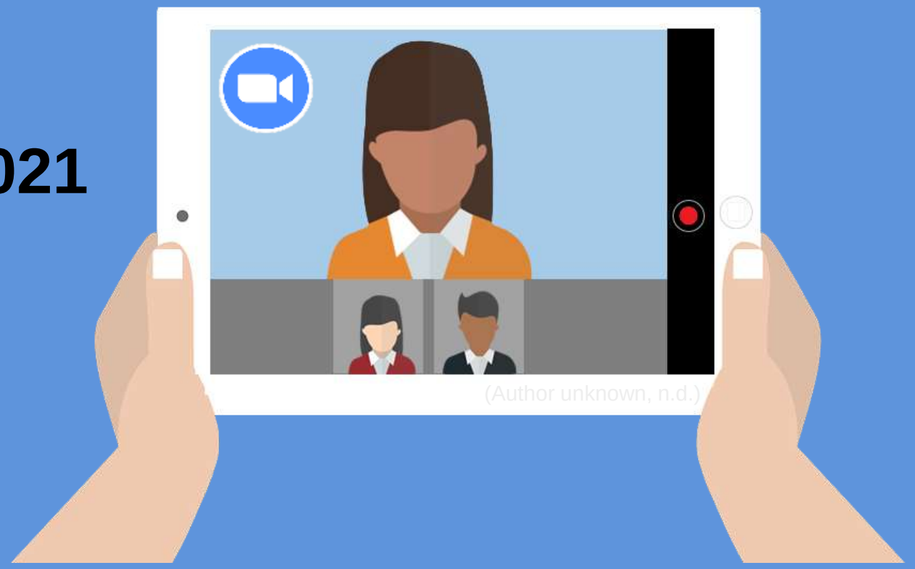
Participating in a Zoom Meeting

iCON Digital Health Literacy, 2021



(Author unknown, n.d.)

iCON
interCultural Online Health Network

BRITISH COLUMBIA
Supported by the Province of British Columbia

THE UNIVERSITY OF BRITISH COLUMBIA
Department of Emergency Medicine
Faculty of Medicine

Acknowledgements

This digital health literacy curriculum was developed by The University of British Columbia's interCultural Online health Network (iCON).

iCON is supported by the B.C. Ministry of Health's *Patients as Partners* initiative.

iCON has been working with multicultural communities for over 10 years.

iCON helps people with chronic disease self-management.

iCON also helps people develop digital literacy in order to access, assess, and use health resources online.

iCON interCultural Online Health Network

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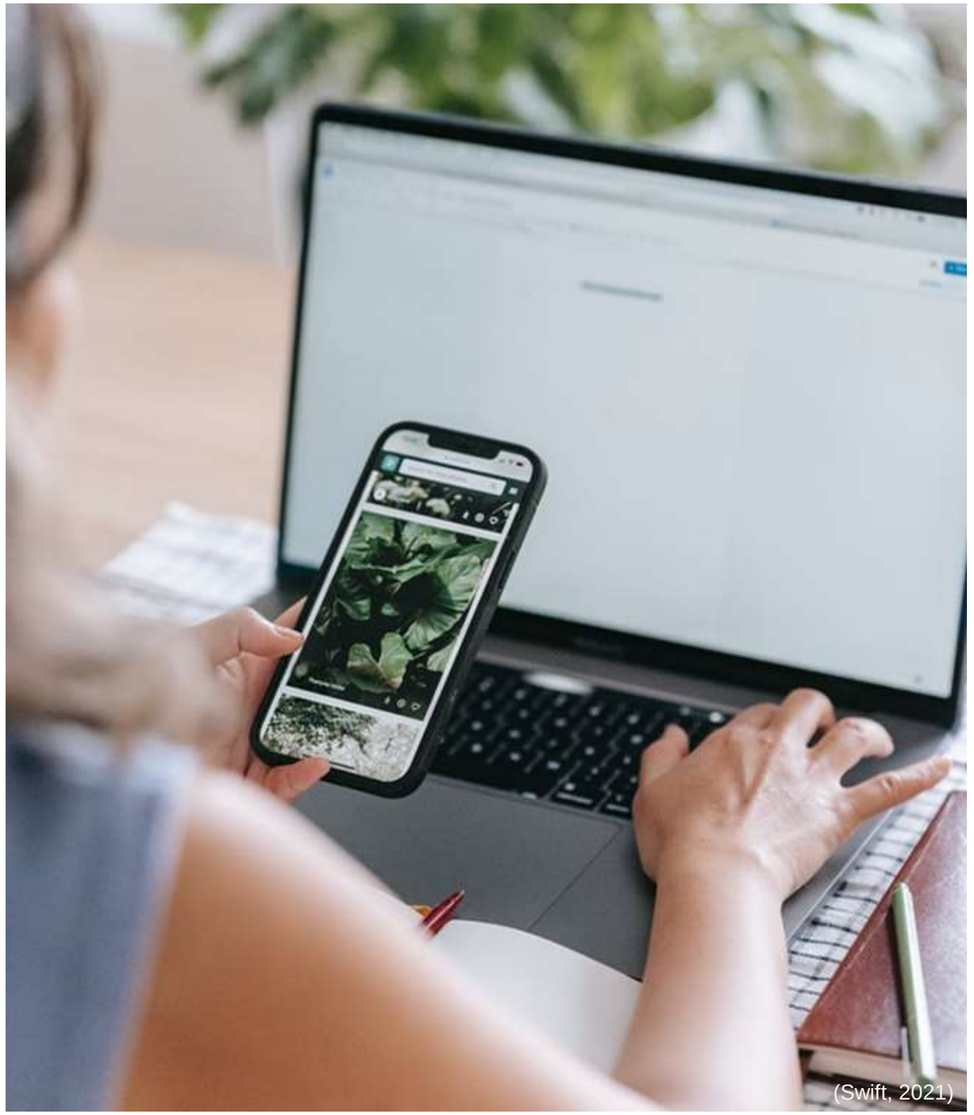
Department of Emergency Medicine

Faculty of Medicine

Thank you to the BC Ministry of Health Patients as Partners Initiative for their support.

Webinar outline:

- Gallery and Speaker View
- Changing Your Screen Name
- Controlling Your Microphone and Video
- Raising and Lowering Your Hand
- Using the Chat
- Summary


(Swift, 2021)

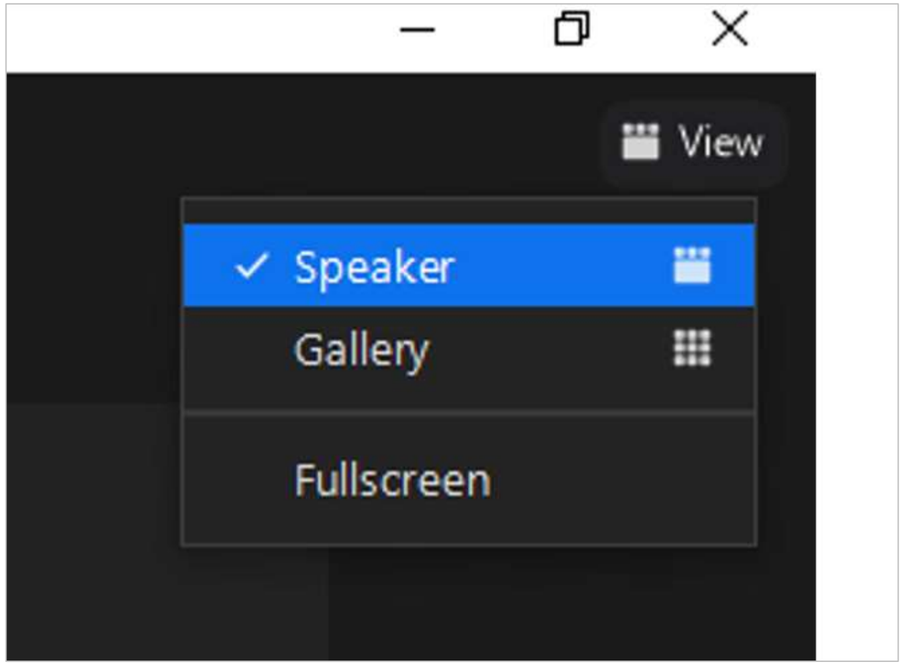
Speaker View and Gallery View

(Shvets, 2020a)

(Shvets, 2020b)

The speaker’s video picture is big in Speaker View.

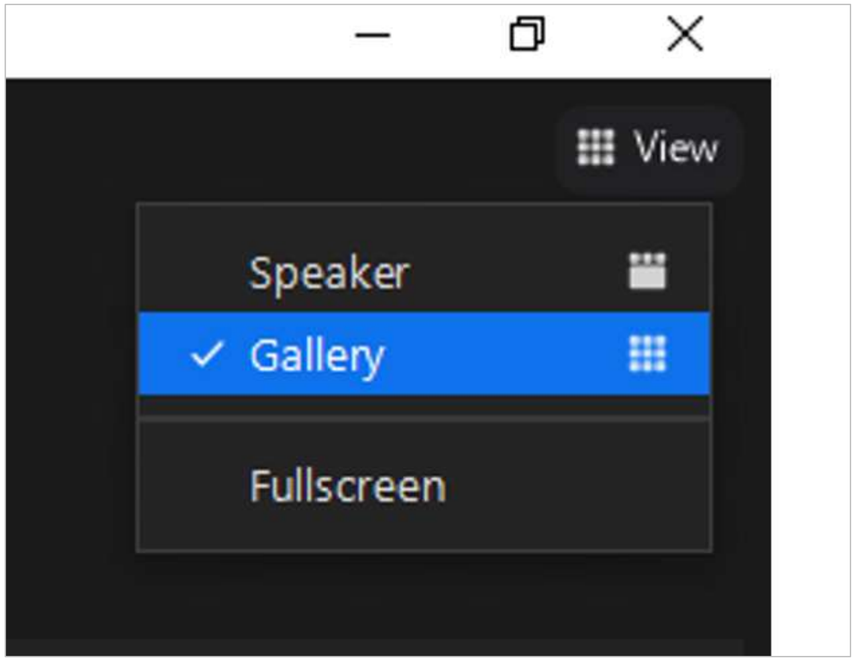
(Shvets, 2020a)



Speaker View can be helpful when there is only one speaker presenting at a time, which often happens at iCON chronic disease management webinars and forums.

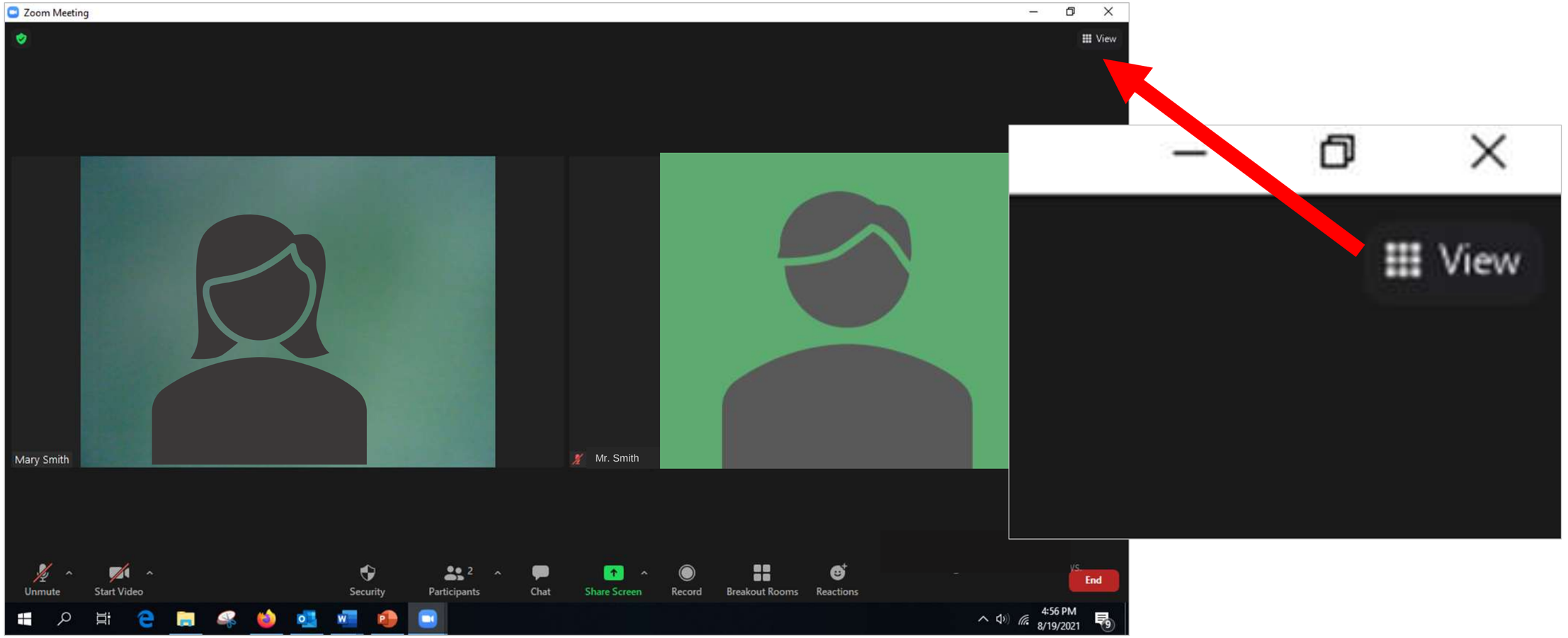
Each person's video is the same size in Gallery View.

(Shvets, 2020b)

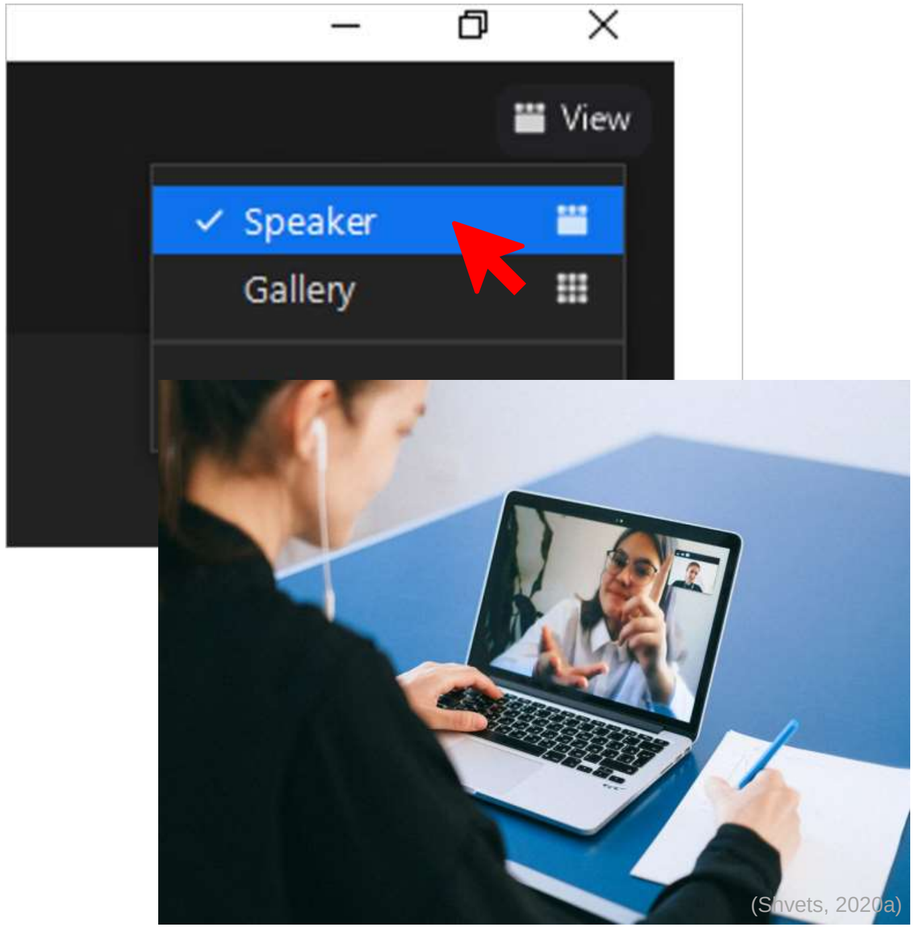


Gallery View can be helpful when there are multiple speakers presenting at a time, such as during a discussion, which often happens in virtual support and wellness groups for health management.

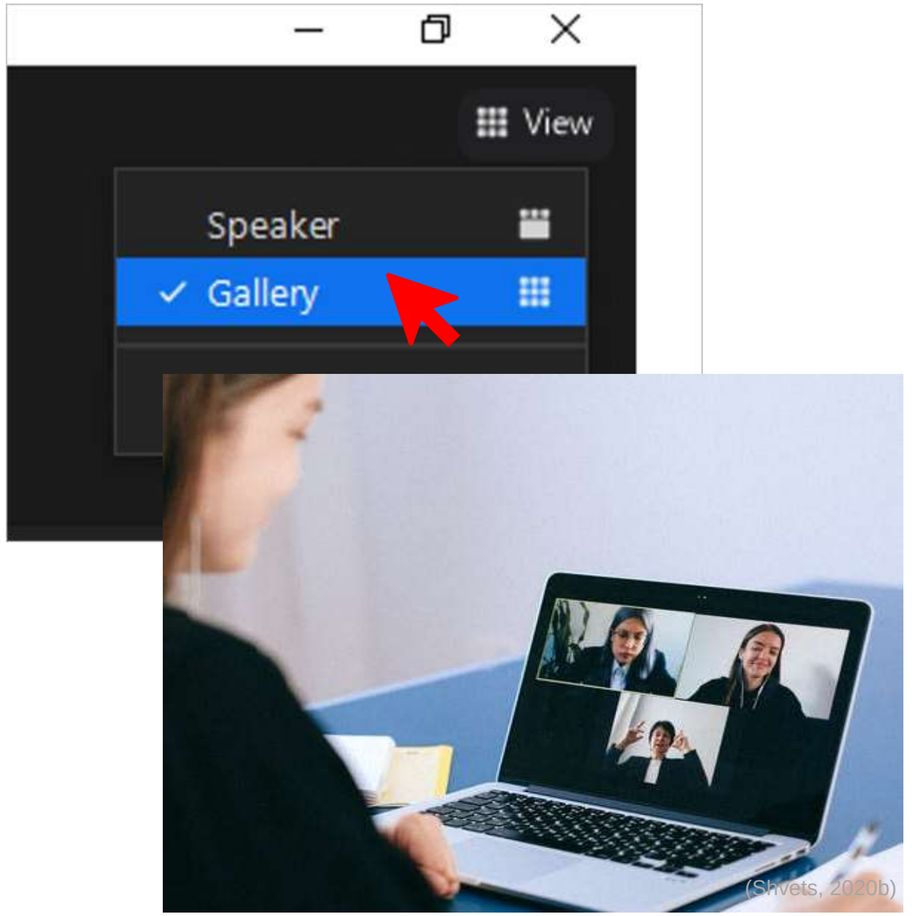
Change the view on your screen by clicking “View”.



Then click “Speaker” or “Gallery”.

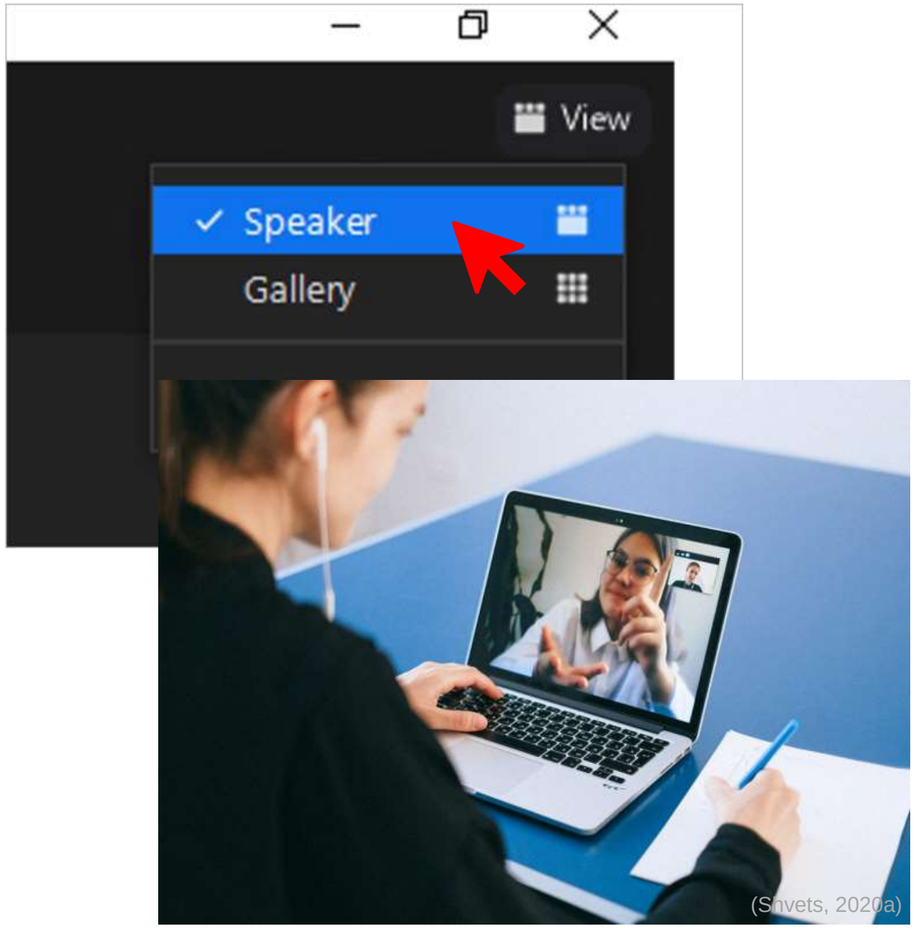


(Shvets, 2020a)

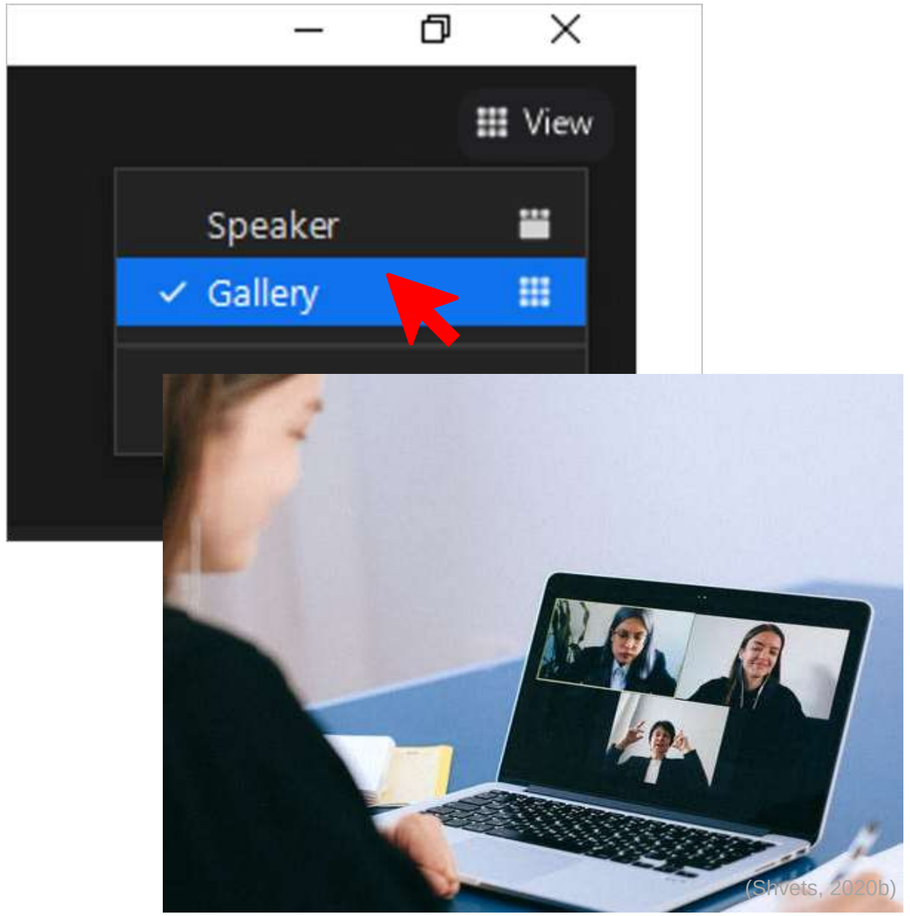


(Shvets, 2020b)

Practice changing your view now.

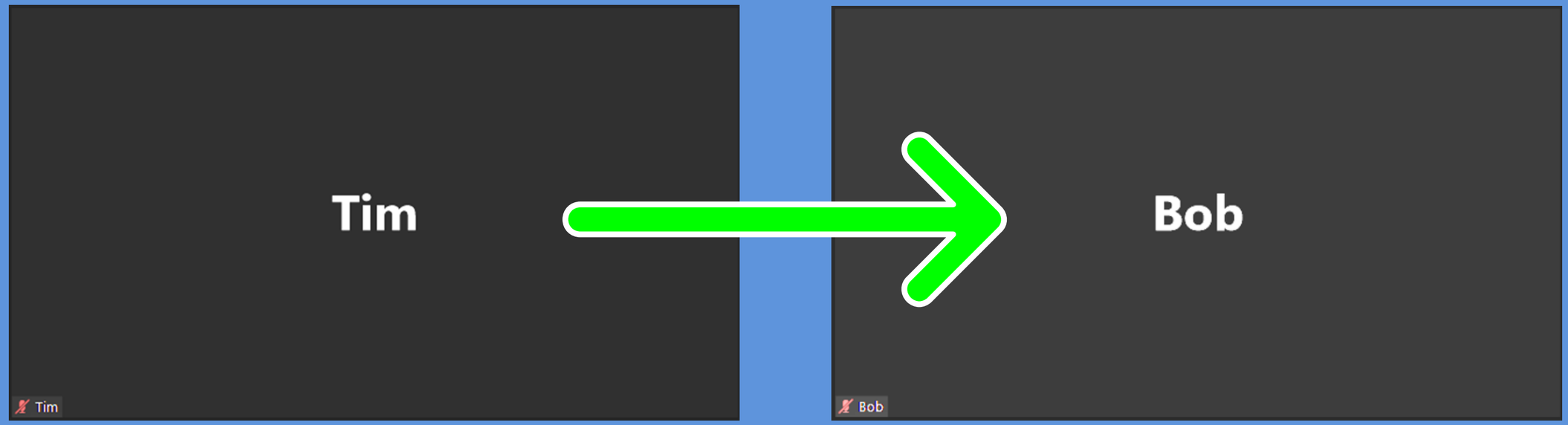


(Shvets, 2020a)

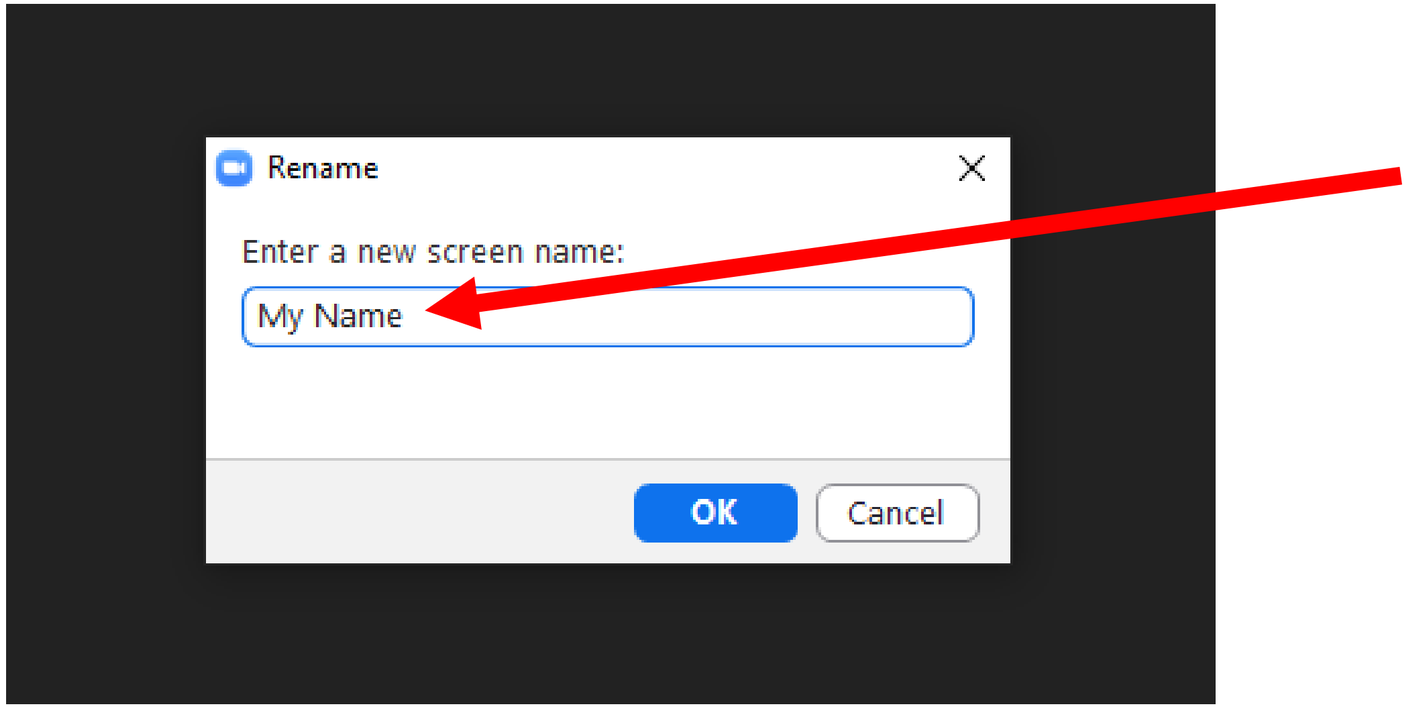


(Shvets, 2020b)

Changing Your Screen Name



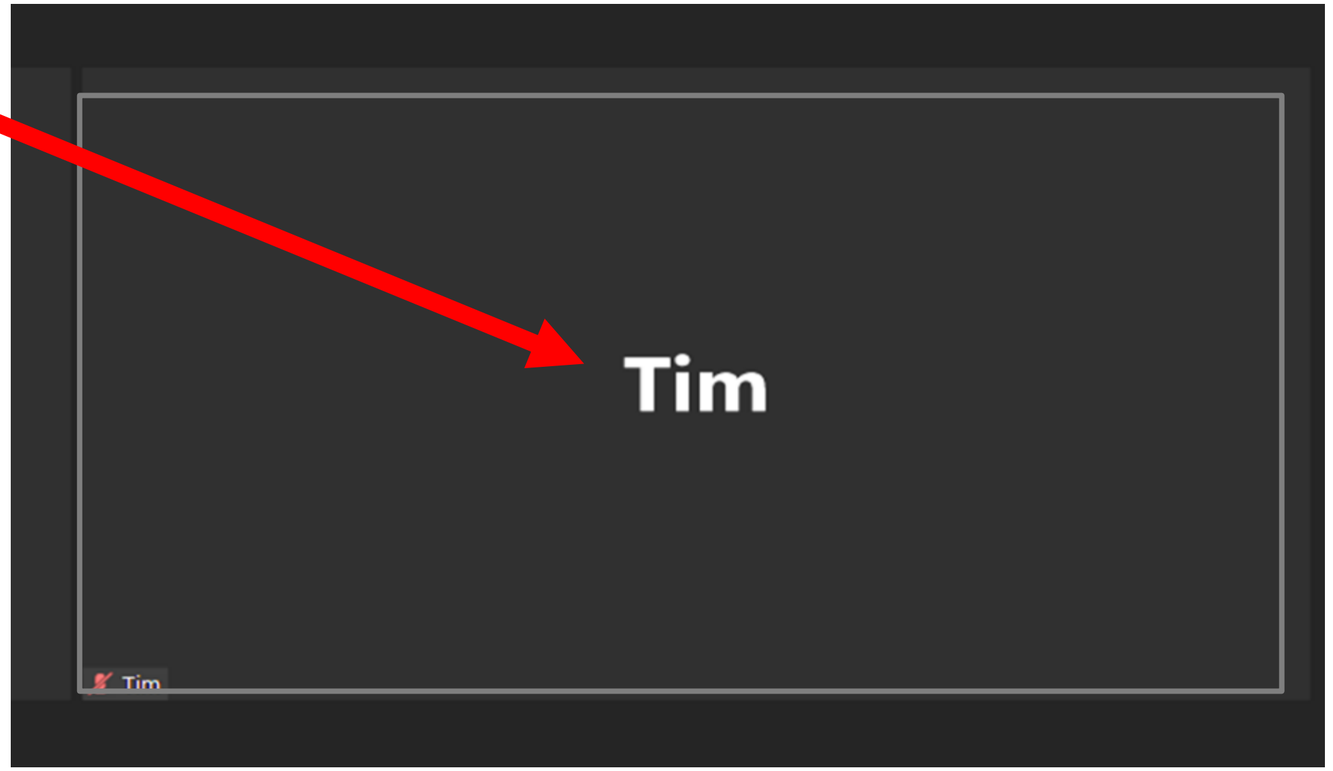
You are able to change your display name when using Zoom.



This can help others identify you, such as in a virtual care visit or during a virtual support and wellness group for health management.

The name is **Tim**

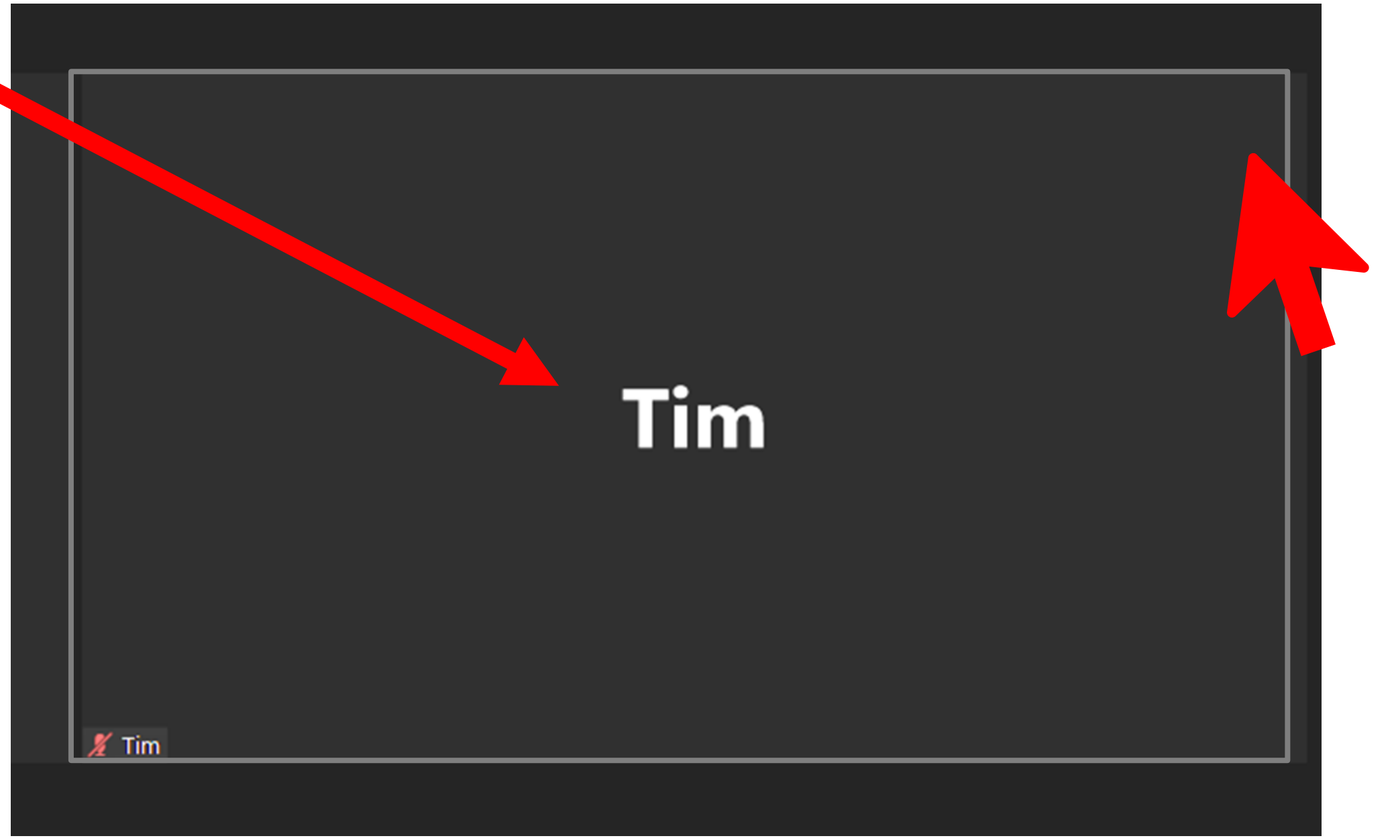
Let’s practice changing the name to **Bob**



The name is **Tim**

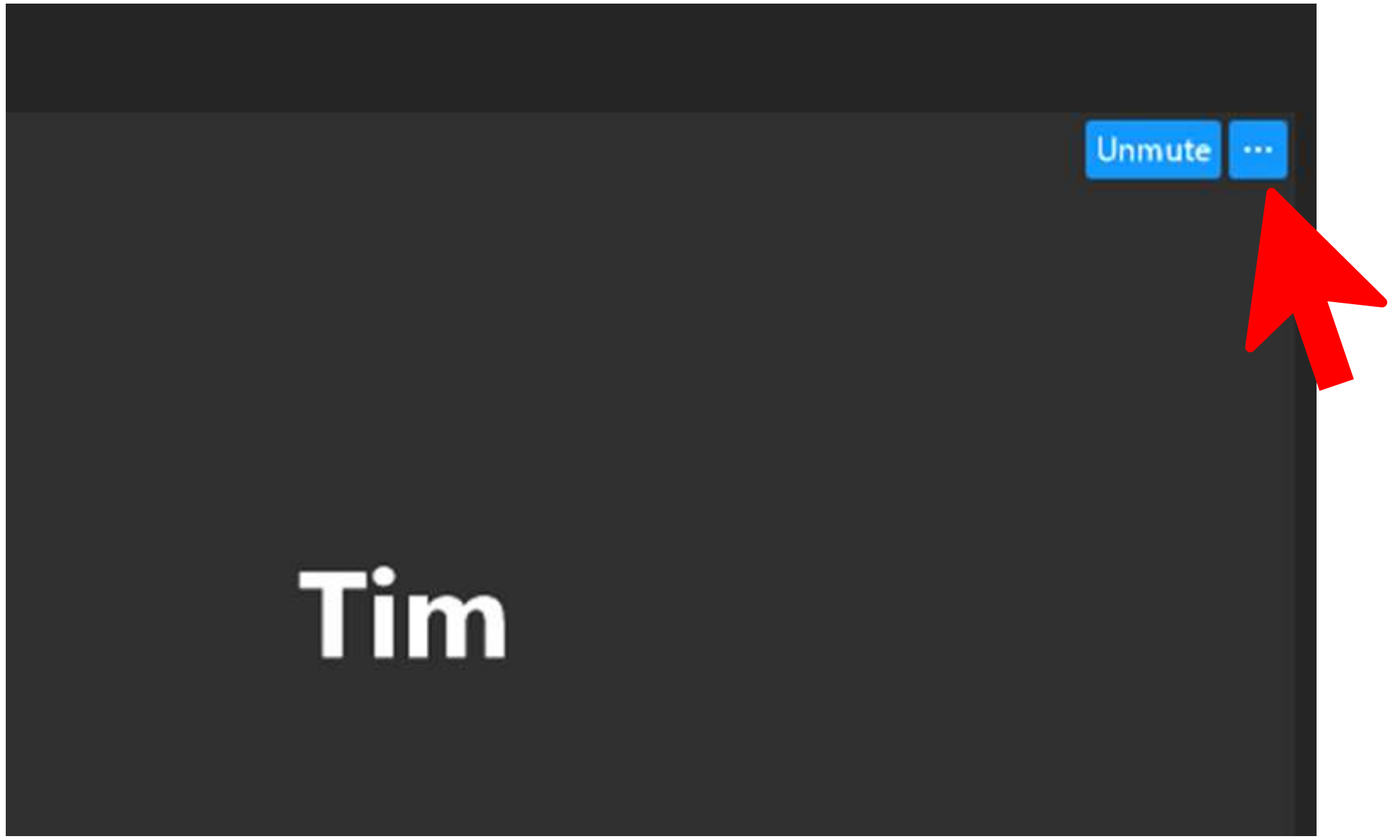
Change the name to **Bob**

1. Move your cursor to the top right corner of your video box.

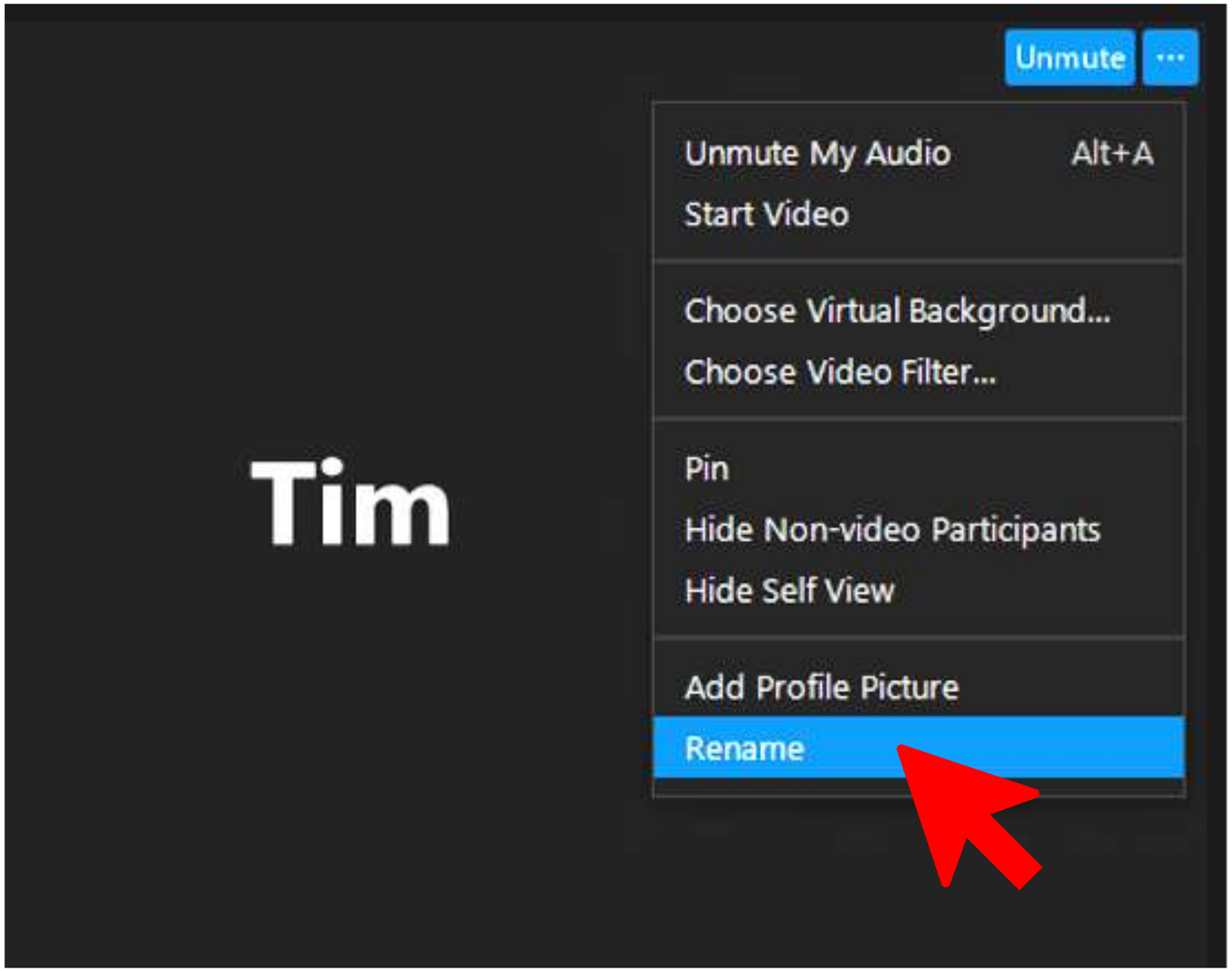


Three dots will appear.

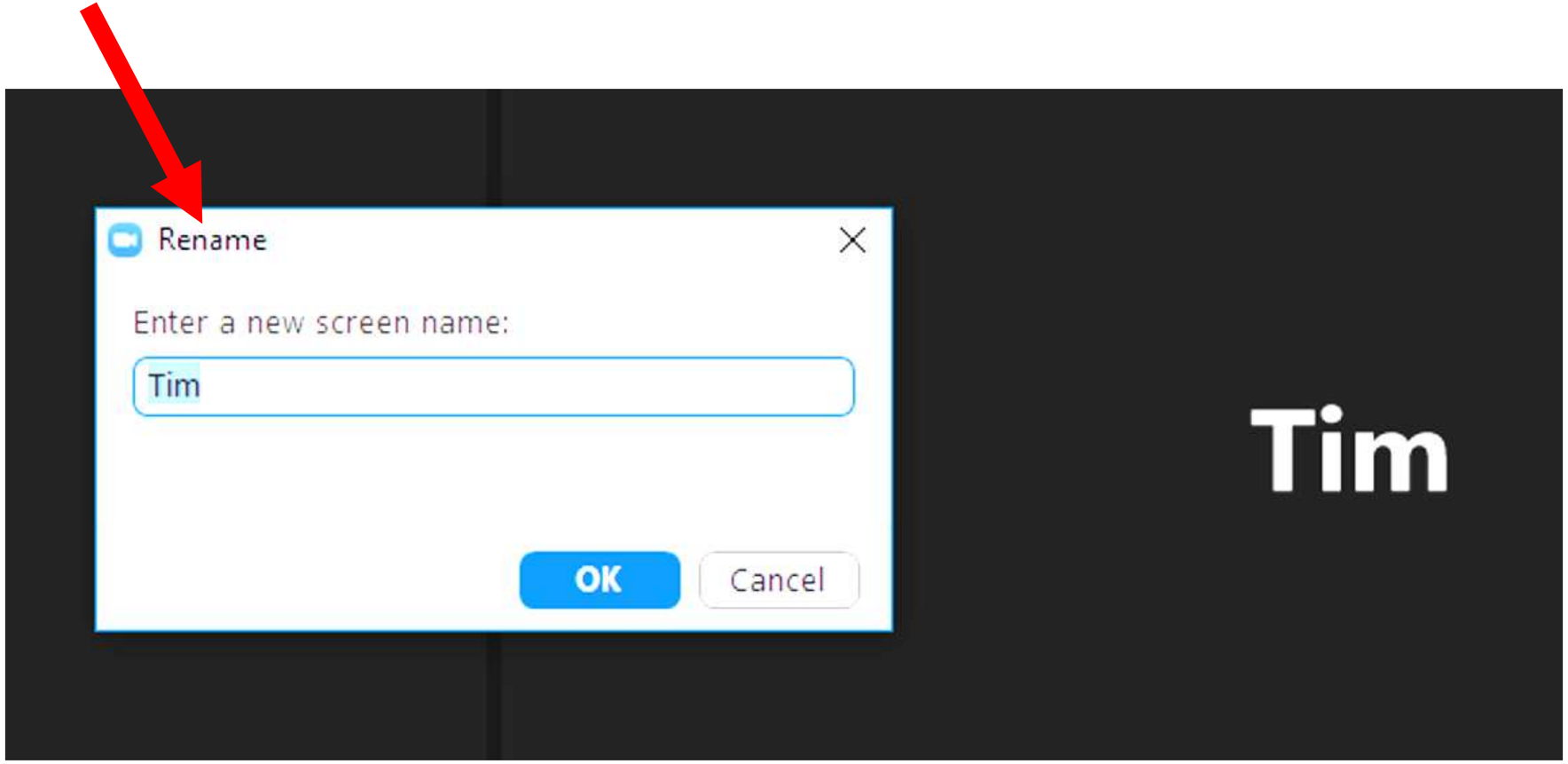
2. Click on the dots.



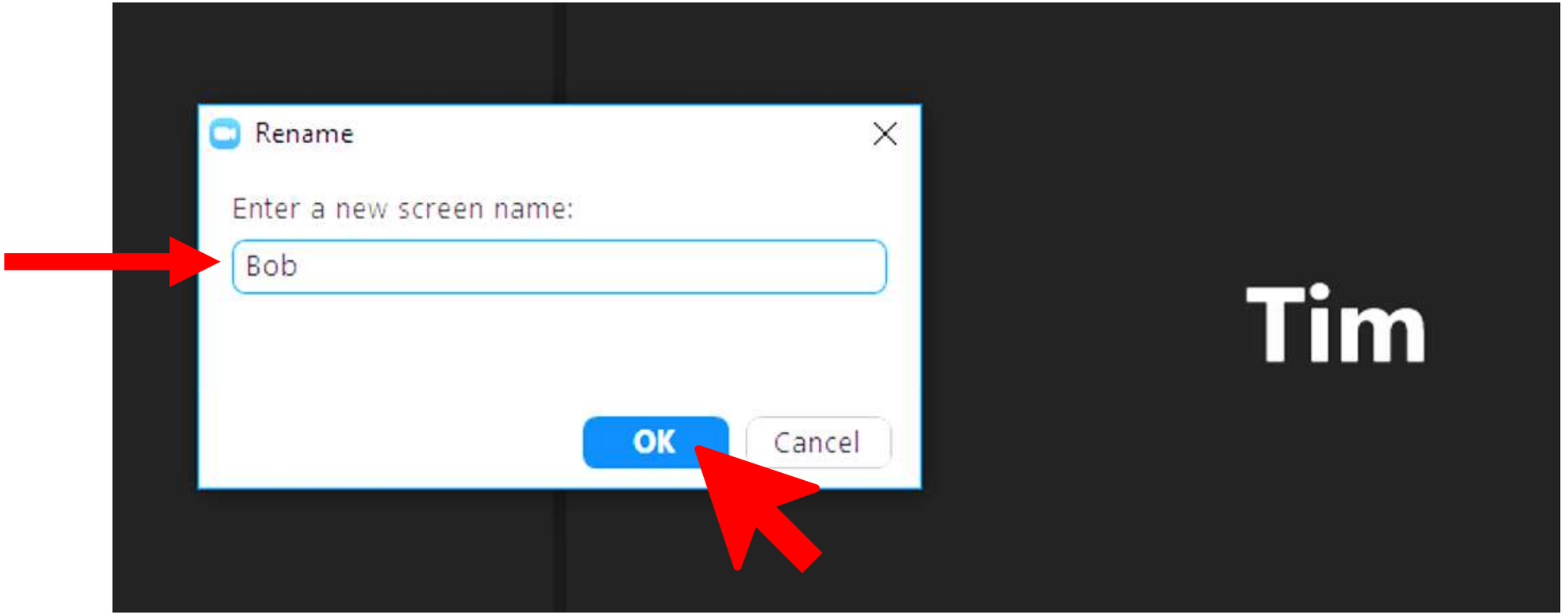
3. Click “ Rename ”.



The Rename box will open.

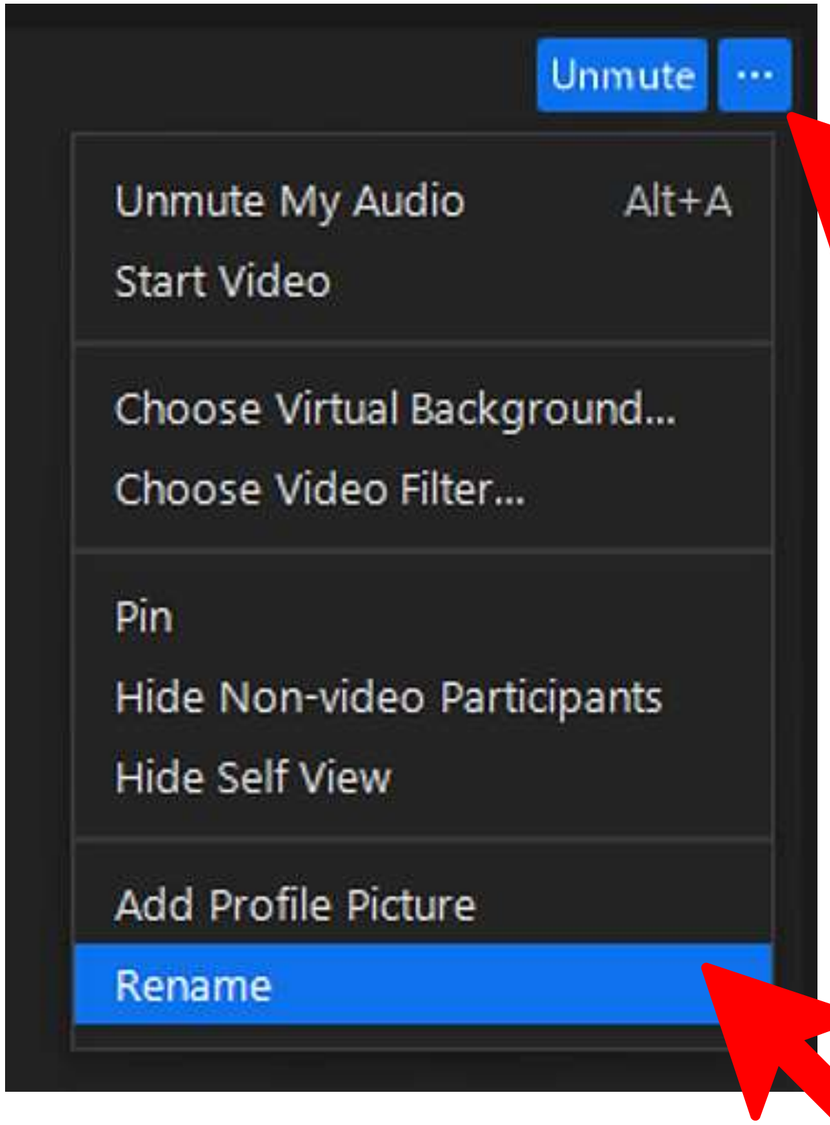


4. Type a new name. Then click OK



Your video name was Tim and now it is Bob.

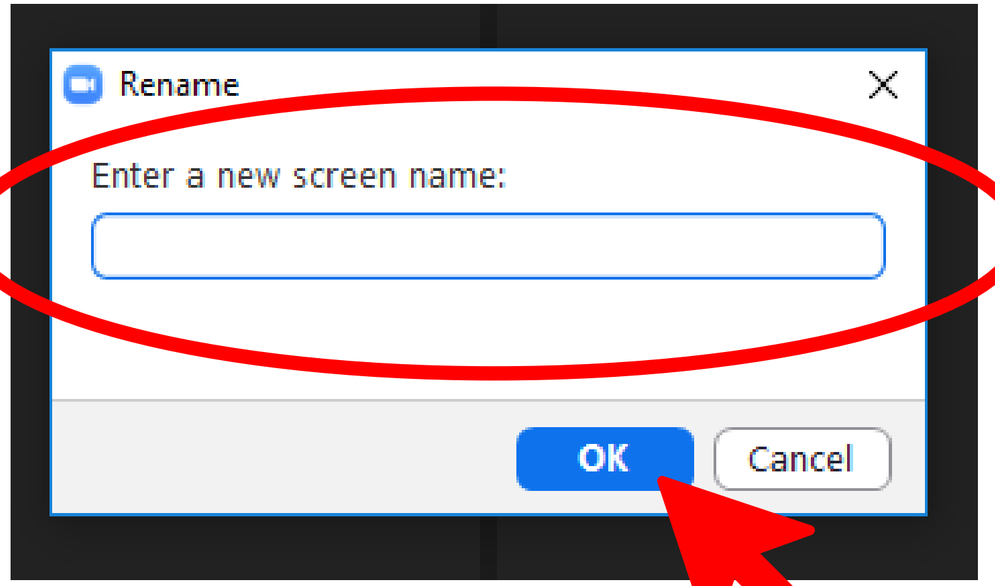
Try changing your name.



1.

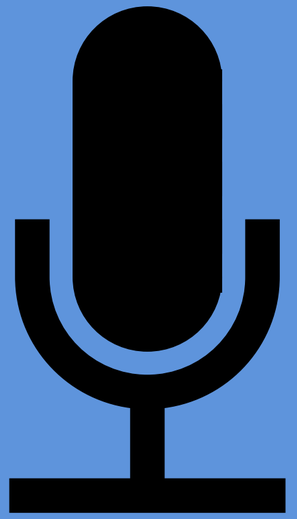
2.

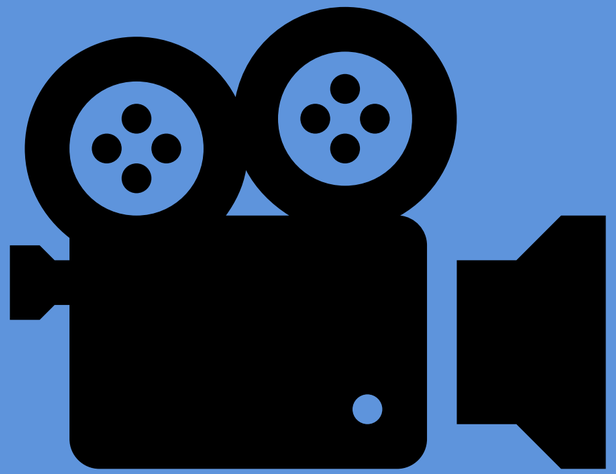
3.



4.

Controlling your Audio and Video

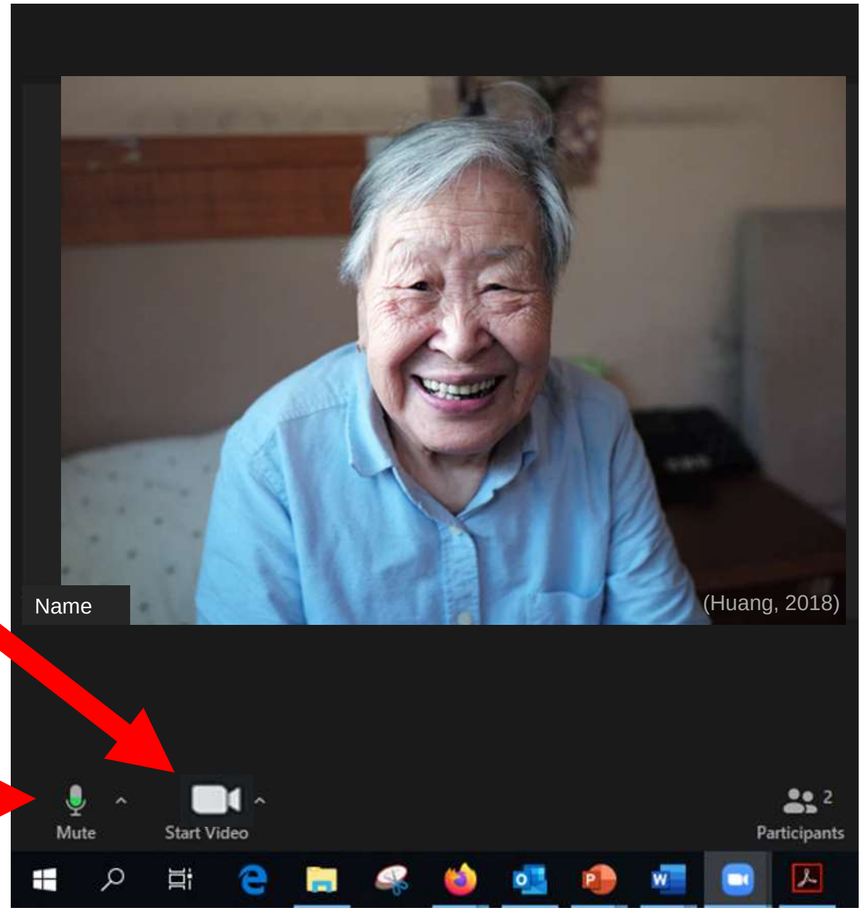




Zoom has microphone and video controls.

(Pădureț, 2020)

(Public Domain Pictures, 2016)

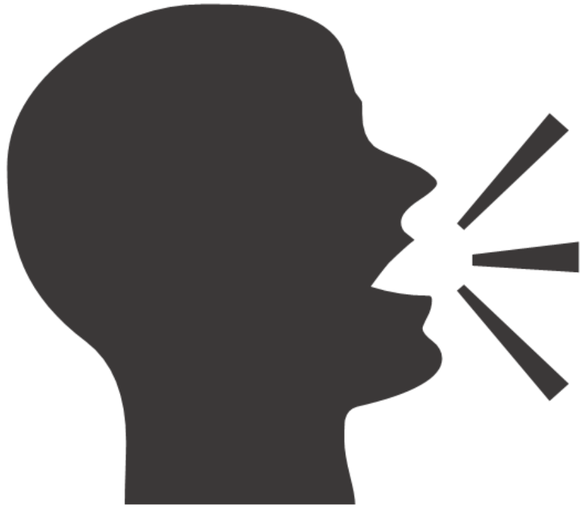


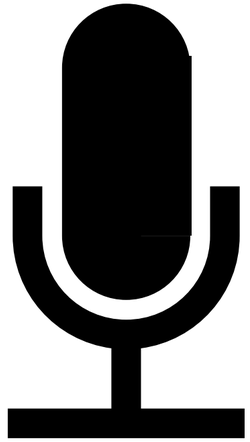
(Huang, 2018)

If you are not speaking, mute your microphone by clicking the mic icon.

Mute = Off

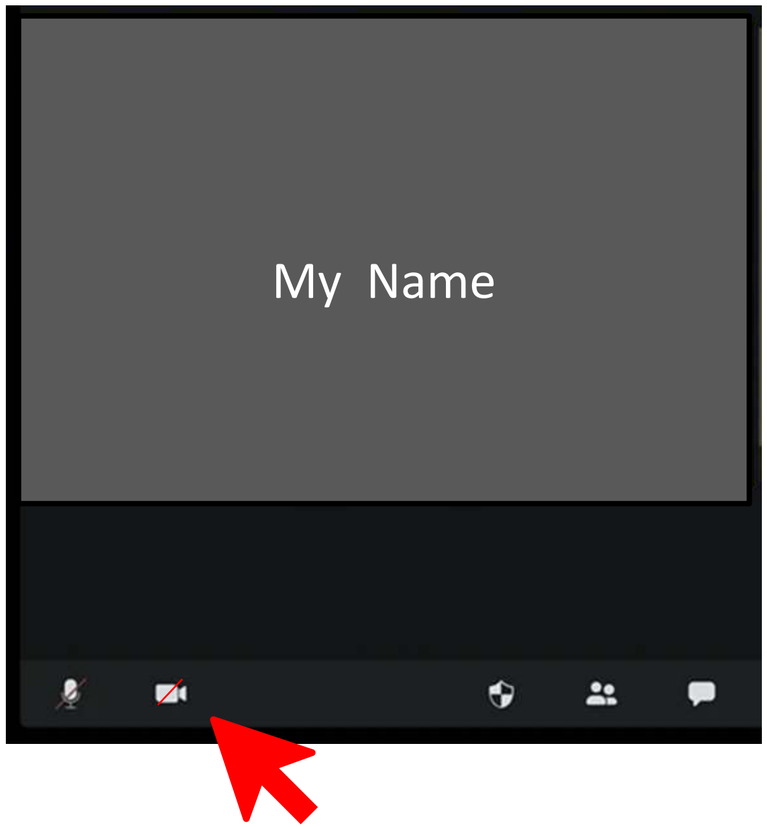
If you are speaking, unmute your microphone by clicking the mic icon.

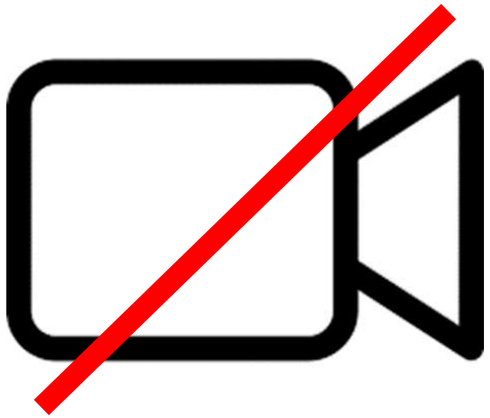




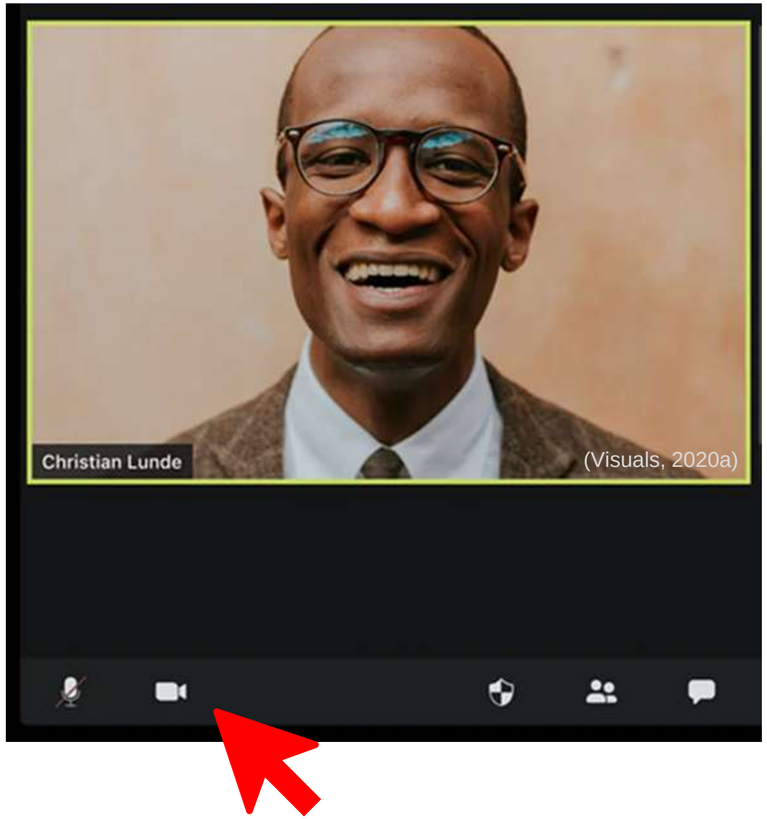
Unmute = On

To stop your video, click the video icon.

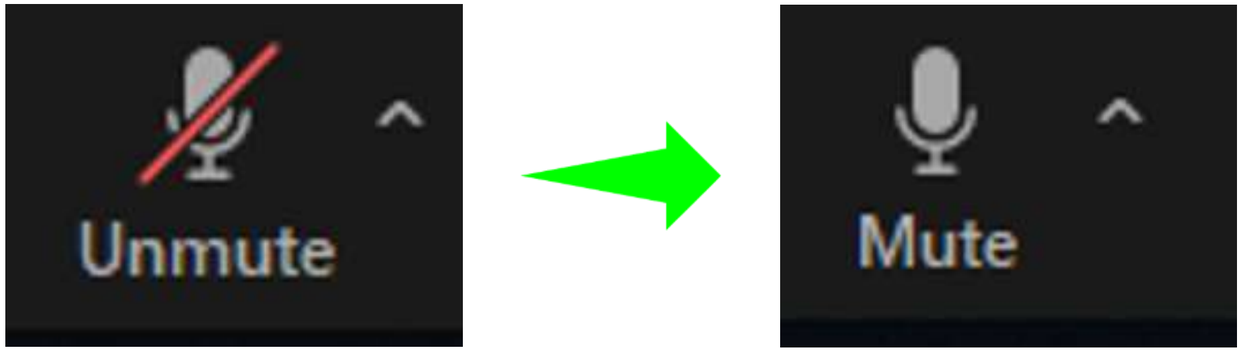


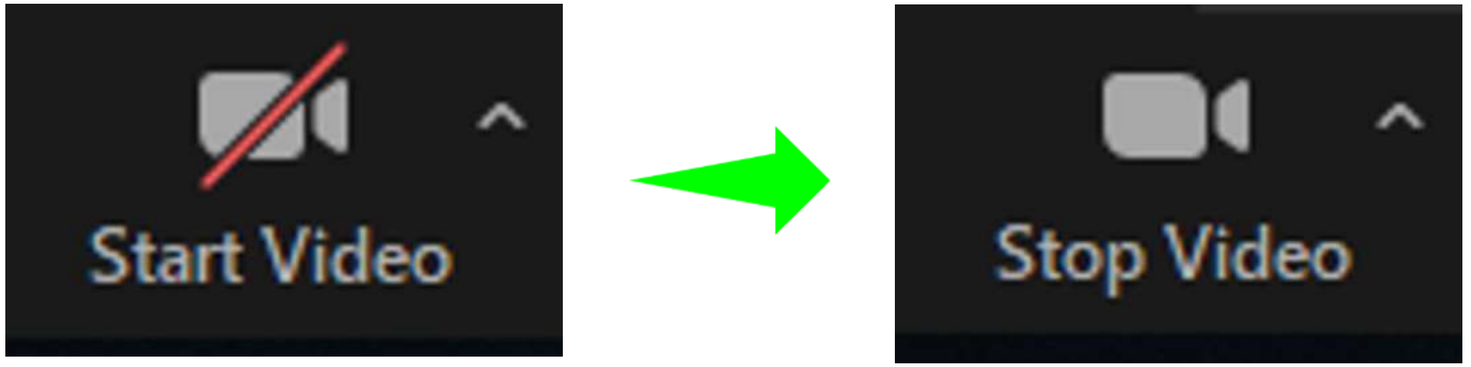


To start your video, click the video icon.



Try it now.



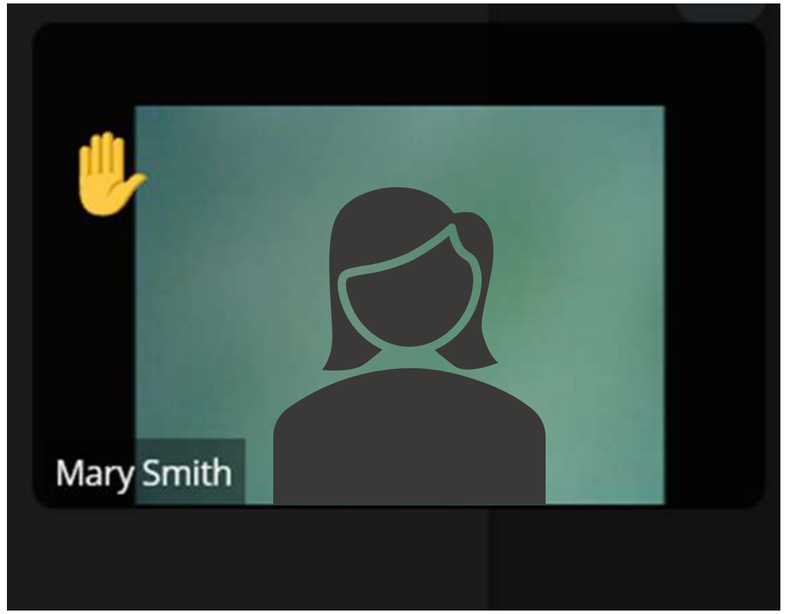


Raising and Lowering Your Hand

(Fischer, 2020)

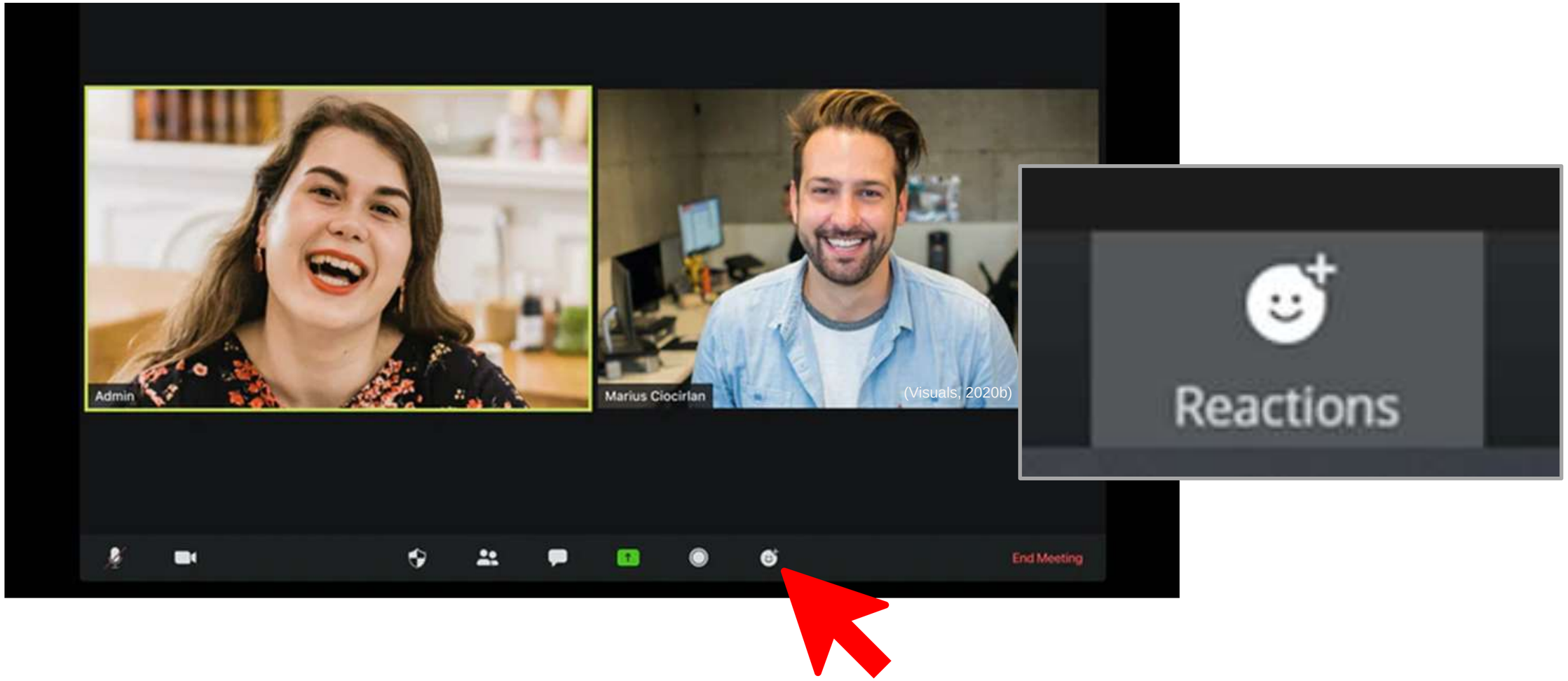
You can raise your hand in a Zoom meeting.

(Fischer, 2020)

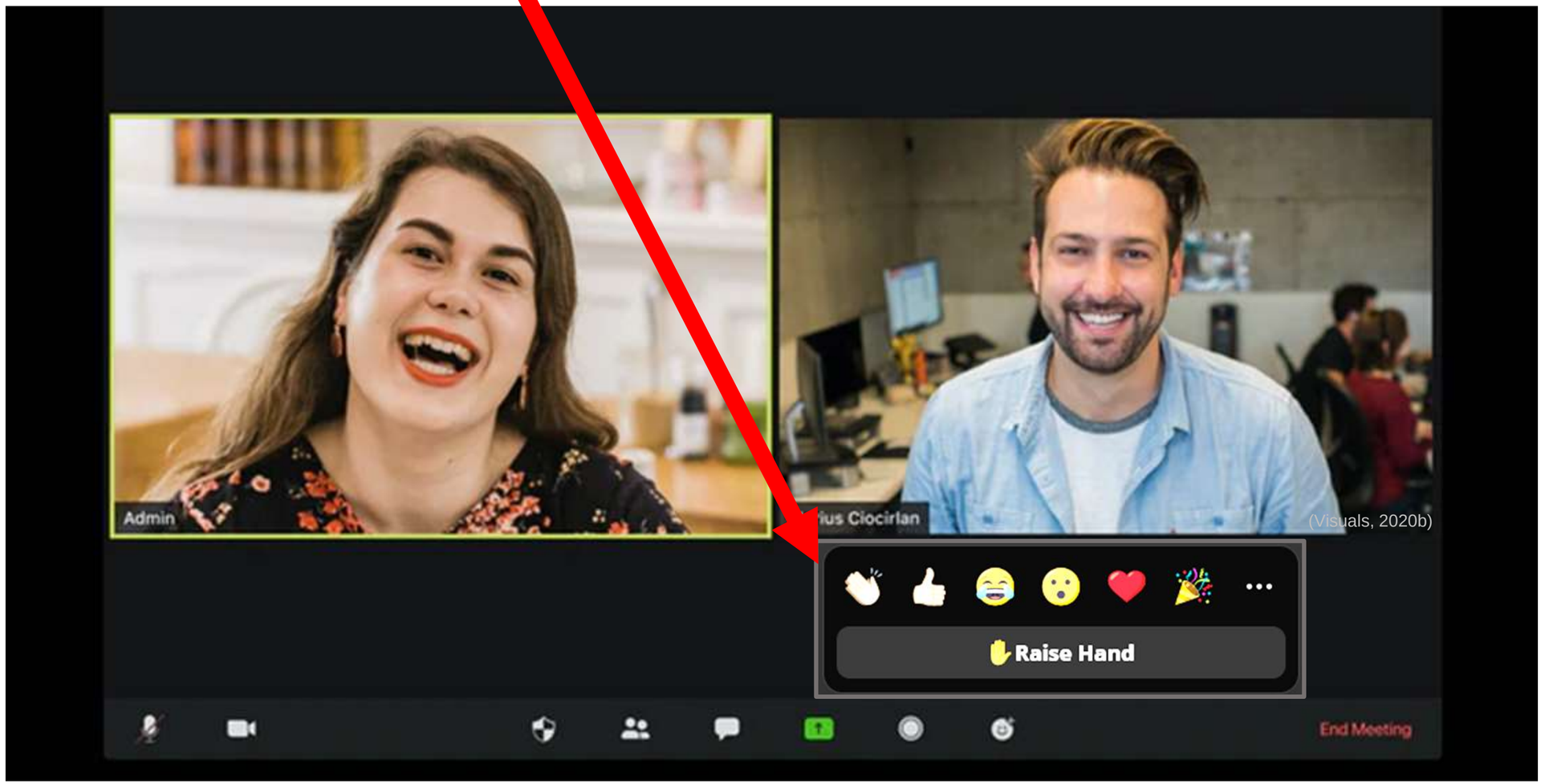


You can use this function to let others know you would like to speak or ask a question, such as during a virtual support and wellness group for health management.

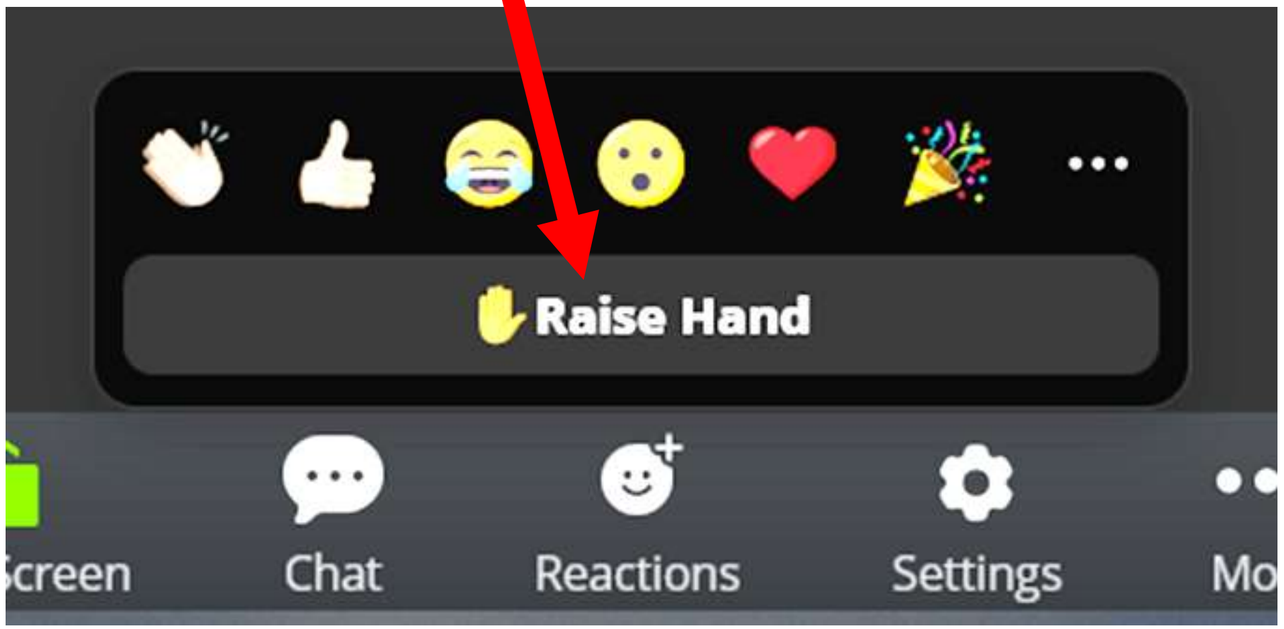
To raise your hand , click “ Reactions ”.

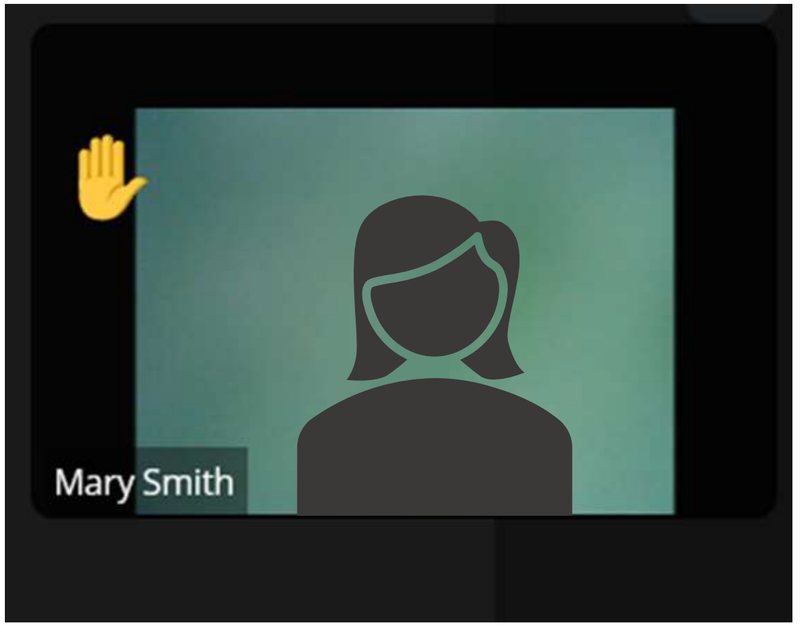


The Reactions box will open.

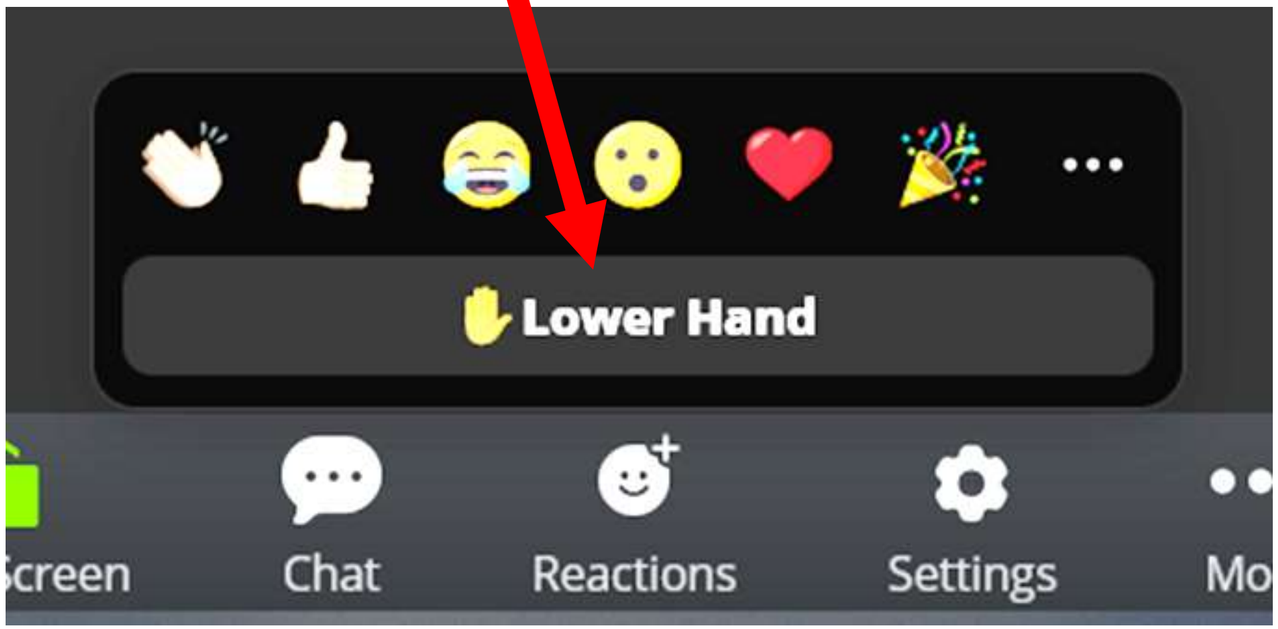


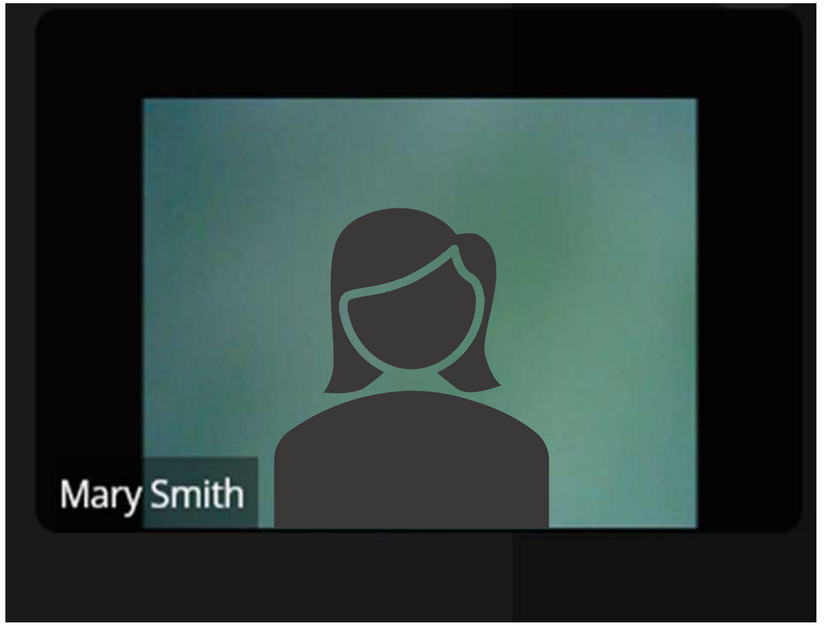
Click “Raise Hand”. You will see a hand on your video.



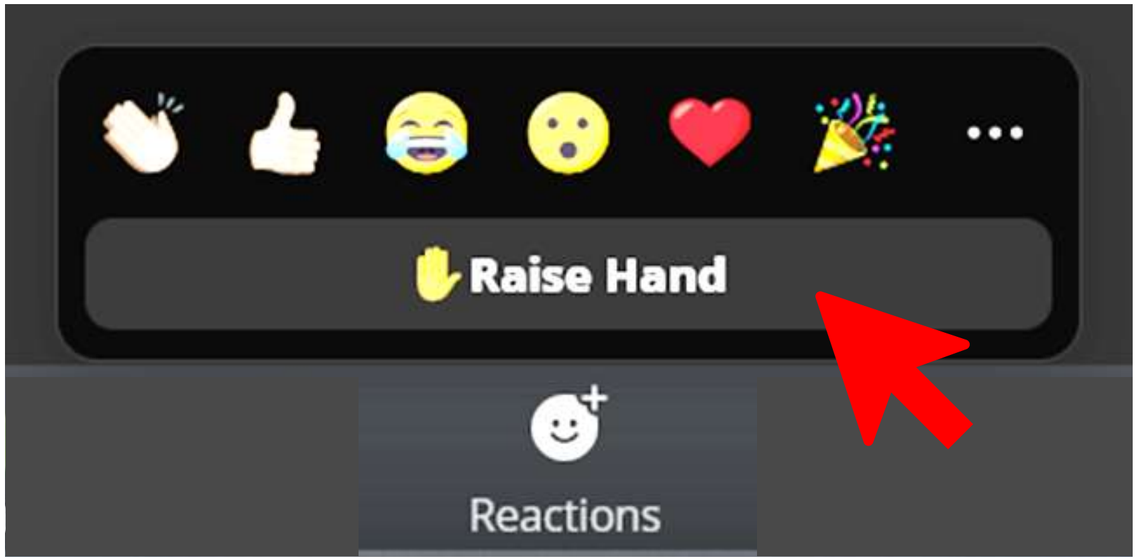


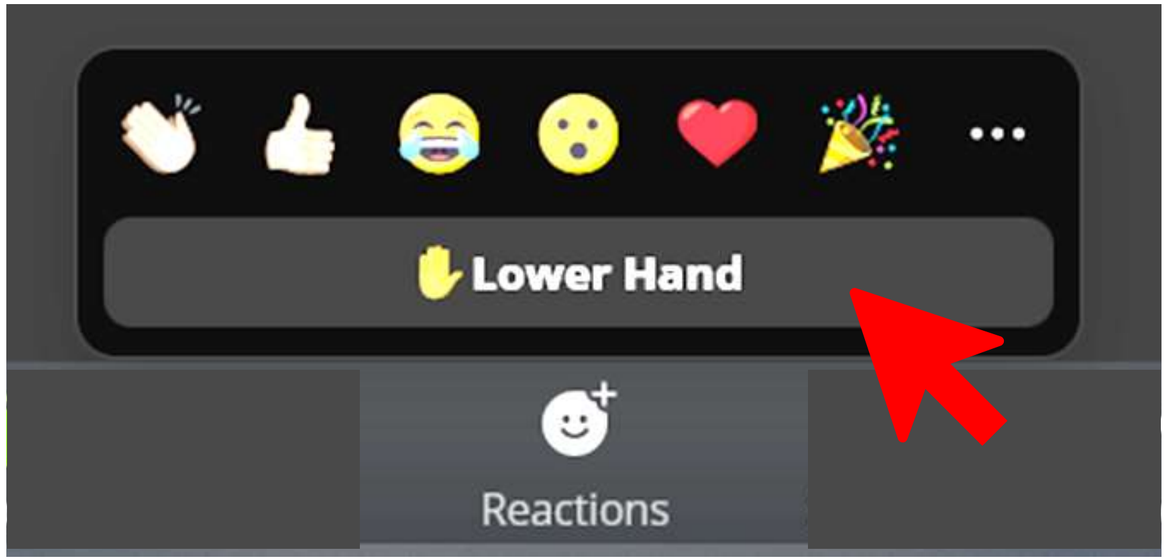
Click “Lower Hand”. The hand will go away.





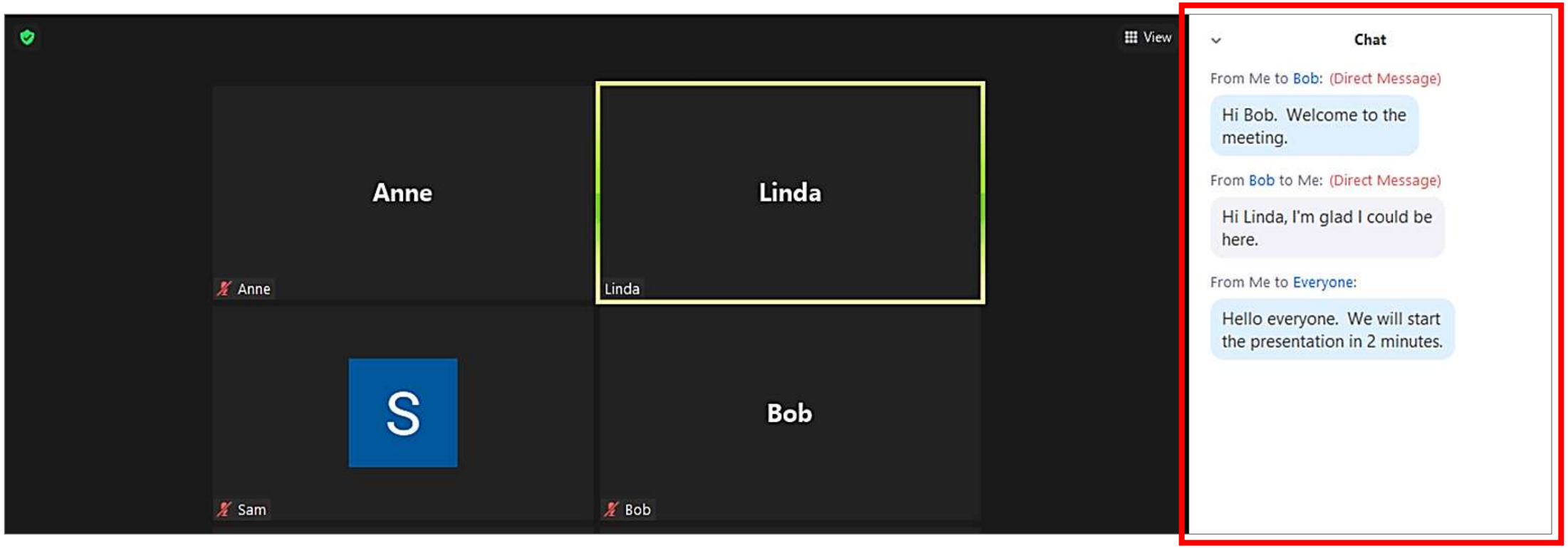
Try it now.





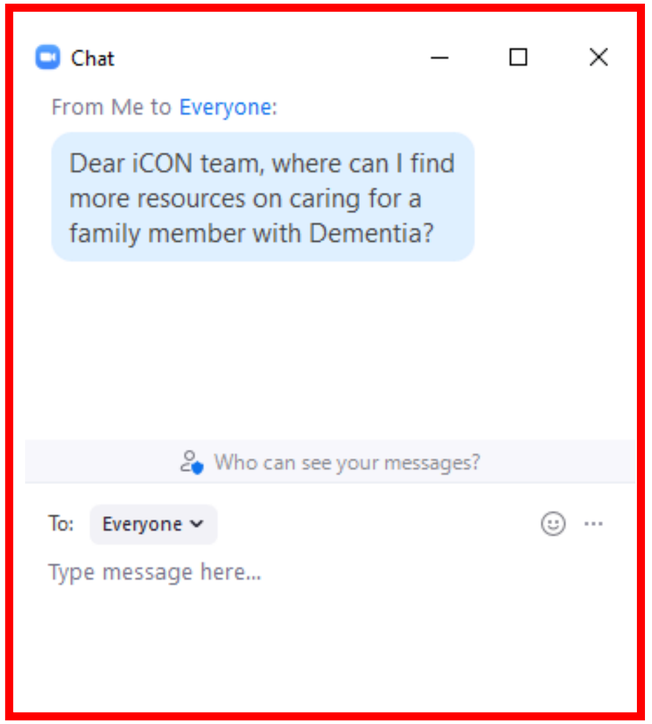
Using the Chat

Use the Chat box to send messages to people in your Zoom meeting.

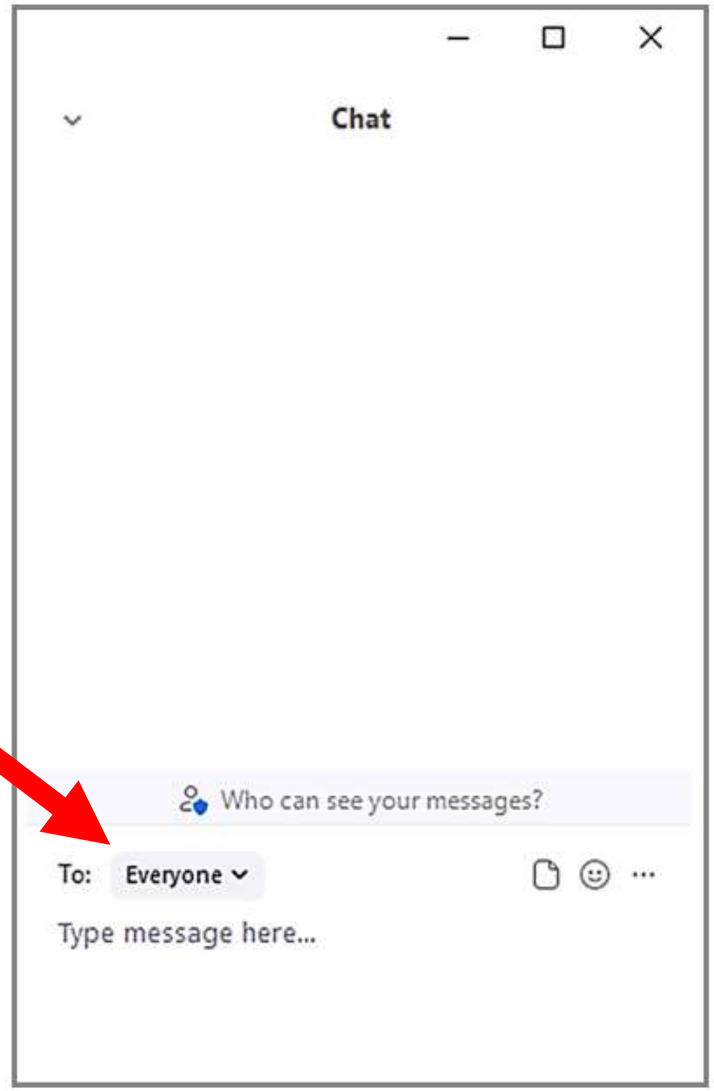


You can also use this function to ask questions.

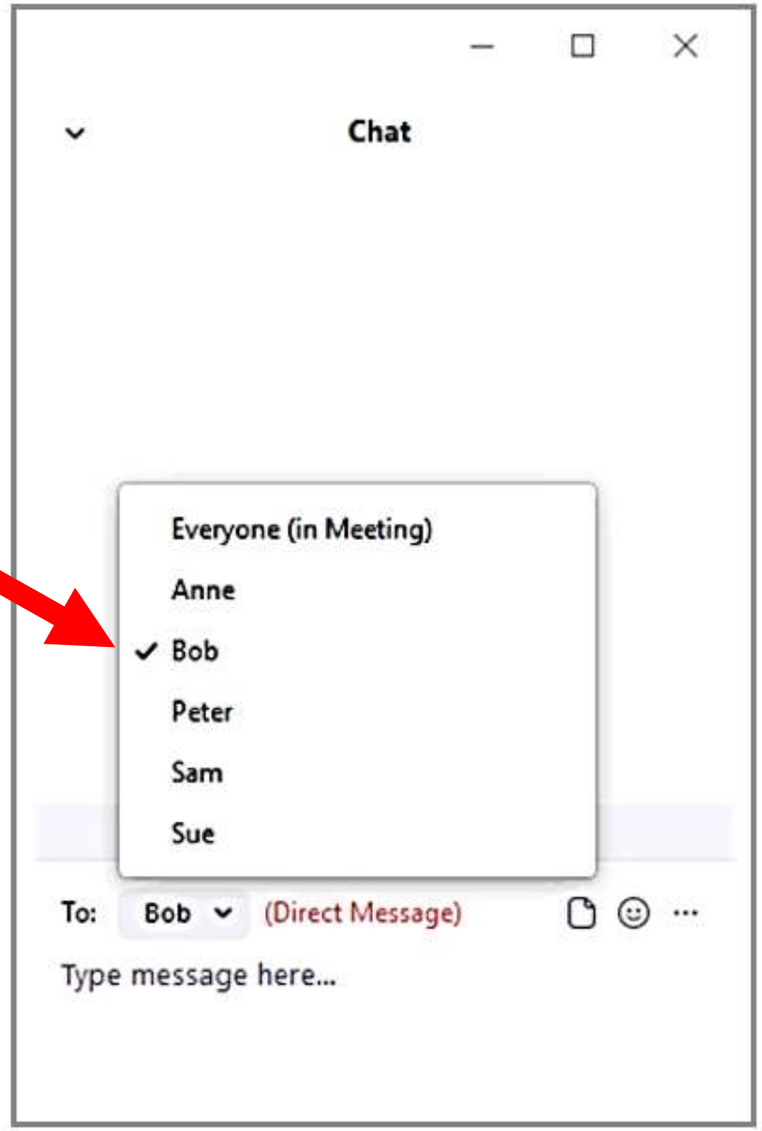
For example, during iCON chronic disease management webinars, you can use the Chat box to ask questions about supporting your health management.



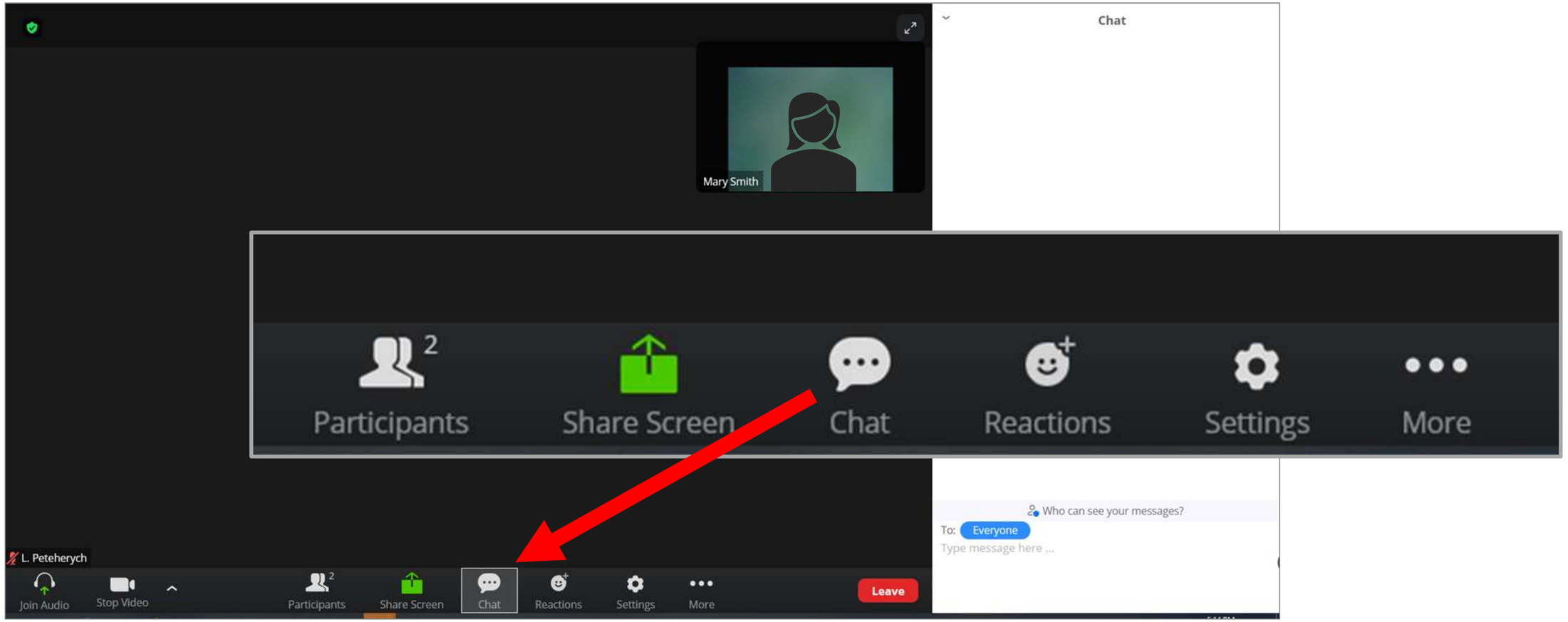
You can send a message to Everyone.



You can send a message to one person.

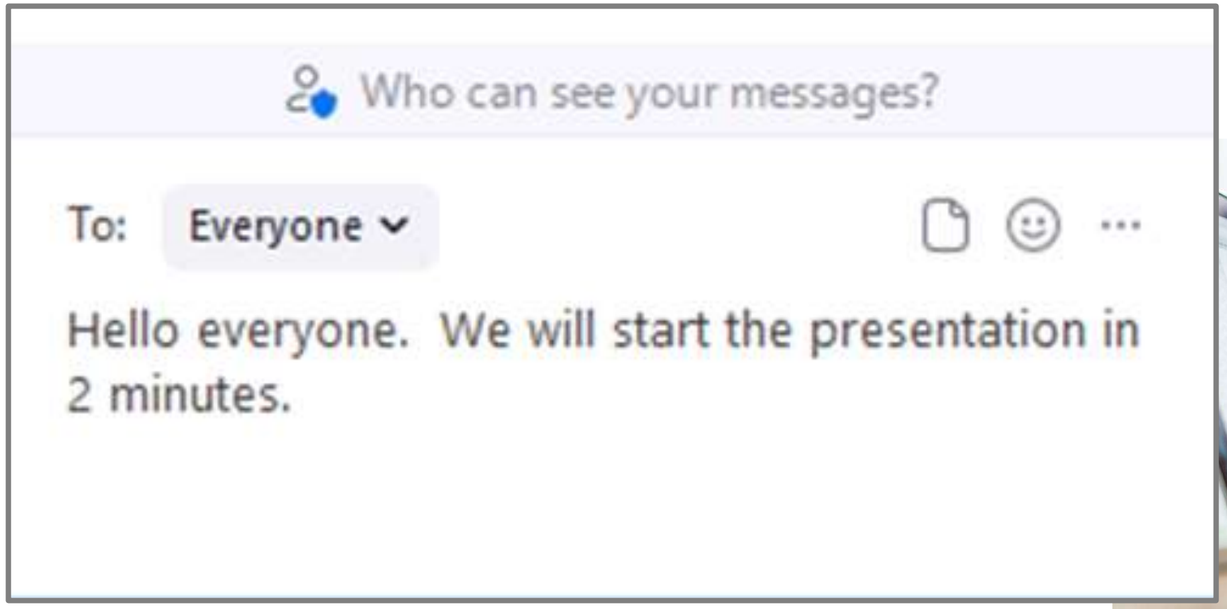


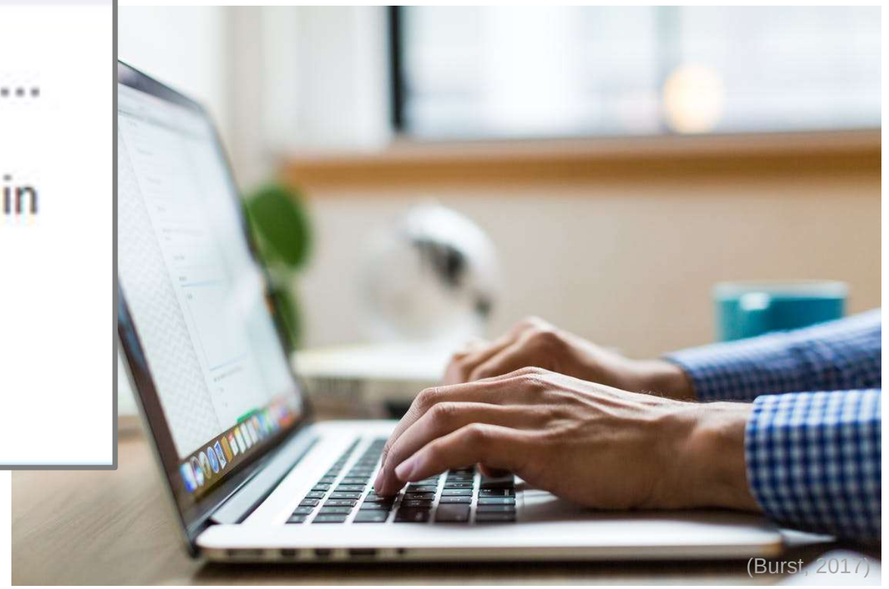
Click the Chat icon to open the Chat box.



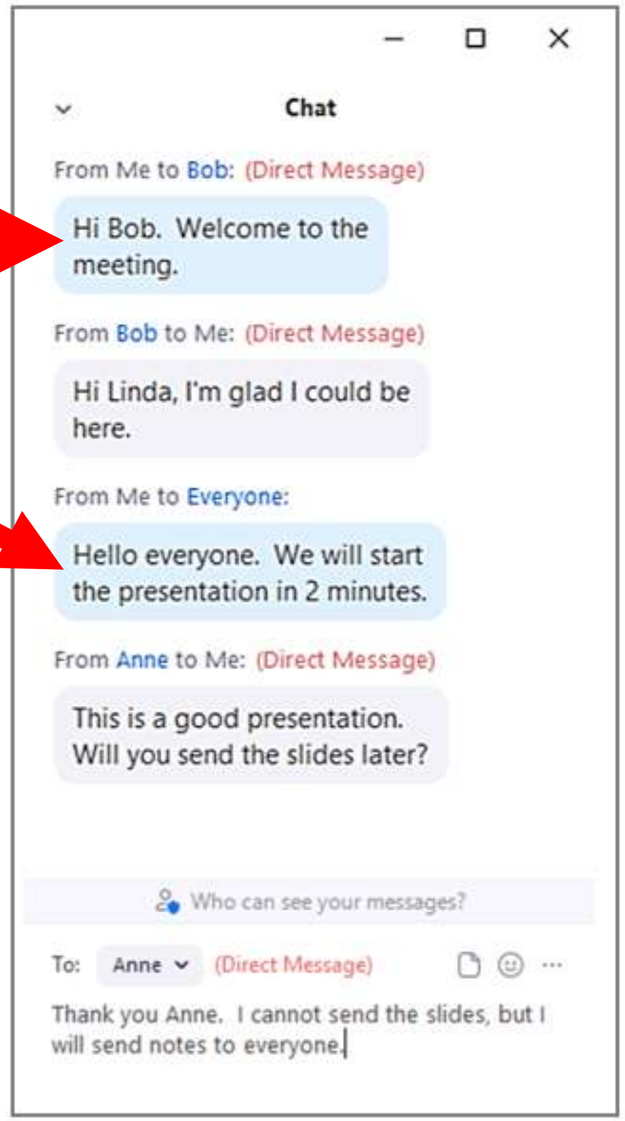
Type your message in the Chat box.

Then, type “Enter” to send your message.

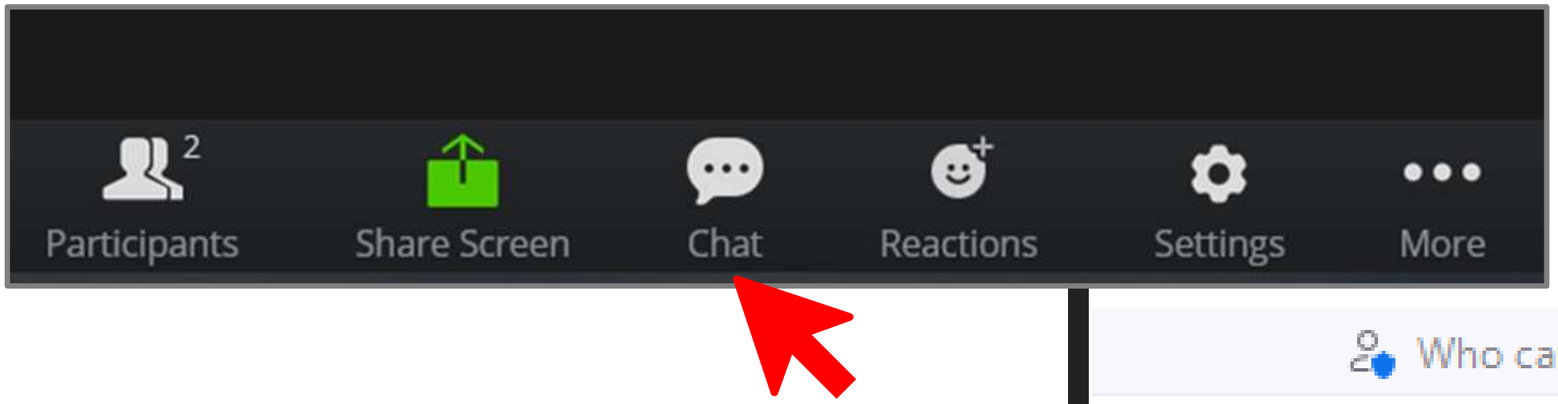



(Burst, 2017)

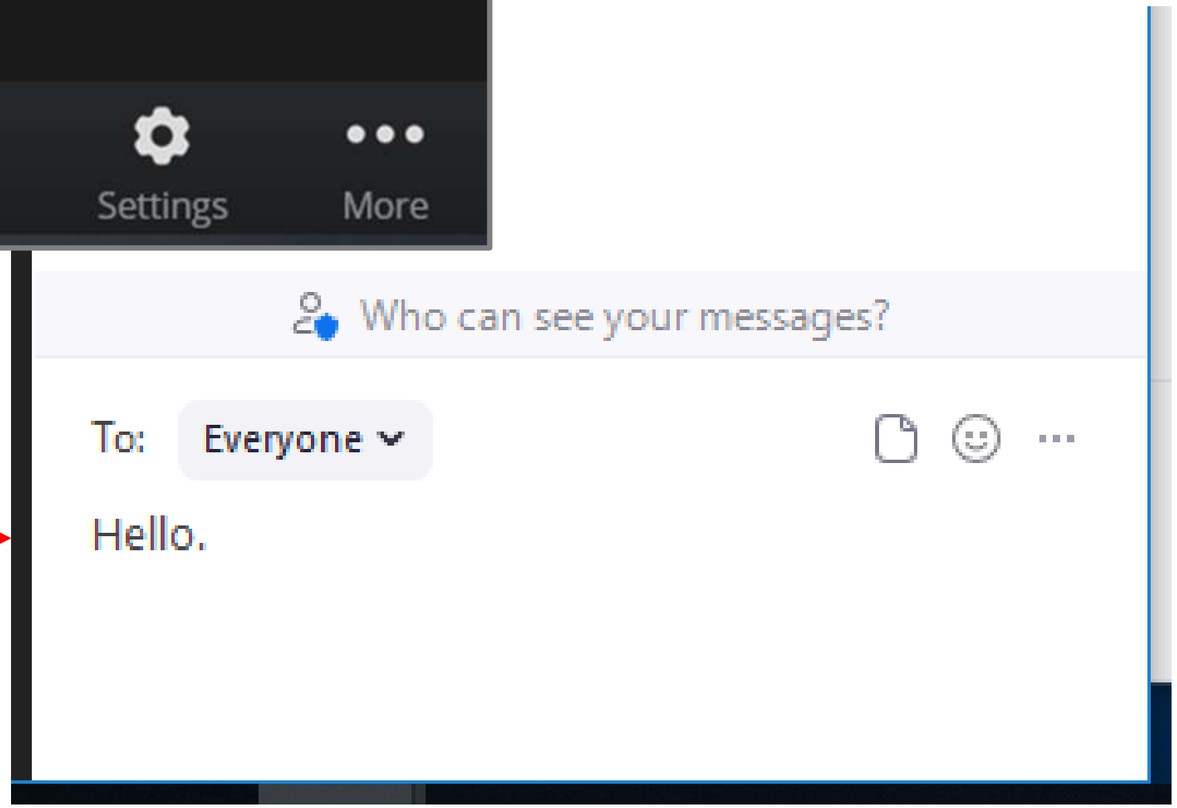
Your messages will be in a different colour.



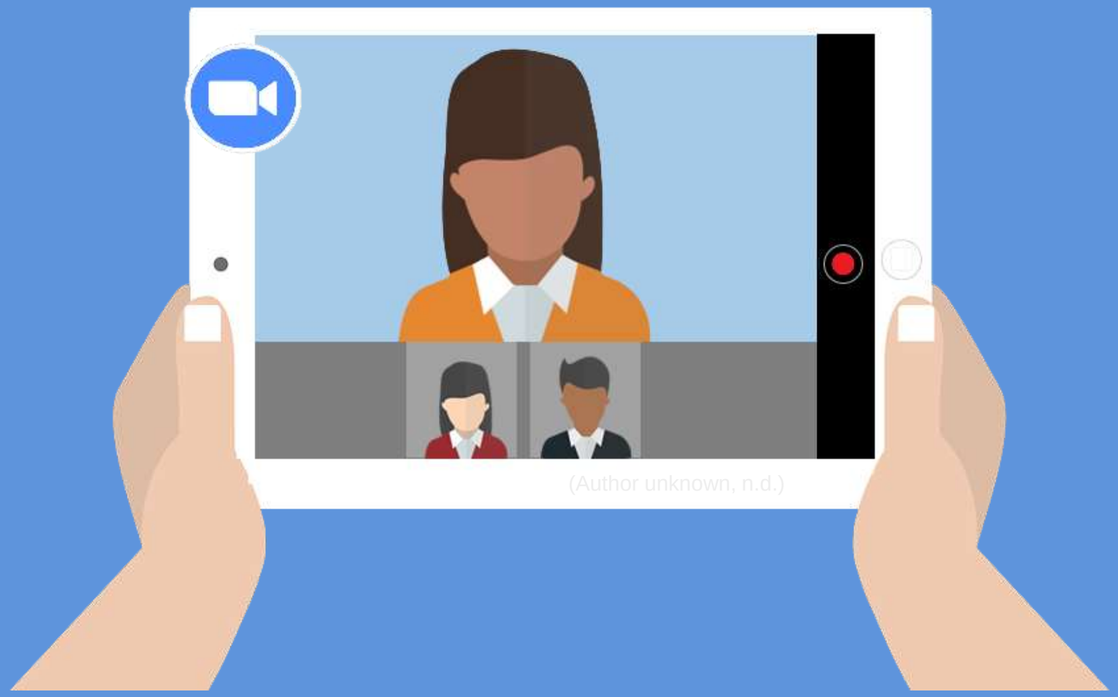
Try sending a message in the Chat now.



1. Click “Chat”.
2. Type “Hello” in the Chat box.
3. Press the Enter key on your keyboard.



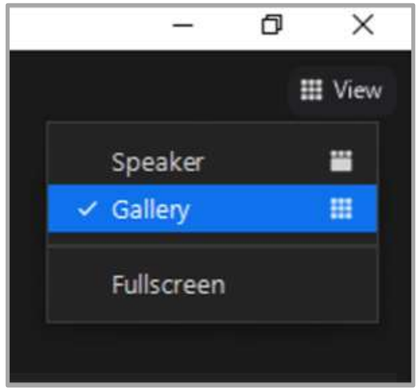
Summary



(Author unknown, n.d.)

We learned about :

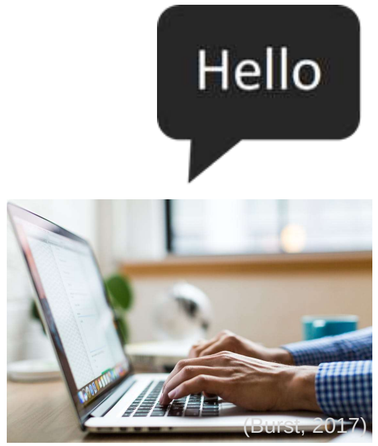
Speaker view and Gallery view.



Controlling your microphone and video.

Raising and Lowering your hand.

Using the Chat.



Questions?

Here are some examples of Free Resources for Health Management using Zoom:

- **iCON chronic disease management Zoom webinars** (https://iconproject.org/events/)
  - Visit our website for upcoming events! Past webinar health topics include coping with chronic conditions at home, arthritis and osteoporosis, stroke, cardiovascular disease and diabetes, health eating, and many more!
- **Self Management BC virtual programs** (https://www.selfmanagementbc.ca/virtualself-managementprograms)
  - A series of 6 Zoom workshops on self management topics including chronic conditions, chronic pain, diabetes, and cancer
- **Pain BC online pain support and wellness groups** (https://painbc.ca/about/programs/pain-support-wellness-groups)
  - Zoom support groups hosted by a peer facilitator that support participants in feeling empowered by being in a community of people with a shared experience and provide information and learning about pain and coping
- **Family Caregivers of BC virtual support groups** (https://www.familycaregiversbc.ca/family-caregiver-support-groups/)
  - Zoom support groups that connect people across BC twice a month around a mutual experience of caregiving for a family member or friend

Image Credits

- Author unknown. (n.d.). *Zoom Clip Art Video Conferencing*. Retrieved from: https://www.pinclipart.com/pindetail/ibhxxJb_fa-c-b-zoom-clip-art-video-conferencing/.
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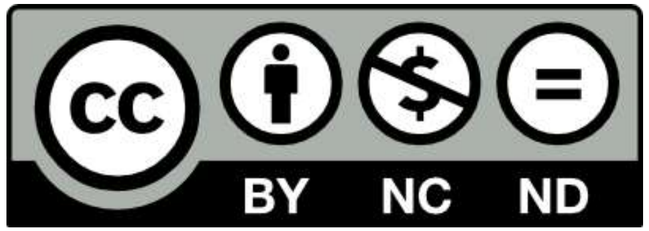
- Note: screen captures were provided by Peteherych, L on slides 5-17, 19, 22-24, 26-31, 33-39, 41-42.

Thank you again to :

iCON
interCultural Online Health Network

THE UNIVERSITY OF BRITISH COLUMBIA
Department of Emergency Medicine
Faculty of Medicine

Thank you to the BC Ministry of Health Patients as Partners Initiative for their support.



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