



“Let's talk about it”, a mediation tool in couples, for adults living with cystic fibrosis

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[Objectives]

- For adult patients living with cystic fibrosis, living as a couple is now almost as frequent as in general population. For patients living with CF, it is sometimes complicated to discuss certain issues and caregivers could help them.

[Methods]

- We developed a tool called “let's talk about it” which consists of a game board and 2 sets of 36 cards.
- Different domains are drawn on the board: (slide4)
 - familial life, professional or student life, leisure, care, future, relationship, home, and secret garden.
- Phrases or sentences extracted from a previous work with patients' interviews are written on each of the 36 cards.
- At the beginning of the session, the caregiver presents the support to the couple.
 - Then, each person thinks about the cards separately and puts the cards in the domains relevant to him.
 - Each person also thinks about what he wants to share with the partner. Next, there is a presentation of individual boards and development of a common platform.
 - The caregiver brings the two persons together and offers to talk about the cards they have chosen. He encourages each word within a framework of respect and trust, tries to raise reactions, the role of the caregiver is also to rephrase their words when it is necessary in order to ensure that the two partners are understood. He helps to synthesize similarities and differences.

Si on en parlait ?



Conception

Avec le soutien de

Cards : French version

Si on en parlait ?

Document pour le couple

Prénom Prénom

Date / /

<input type="checkbox"/>	1	Il faut se battre un peu plus que les autres	1	<input type="checkbox"/>
<input type="checkbox"/>	2	C'est un combat de chaque jour	2	<input type="checkbox"/>
<input type="checkbox"/>	3	Ça fait beaucoup de contraintes	3	<input type="checkbox"/>
<input type="checkbox"/>	4	Heureusement qu'on s'aime	4	<input type="checkbox"/>
<input type="checkbox"/>	5	Des petits brins de bonheur par-ci par-là	5	<input type="checkbox"/>
<input type="checkbox"/>	6	Ça m'angoisse	6	<input type="checkbox"/>
<input type="checkbox"/>	7	Pour moi, c'est complexe	7	<input type="checkbox"/>
<input type="checkbox"/>	8	L'argent, c'est vraiment une préoccupation	8	<input type="checkbox"/>
<input type="checkbox"/>	9	Ça fait mal	9	<input type="checkbox"/>
<input type="checkbox"/>	10	Il faut pouvoir assumer	10	<input type="checkbox"/>
<input type="checkbox"/>	11	Je vis au jour le jour	11	<input type="checkbox"/>
<input type="checkbox"/>	12	Que sera demain ?	12	<input type="checkbox"/>
<input type="checkbox"/>	13	On n'hésite pas à faire des projets	13	<input type="checkbox"/>
<input type="checkbox"/>	14	Je ne me sens pas compris(e)	14	<input type="checkbox"/>
<input type="checkbox"/>	15	J'ai besoin de comprendre	15	<input type="checkbox"/>
<input type="checkbox"/>	16	Je me sens diminué(e)	16	<input type="checkbox"/>
<input type="checkbox"/>	17	Je ne me sens pas à la hauteur	17	<input type="checkbox"/>
<input type="checkbox"/>	18	J'ai l'impression d'être un poids pour les autres	18	<input type="checkbox"/>
<input type="checkbox"/>	19	C'est beaucoup de fatigue	19	<input type="checkbox"/>
<input type="checkbox"/>	20	Il faut toujours tout programmer	20	<input type="checkbox"/>
<input type="checkbox"/>	21	J'en ai marre	21	<input type="checkbox"/>
<input type="checkbox"/>	22	Je pense parfois à la mort	22	<input type="checkbox"/>
<input type="checkbox"/>	23	J'aurais besoin qu'on en parle	23	<input type="checkbox"/>
<input type="checkbox"/>	24	Le regard des autres, c'est difficile	24	<input type="checkbox"/>
<input type="checkbox"/>	25	Les rêves auxquels on doit renoncer	25	<input type="checkbox"/>
<input type="checkbox"/>	26	Est-ce qu'on parle des risques ?	26	<input type="checkbox"/>
<input type="checkbox"/>	27	La sexualité, c'est pas simple	27	<input type="checkbox"/>
<input type="checkbox"/>	28	Au fond, on est toujours tout seul	28	<input type="checkbox"/>
<input type="checkbox"/>	29	Un peu d'humour, ça aide	29	<input type="checkbox"/>
<input type="checkbox"/>	30	Je dors mal	30	<input type="checkbox"/>
<input type="checkbox"/>	31	Je revendique une vie normale	31	<input type="checkbox"/>
<input type="checkbox"/>	32	Choisir d'avoir un enfant	32	<input type="checkbox"/>
<input type="checkbox"/>	33	La greffe, c'est l'inconnu	33	<input type="checkbox"/>
<input type="checkbox"/>	34	Une nouvelle vie avec la greffe ?	34	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Heureusement qu'on s'aime

joker

Choisir d'avoir un enfant

English version

1	You have to fight a little more than others	2	It 's a daily battle
3	That's a lot of constraints	4	fortunately we love each other
5	Small bits of happiness here and there	6	It frightens me
7	For me, it is complex	8	Money is a real concern
9	It hurts	10	You must be able to assume
11	I live one day after the other	12	What will be tomorrow?
13	we do not hesitate to make plans	14	I do not feel understood
15	I need to understand	16	I feel diminished
17	I don't think I am up to the challenge	18	I feel like a burden on the others
19	It is exhausting	20	We should always plan
21	I'm sick of it	22	I sometimes think about death
23	I would need to talk about it	24	the look of others is difficult
25	Dreams that we must give up	26	Are we talking about the risks?
27	Sexuality is not easy	28	basically, we're always alone
29	A bit of humor helps	30	I sleep badly
31	I claim a normal life	32	Choosing to have a child
33	Transplantation is the unknown	34	A new life with the transplant?

[Conclusion]

- “let’s talk about it “is a support which improves communication between two adults living as a couple. It may be also used for a better communication between parents of a cystic fibrosis child, between parent and adolescent and so on.
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