

# SASH Bookworms Twitter Transcript

*September 2021 – Book: The World I Fell Out Of by Melanie Reid*

## **Question 1 – Which parts of Melanie’s story stood out to you the most?**

Q1 #sashbookworms for me it was her observations about how the NHS and specifically her care on the rehab unit. The different personalities that played a part in her care and also how the rehab was shoe horned into a bigger system, both good and bad.

Yes, and a reminder that our personalities and behaviour can really impact a patient.

I found her determination to hit milestones and keep going remarkable. There was also an admirable trait of optimism. I am not sure if I would have had the courage in a similar situation #sashbookworms

Q1 #sashbookworms I think I was struck by the impact on her marriage and the challenges for both her and the wider family

Yes, this is a very good point. Sometimes you forget how an accident can have an impact on so many people.

## **Question 2 – How did Melanie’s account impact your view of care and rehabilitation from the patient’s perspective?**

For me it really emphasised the need to take into account the patient’s own agency and the sense of doing just the right amount. Helping patients reclaim themselves after such an injury is enormously important #sashbookworms

## **Question 3 – What was the most significant theme in Melanie’s account of her accident and recovery?**

## **Question 4 – Can any “life lessons” be learned from Melanie’s story? Was your outlook changed in a positive way?**

I think for me it really reminded me of how instantly your circumstances can change. I certainly learned more about resilience.