

## Open School

### Video Activity: Trevor and the Perks of Diabetes

(<http://www.ihl.org/education/IHIOpenSchool/resources/Pages/Activities/TrevorAndThePerksOfDiabetes.aspx>)

#### Facilitator Instructions

- Review the learning objectives and description with your group.
- Watch the [video](#) together (4 min 42 sec).
- As a group, discuss your reactions to the video, using the discussion questions as a guide.

#### Learning Objectives

At the end of this activity, you will be able to:

- Recognize how a patient's ability to self-manage care outside the health care setting can be empowering.
- Explain how health care providers can learn from their patients.
- Discuss how explaining the purpose of treatment recommendations can be motivational for patients.

#### Description

Trevor Torres is 16. He has eczema and asthma, suffers from sleep deprivation, and is allergic to nuts. But the fun one, Trevor says, is juvenile, or type 1, diabetes. Is he angry about his medical conditions? Frustrated because of the inconveniences and limitations? Not at all. In fact, Trevor is the complete opposite.

In this video, Trevor shares four things. He gives two reasons why he'd recommend type 1 diabetes to anyone and two pieces of practical advice for health care providers. So, take five minutes. Get to know Trevor as a patient and as a person. You'll smile, laugh a couple times, and, perhaps, get a fresh perspective on health care.

#### Related IHI Open School Online Courses

- [PFC 101: Dignity and Respect](#)

- [PS 103: Teamwork and Communication](#)

## Key Topics

Patient- and family-centered care, engage patients and families in care, engage patients and families in improvement, communication.

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**Facilitator**, show [the video on this page](#). For your group's discussion before and after the video, feel free to adjust these questions and/or add your own.

## Discussion Questions

1. Make a list of things Trevor said in this video that surprised you. (For example, were you surprised to hear that he'd "recommend Type 1 diabetes to anyone"?) What have you learned from these surprises?
2. Trevor is able to maintain a positive outlook despite several chronic health conditions. How do you think he's able to do this? How might you be able to help other patients feel as confident as Trevor in regards to managing their own care?
3. Can you think of a time when you felt a provider was condescending to you, or that you were condescending to a patient? How can these types of situations be avoided, especially given patients have a wide range of knowledge and preferences?
4. What value can humor have in the health care setting?