Rehabilitation journey reflection through a 3-minute patient voice video to empower peers

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Introduction
Three pillars of medical rehabilitation are exercise training, education and psychosocial support after medical optimization. Complex multisystem rehabilitation presents a daunting but potentially rewarding task as we see patient progress. Patient voice video, however, is seldom used in rehabilitation outcome appraisal or as patient empowerment tool.

Objectives
To empower patient self reflection of recovery journey and create a 3-minute self-made patient voice video to support peers.

Methodology
A self-reported recovery story of a 40 year-old medical tetraplepic patient after 5 months of ventilator care was shared. Patient voice video emphasized patient perceived attributes of professionalism and humanism along his care journey. A thin cloth was like heavy wood pressing on him in ICU. His early rehabilitation intervention was tracheostomy sputum suction. His non-verbal call for help was received by authors that marked a turning point for highly organized rehabilitation for him, cognitively sound but communicated only with left eye and minimal shoulder movement. Demand for specialist knowledge and skills to direct team care was profound. Active rehabilitation starting 10 minutes per day in erect position gave patient hope. Modes of communication and personalized training were innovated. Hope but not false hope was instilled through open communication and psychosocial
support. 24-hour nursing care was intensive. Bowel, bladder, skin and tracheostomy care helped preserve dignity. Multidisciplinary team approach was appreciated by patient. Baby step successes created new hope for recovery. Breakthrough came when his speech returned and he honoured the healthcare team with tears of joy. As hospital stay got longer, pressures for discharge arose. Progress slowed down after recovering to a wheelchair user. There was dilemma of discharge without finding a moderately intense community training program to upkeep rehabilitation progress. It was resolved with a suitable community setting near his home.

**Result**
The patient voice video Goodbye Sickness was shared in NTEC Caring Forum and story booklet 2013, encouraging many healthcare staff and patients. The tetraplegic patient, now fully ambulatory is using his story to support patient peer groups in Tai Po Community.