

Society and public health

Using fiction in healthcare

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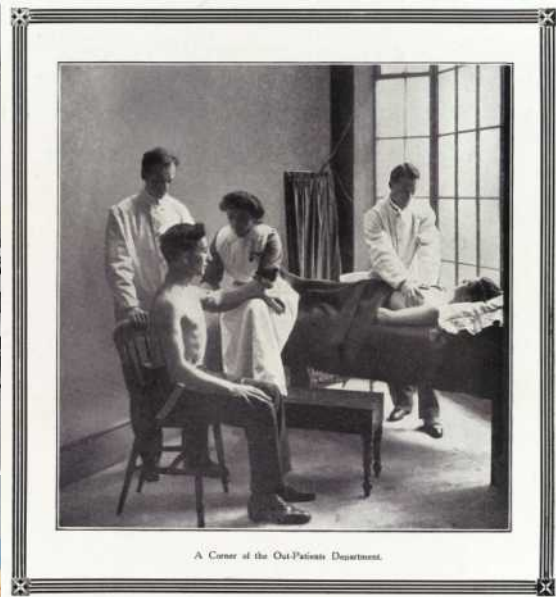
Using fiction in healthcare

- Why?
- How?
- Additional ideas for writing



Why use fiction?

The need for innovation in physiotherapy / health services... an old story



Most things we take for granted today
have been fiction at one point or another



Google



Almost all larger innovative companies
use creative methods for innovation



‘Fiction is more than non-fiction ... You can create a universe of your own. You can stretch people’s minds, alerting them to the possibilities of the future, which is very important in an age where things are changing rapidly’ (Arthur C. Clarke, 1917-2008)

‘the unexpected strength of climate fiction lies in its capacity to communicate compelling narratives, not just about the risk of climate collapse, but also about opportunities to rethink our economic and social infrastructure in order to avert disaster at the root’ ([Malpas, 2021](#)).

Stretching... one of the most 'physio' things to do

We need a little less of this



Maybe a bit more of this



If not even this...



Fiction is more and more in use as a
research method, especially in
research for sustainable futures

How do I write a fictional story?

The background of the image is a dense, intricate network graph. It consists of numerous nodes, represented by small black circles of varying sizes, connected by a web of thin, light gray lines. The connections are dense and form a complex, interconnected pattern that fills the entire frame, visually representing a 'spiderweb' or a large-scale network structure. The overall aesthetic is technical and data-driven.

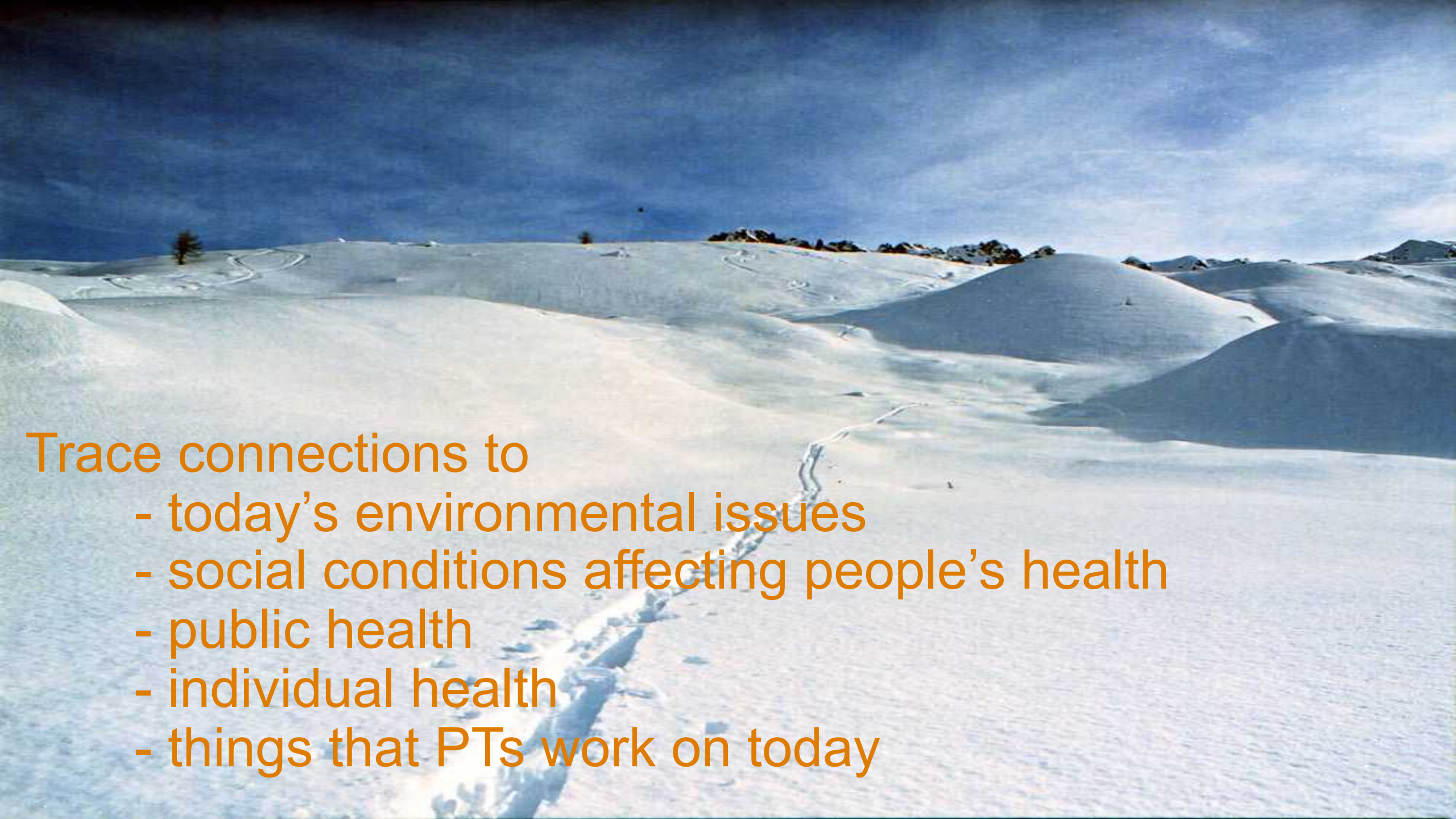
Start from your spiderweb

Think about: How can future PTs directly act on social, ecological and related systemic levels, and how can this be understood as a healthcare / PT intervention?



Tell a colourful story about this

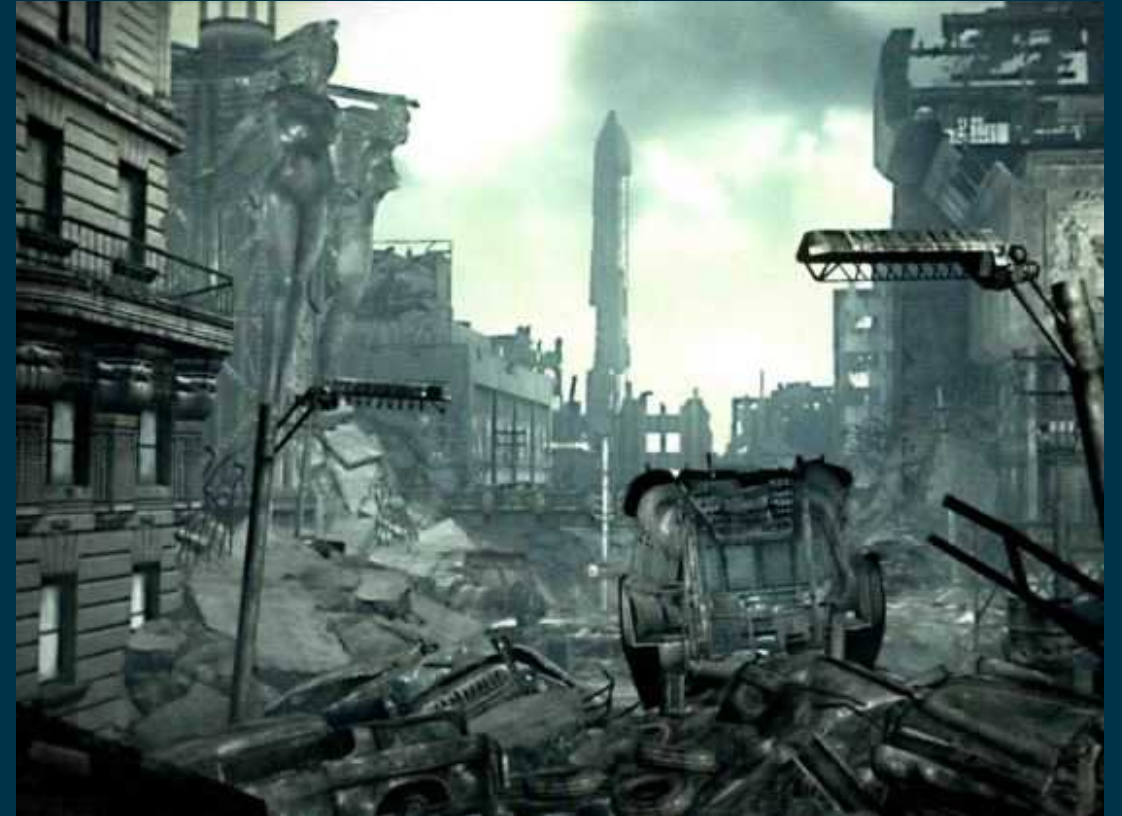




Trace connections to

- today's environmental issues
- social conditions affecting people's health
- public health
- individual health
- things that PTs work on today

Utopia or dystopia?

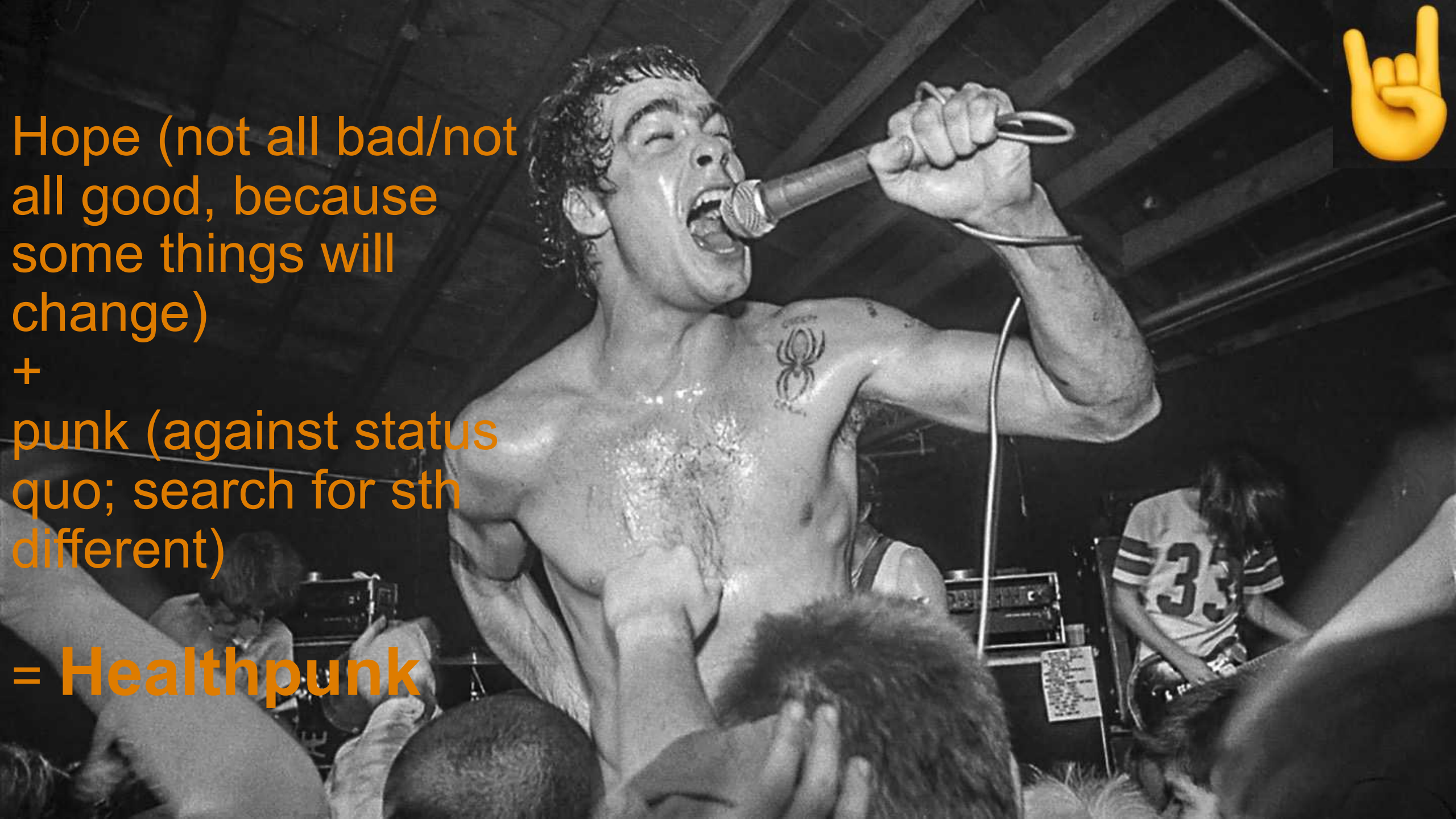


A question of genre? Consider speculative fiction, futurism, cli-fi, eco-fi/topia, solarpunk, hope punk...

Hope (not all bad/not
all good, because
some things will
change)

+
punk (against status
quo; search for sth
different)

= **Healthpunk**



The chief enemy of creativity is good sense

Pablo Picasso



If you think 'Yeah, but that's not realistic', you are probably on the right way!

Additional ideas for writing

Industry 4.0 or the 4th Industrial revolution

Technology will change the
future of work, including that
of human experts



Multispecies coexistence

A close-up photograph of a sloth's face, focusing on its eye and the texture of its brown fur. The sloth's eye is dark and looking slightly to the side. The fur is thick and has a mottled appearance with some lighter patches around the eye.

‘Devising a new world will require a new relationship with the Earth and with humankind's own existence’ (UN Harmony with Nature, 2009)

How should we live differently with other forms of existence (who also contribute to the health of the planet we all live on)?

Traditional / indigenous perspectives and ways of life can point to a less individualistic and less anthropocentric way forward for future societies and public health



As long as there is imagination, there is hope

(Michael Ende, Author of 'The Neverending Story').

Let the writing begin

