

Tips for filming yourself or a colleague

The easiest (and most fun) approach is to find a colleague and take it in turns interviewing each other. Most smartphones, tablets, and laptops have high quality inbuilt video cameras and microphones. Take a look at these videos for inspiration. Please make sure you record the questions too, as this will help us with the editing.



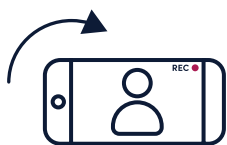
What to wear

Wearing scrubs reinforces your role as a doctor. Otherwise the best clothing option for on-camera is a solid-colour long-sleeve shirt, jumper, or jacket. Choose a primary colour instead of patterns or prints.



Prepare your space

Choose a quiet, controlled area, ideally away from busy hallways or noisy equipment. Position yourself facing a natural light source, like a window. Avoid harsh light directly overhead or behind you, as it can cause shadows. Be mindful of the background to avoid distractions. If filming in a hospital room, ensure there is no identifiable patient information in the shot.



Set up your mobile device

Film in landscape (horizontal) mode.

The person filming should position the phone directly in front of you, ensuring the lens is aligned with your eyes. If you're filming yourself, place the device on a stable surface at eye level to avoid awkward angles.



Frame your shot

Stand about 1 to 1.5 meters away from the camera. You should fill the frame from your waist up, leaving a little room above your head for a natural look. Look directly at the lens. This creates a personal connection. Keep your arms relaxed or use hand gestures naturally when you speak. Avoid crossing your arms or standing too stiffly.



Audio, position and movement

Before starting, do a quick sound check to make sure the camera can pick up your voice clearly. Speak at a normal level and avoid turning your head too far away from the camera while talking. The person filming should hold the phone with both hands - or even rest their elbows on a solid surface - to minimise shakiness. Don't move around too much during filming. Small, natural hand gestures are great for emphasis.



Recording

Once you're ready, hit record and wait a couple of seconds before you start speaking to ensure there's no cut-off at the beginning. Ask your partner to prompt you with a question, and leave these in the final recording. Speak clearly and with enthusiasm. Use the same sort of language and tone you'd use with a patient.



Wrap-up

Conclude your answer with a clear stop, and wait a moment before turning off the recording. This makes it easier to edit out any awkward starts or stops later.