









# Primary Healthcare Patient Videos to Inspire Change

**The power of digital stories: Patient voices can transform healthcare.** Eight Albertans partnered with the Primary Health Care Integration Network to create a digital story of their health journey. By sharing these stories, the network hopes to inspire further health system integration so that we can keep Albertans well in their communities — on their terms. The patients' digital stories are included in a full suite of 55 patient videos on YouTube at [Digital Storytelling@AHS](#).

**Please freely use and share these videos to embed the patient voice into your work.** You can use digital stories to bring the patient and family voice into team meetings, learning sessions, presentations, workshops, conferences, leadership discussions or even social media posts. They can be used to set the stage and ground your work in the patient experience.

 <p><a href="#">The Team Gets Bigger – Karon’s Story</a> About the importance of having continuity with a family doctor to coordinate specialist services for patients with complex healthcare needs. <b>Runtime: 3:22</b></p>	 <p><a href="#">Learning to Ride the Waves – Lisa’s Story</a> About the challenges of being a parent of children with rare diseases in navigating the healthcare system and the importance of exploring all options when pursuing a tricky diagnosis. <b>Runtime: 4:06</b></p>
 <p><a href="#">Hand Overs – Marcella’s Story</a> About how continuity with primary care physicians matters to patients and the turmoil that can be caused when moving between family doctors. <b>Runtime: 3:38</b></p>	 <p><a href="#">Dare to Hope – Lucille’s Story</a> About the challenges of receiving complex medical care in a rural area and the importance of faith and family in the midst of a life-threatening illness. <b>Runtime: 3:51</b></p>
 <p><a href="#">Listen to Me – Floranda’s Story</a> About how listening carefully to patients and their families can change the way we provide care . . . for the better. <b>Runtime: 2:56</b></p>	 <p><a href="#">Restoring Balance – Emily’s Story</a> About the challenges of navigating the primary healthcare system, accessing specialists, and the impact that a health condition can have on our mental health. <b>Runtime: 3:32</b></p>
 <p><a href="#">Just in Case – Kirby’s Story</a> About how for certain populations, having a “medical buddy” can help complement the services provided by the healthcare system, while keeping care in the community. <b>Runtime: 3:29</b></p>	 <p><a href="#">The Dyslexia Kid – Tim’s Story</a> About how the challenges of having a learning disability can lead to homelessness. <b>Runtime: 3:40</b></p>

\*Video title links to the YouTube video



➔ For more information, contact  
Joanne Ganton [joanne.ganton@ahs.ca](mailto:joanne.ganton@ahs.ca)  
ph: 403-870-5872

