**Compassion Awareness Tool Kit**

**Step 1 - What are patient Voices**

“Patients Voices” is a collection of patients’ digital stories each one of which comprises of a short film combining a narrated piece of personal writing with digital images accompanied by a spoken and/or musical soundtrack. These stories have been developed under the auspice of “Pilgrims Projects”, an educational consultancy specialising in the development of e learning resources to support work based learning. The stories have been very well evaluated by health care practitioners and are widely used in health care education and beyond. The stories are available at: [http://www.patientvoices.org.uk/about.htm](http://www.patientvoices.org.uk/about.htm)

**3. What do you say? Finola’s story** : Finola describes her experience of being the partner of John, who had been academic, fit and active then had a stroke:  

**4. From Pillar to Post** : Craig discusses the challenges of being a child carer  

**5. Who is the expert?** Susanna highlights some of the challenges of holding on to values once newly qualified:  

**6. Nurse in Charge** : Heather describes managing a difficult night shift as a newly qualified nurse  

**Step 2 - Stories you may find helpful**

There are over 250 stories on this site but a number are identified below which have been of particular use in encouraging reflection on compassionate care:

1. **Can you hear what I say?** Martha discusses the difference being listened to has made to her care:  

2. **You only get one mum**: Sue describes her experience of growing up with a mother with mental health problems:  

**Step 3 – How to use**

Look at the Digital stories ‘how to card’ to see how stories can be used in the compassion awareness programme.