**Step 4          *Shared Issues (15 minutes)***

Divide the participants into groups of five. Ask participants to share the lists of issues they have made with their group by explaining the different issues to each other and identifying differences and similarities. Ask each group to combine the lists of issues into one list. Provide the participants with A5 cards and markers and request them to write each issue on a different card.

**Step 5          *Relevant Human Rights (20 minutes)***

Provide each group with a prepared flip chart sheet listing the human rights relevant to patient care. Ask the groups to match the issues they have identified with the rights listed on the sheet by sticking each card with an issue on it next to the most applicable right.

**Step 6          *Presentation and Discussion (20 minutes)***

Hang up the flip chart sheets with the rights and the issues. Discuss the contents of the flip chart sheets with the participants. Possible discussion points:

- Agreement or disagreement with how certain issues have been linked to specific rights
- Identification of similar issues that have been linked to different rights by separate groups
- Identification of the rights to which the most or the least issues have been attributed

If it becomes clear during the discussion that the different rights are not understood (correctly) provide additional explanations using the examples from the tables on pages 10-19 of Training Aid 1.

**Step 7          *Conclusion (5 minutes)***

Recap the key message:

- Patient care is a broad concept and most people come in touch with it at some point in their lives, whether professionally or personally
- There are many possible ways in which human rights are violated in patient care settings
- Consequently there are a number of different rights which can be applied to patient care issues