

# The Importance of Narratives in Family Medicine

## Narrative Worksheet

FMF 2014, Quebec City, Nov 13 Session #T49635, Dr. Magbule Doko

*Storytelling is an art form. The process of writing can be transformative for the physician since it allows for acceptance, reflection, and connection. Narratives can be doorways to understanding both the patients' and physicians' experience in medicine*

1. Think of a situation in your clinical work that impacted you. Write it down briefly.

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2. Write down some words that describe how you felt (ex. scared, happy, relieved, sad, angry)

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3. Writing a Narrative can...

- be therapeutic for the writer
- allow for connection with the patient
- offer glimpses into the medical world
- be an emotional outlet
- helps prevent burnout
- allow for reflection of the situation

4. Consider putting your ideas on paper and represent your story as a short story, poem, or other form of art. You can submit your narrative to the CFPC Story Database at

<http://www.cfpc.ca/Stories>

See Page 2 to find Dr. Doko's Reading List ...

## Dr. Doko's Reading List

### Selection of Narratives

1. Doko, M. Why are you here to see the doctor today? *Can Fam Physician*. 2011 January;57:73.
2. Doko, M. Inhumanity in the humane doctor. *CFMS Annual Review*. 2011:47.
3. Doko, M. I'm your knight in shining armour. *PARO Progress Notes*. 2013.
4. Doko, M. The Weight of a Soldier's Story. *CFPC Story Database*. 2014.
5. Bellemare S. Vicarious wounds. *CMAJ*. 2011 October 18;183(15):1755-6.
6. Kerr JR. The code blue leader. *PAIRO Progress Notes*. 2012 Winter.
7. Stall N, Rubin T. Dear Diary, by M.D. Labyrinth. *CMAJ*. 2010 Sept 7;182(12):1338.
8. Workman S. The dance of death. *CMAJ*. 2013 May 14;185(8):736.
9. Grand'Maison P. Holding her hand. *CMAJ*. 2013 April 16;185(7):588-9.
10. Caldwell JP. Premature. *Can Fam Physician*. 2013 January;59:65-6.
11. Ching J. 43 Minutes. *Can Fam Physician*. 2013 January;59:65-6.
12. Rush R. Checklists. *CMAJ*. 2012 Sept 18;184(13):1544.
13. Pajak C. Among ghosts. *CMAJ*. 2012 March 6;184(4):442-3.
14. Cadesky E. Just terrific. *CMAJ*. 2012 August 7;184(11):1284-5.
15. Scholtens M. Kindness. *CMAJ*. 2011 March 8; 183(4):467-8.
16. Albuquerque J. A patient's smile. *CMAJ*. 2011 Sept 20;183(13):1520-1.
17. Schattner A. Doing, when there is nothing to be done. 2011 Feb 8;183(2):228-9.

### Selection of Books

1. Giddings G. *Dying in the land of enchantment: a doctor's journey*. 1<sup>st</sup> Ed. California: Lost Borders Press; 2012.
2. Kaplan-Myrth N, Hanson L, Thille P. *Women who care: Women's stories of health care and caring*. 1<sup>st</sup> Ed. Nova Scotia: Pottersfield Press; 2010.
3. Ratner T. *Reflections on Doctors: Nurses' stories about Physicians and Surgeons*. 1<sup>st</sup> Ed. New York: Kaplan Publishing; 2008.
4. Chen PW. *Final Exam: A Surgeon's reflections on mortality*. 1<sup>st</sup> Ed. New York: Vintage Books; 2007.
5. Lam V. *Bloodletting and Miraculous Cures*. 1<sup>st</sup> Ed. Canada: Anchor Canada; 2005.
6. Jauhar, S. *Intern: a doctor's initiation*. 1<sup>st</sup> Ed. New York: Farrar, Straus and Giroux; 2008.