



MAKE YOUR VOICE HEARD FROM HOME

You don't need a trip to Washington to influence Congress. Your clinical expertise makes these three tools especially powerful. Legislators and editors respond to **healthcare professionals with real patient experience**.

TOWNHALL

Why it works:

Direct access to your representative. Attendance and pointed questions from credentialed constituents are tracked and noticed.

How to prepare:

- **Find events** on your member's website or by calling their district office; especially during recess.
- Draft **one focused question that pairs a patient story with a specific ask**.
- **State your credentials**. A nurse or physician asking about patient care carries real authority.
- **Follow up in writing**. Repeat your ask and build an ongoing relationship with their office.

LETTER TO THE EDITOR

Why it works:

Congressional offices monitor local papers. A published letter creates a public record of constituent concern that staffers cite.

What to include:

- Open with **a patient story**; one real experience outweighs a page of statistics.
- **State your role upfront**. Establish credibility in the first sentence.
- **Name the bill or policy** you want your member to support or oppose.
- **Keep it under 200 words**. Short letters get published; long ones get cut.

OP-ED

Why it works:

A published op-ed reaches thousands (including policymakers) and signals informed, organized constituent concern on a specific issue.

How to get published:

- **Tie your piece to a current vote or news event**; timing drives publication.
- **Open with a hook**: a patient moment, a striking stat, a clinical reality.
- **Make one argument**. Support it with evidence, rebut the strongest counterpoint.
- **End with a clear call to action**. Tell readers exactly what to do next.
- **Start local** — regional papers have higher acceptance rates and reach your own representatives.

In all three formats, **lead with who you are and what you see**. Clinical authority backed by real patient experience is a perspective no one else can offer. And it is the one policymakers and editors most need to hear.