



## Health Advocate

**DEFINITION** A Health Advocate promotes patient-centered care, patient education and supports the interests of patients and their families. They promote general respiratory health and wellness, and provide education aimed at improving their patients' quality of life. Health Advocates facilitate access to services and provide support for preventative care.

**DESCRIPTION** As a Respiratory Therapy Health Advocate you promote over-all health with your patients and their families, and assist them in accessing the necessary healthcare resources. You endorse a patient-centered model of care by actively listening to your patients, and advocating on their behalf when necessary.



### EXAMPLES OF LEARNING ACTIVITIES

- Ensure that you learn as much as you can about the services provided within your organization, so you know best how to assist in directing patient care.
- Create awareness in yourself and your patients as to how a person's mental and emotional state impacts overall health. When providing RT services, consider the other determinants of health that can potentially create inequities in care (e.g., socio-economic factors, addictions).
- Where appropriate, assists with end of life decision-making and care.

### HEALTH ADVOCATE RESOURCES

**Help support and promote the rights of the patient and their families by facilitating access to safe and high quality health care.**

**Ontario**

### [Health Care Options Directory](#)

Developed and maintained by the Ontario Ministry of Health and Long Term Care.

### [Health Quality Ontario](#)

Tasked by the MOHLTC with measuring and reporting to the public on the quality of long-term and home care services, and with client satisfaction with these services.

### **Canada**

#### [Citizen and Immigration Canada](#)

Information on health care in Canada for new residents.

#### [Asthma Education Centres Locator](#)

Developed and maintained by the Asthma Society of Canada.

#### [On the Road to Quitting - Guide to becoming a non-smoker](#)

Smoking cessation guide developed by Health Canada.

#### [Canadian Best Practices Portal](#)

The Canadian Best Practices Portal for Health Promotion and Chronic Disease Prevention developed and maintained by the Public Health Agency of Canada.

#### [The Safety Competencies](#)

Produced by the Canadian Patient Safety Institute.

Have comments, feedback or ideas to make this even better? Send us an email at [GROW@ccto.on.ca](mailto:GROW@ccto.on.ca).

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