

KNOWvember DPN video tips and instructions

PART I: Video quality

1. Shoot vertical video

Shoot using a phone to record vertical footage.



2. Prop your phone up

If you don't have a tripod, you could try propping up your device on a chair, table, or other secure setup, or have someone film for you.

3. Pick a nice backdrop

Avoid taping your video in front of a busy or distracting background. If possible, find a blank wall or other neutral background that won't distract viewers from you and what you are saying.

3. Find even, natural lighting

Even, natural lighting is key to a good-quality video. Try taping in a few areas in your home to figure out which lighting looks best. Avoid having any light behind you; it will make you backlit and create shadows across your face.

4. Limit background noise

Air conditioner humming. Open window. Kids in the next room. TV in the background. Cars honking. All of these things can interfere with your sound quality. Find the quietest room in your house, and turn off anything that might create background noise.

5. Don't use digital zoom

Don't use the zoom options on your recording device. That will decrease the quality of the picture. If you want to be closer, move closer to the phone.

PART II: Additional requirements and guidelines

Here are a few additional instructions to keep in mind.

- 1. No cursing, swearing, or inappropriate language.**
- 2. No mentions of brand-name or specific medications or treatments.**
- 3. No disparaging or criticizing any particular person, facility, or treatment option.**

PART III: Talking about your DPN journey

Once you've got the technical requirements down, here is a suggested outline for talking about your experience as a person living with diabetic peripheral neuropathy, DPN, or diabetic nerve pain.

Remember that the video must be three minutes or less, so consider writing out notes to keep yourself on track, and only talk about the most important things you wish to convey. You may have to try recording the video a few times in order to fit in everything you want to say as succinctly as possible.

Speak clearly and proudly—your story matters!

- 1. Introduce yourself.**
 - a. Start by sharing your name and the state where you live.
 - b. You can also mention your occupation if you are working.
 - c. Share when you were diagnosed with diabetic peripheral neuropathy, DPN, or diabetic nerve pain.
- 2. Tell us about your pain journey with DPN. Here are some questions to get you thinking:**
 - a. Describe what DPN feels like for you.
 - b. How does DPN affect your life? What activities does it interfere with?
 - c. What has living with DPN taught you?
- 3. End on a positive note by answering one of the questions below.**
 - a. What would you like to say to other people living with DPN?
 - b. What do you wish people understood about DPN?

If you have any questions or need help, email rebecca@uspainfoundation.org.