



# Information Sheet

## Join our Patient Information Panel

<b>Role</b>	Patient Information Panel Member
<b>Type of Opportunity</b>	Joining a patient panel - online or face-to-face
<b>Time Commitment</b>	<ul style="list-style-type: none"><li>• Regular feedback by email</li><li>• Attend quarterly discussion sessions where possible</li></ul> <p>It's up to you how much you get involved and if you'd like to be an online panel member only.</p> <p>We will review the role after two years.</p>
<b>Expenses</b>	<p>We will reimburse reasonable expenses for travel and overnight accommodation where agreed in advance.</p> <p>We can also book your travel and accommodation for you.</p>
<b>Support from BHF</b>	<p>You'll have a key contact within BHF who will be in touch regularly and will be available for information, advice and support.</p> <p>We'll send you more information on how resources are produced at the British Heart Foundation and what to expect if you get involved.</p>

### Background to the project

To help support people with heart and circulatory diseases, and those at risk, we provide information through the hundreds of free publications we produce. We want to make sure that patients, their families and people who want to learn about their conditions and live a healthy lifestyle have the information they need.

We produce booklets, leaflets, our flagship magazine 'Heart Matters' ([bhf.org.uk/heartmattersmag](http://bhf.org.uk/heartmattersmag)) and online information ranging from our 'heart health' webpages (<https://www.bhf.org.uk/heart-health>) to short films, animations and interactive tools.

At the British Heart Foundation, we have a dedicated team who produce our wide range of resources. They provide information on different conditions, medications, advice on leading a healthy lifestyle and much more.

Have a look at our website ([bhf.org.uk/publications](http://bhf.org.uk/publications)) to find out more about the resources on offer.

### **What does the Patient Information Panel do?**

We have created a patient panel to help make sure the resources and information we provide are easy to understand and provide the information people need.

The panel share their thoughts and opinions at discussion sessions every three months and over email in between sessions. It's up to you how much you get involved - we want to offer as many different ways as possible for people to share their opinions to fit in with their life.

Panel members will provide feedback on new ideas for resources and share their thoughts as the information and resource is being produced.

Some requests for feedback will be related to your specific condition or experience, whilst others will be more general and relevant to everyone affected by heart and circulatory diseases.

### **What will I be doing?**

Members will share their experience of living with heart and circulatory diseases and their risk factors to help develop resources that best meet the needs of patients.

As a panel member, we'll ask you to:

- look at some of our existing booklets and suggest improvements
- help create ideas for new Heart Matters articles or short films
- read a draft booklet to make sure it is easy to understand
- have a look at an animation whilst it's being created to make sure it has all the information you would want
- read through web pages and ensure they are accessible and easy to understand

You will be asked to:

- comment on draft booklets, short films or animations over email, phone or face-to-face (based on your preference)
- make suggestions about what type of information would be helpful to other patients
- find out thoughts and opinions from your own wider patient groups to feed into discussions
- share your views in a constructive way, maintaining confidentiality when needed

## Skills and Experience

It is your personal experience of heart and circulatory diseases and their risk factors that is most important for this role, so you do not need to have any previous knowledge or experience in creating resources.

We are looking for people who:

- have a huge interest in helping us develop our information and resources
- are able to constructively describe what works well, or not so well, when looking at booklets, articles, or online content such as short films
- have good communication skills, are able to listen to and respect differing opinions and are able to express their own views clearly
- have the confidence to voice their opinions openly and to participate in group discussion

## How to get involved

If you are interested in getting involved, please send a brief summary to [heartvoices@bhf.org.uk](mailto:heartvoices@bhf.org.uk), with the subject line 'Patient Information Panel'.

In particular, please tell us:

- how you have been affected by a heart and circulatory diseases and their risk factors
- why you would like to get involved
- what you think you can bring to the role
- if you are interested in joining online only (for people who are unable to travel or attend regular meetings)

## Contact us:

If you have any questions or would like to discuss anything further please do not hesitate to get in touch.

You can email us at [heartvoices@bhf.org.uk](mailto:heartvoices@bhf.org.uk) or call 0207 554 0426.

*This Information Sheet was last updated in March 2018*