

INSTRUCTIONS FOR THE DIALOGUE SHEET

THE DIALOGUE SHEET is a tool for stimulating reflection regarding ethics and issues related to basic nursing values in the work place, in teams and student groups. The content of the *Dialogue Sheet* is based on The Swedish Society of Nursing's brochure *Foundation of nursing care values* which we recommend that you read in preparation for the group dialogue. *Foundation of nursing care values* can be accessed from our website: <http://www.swenurse.se>

WHAT DO YOU NEED?

A *Dialogue Sheet* (A3), instructions (A4), post-it tags and pencils.

WHAT DO YOU DO?

The *Dialogue Sheet* can be used in many different ways depending on the unit's needs and practical resources. Each group is made up of 4–8 individuals and the basic idea is that everyone is responsible for dialogue and reflection. During the work process the group members can write, draw and stick post-it tags onto the *Dialogue Sheet*.

The method of sitting together around the sheet and reflecting on various issues creates good opportunities for dialogue. Dialogue is the classical form of clear and responsive exchange of experiences and ideas. Thus, by open and active listening, the conversation in the form of a dialogue becomes exploratory, creative and leads to learning. The result presupposes the active participation of all involved.

Start by selecting a narrative about a care situation experienced by one or several members of the group or choose a narrative from the examples provided (see the back of the instruction sheet). Discuss the narrative in relation to the various stages indicated on the *Dialogue Sheet*.

Appoint a person to lead the discussion, who is responsible for the process being adhered to and for giving all members space to talk.

HOW LONG DOES IT TAKE?

The *Dialogue Sheet* can, for example, be used for discussions during a theme day when each group works on its own sheet in parallel with other groups. Alternatively, it can be employed at shorter sessions when discussing one issue at a time. In such cases approximately an hour and a half is sufficient. If the whole *Dialogue Sheet* is to be properly worked through on one occasion, such as a theme day, at least 3–4 hours are required.

After a period of study or practice, the group can revert to the *Dialogue Sheet* to continue working on the issues, applying their new experiences.

Try to create opportunities for continuous work and follow-up, for example at work place meetings.

Good luck!

THE DIALOGUE SHEET has been developed by The Ethics Advisory Council of the Swedish Society of Nursing.

The Swedish Society of Nursing would like to hear your views, how have you used the *Dialogue Sheet* and do you have any suggestions for improvement.

Download the *Dialogue Sheet* from our website www.swenurse.se/dialogduken

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