

Table 1. Long list of characteristics and ideas about patient engagement

Able to think beyond their own personal situation. They may have diabetes, but can they think about healthcare beyond their own disease and its treatment? Can they think beyond the exam room?
No single agenda. Are they driven by one issue, one condition, one disease? Are they a single disease advocate?
Basic healthcare knowledge
Experience in the community
Have the time to participate
Able to travel to meetings and maybe to conferences
Willing to take a few risks
Sense of humor
Sense of curiosity and genuine interest. Do they accept the general current care and are comfortable with it, or are they curious if things could be better?
Sense of purpose to the research work
Listens. Balances listening and input
Experience as a patient
Have a sense of purpose to the advisory work
Able to think outside themselves, put themselves in others' shoes.
Can speak humbly about their own experience/expertise.
Listens
Views health as more than absence of disease
Larger context aware
Intuitively uses Appreciative Inquiry in exploring unknowns—"what's working?"
Passionately curious, curiosity
Can commit to most activities (has time)
Can work well in a group (can balance contributing with listening; self-monitoring)
Does not have "my way or the highway" mentality
Thoughtful (not the same as talkative)
Open minded, not confined by a personal agenda
Willingness, to find time and put effort forth into doing the work
Ability to contribute responses, opinions, ideas
Optimistic
Proactive about their own health
Diversity: age, profession, gender, health needs, race/ethnicity, communication style, access to health care, language