

The Healing Power of Compassion

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Disclosures

I have no relationships with commercial interests

I donate my book proceeds to the Cooper Foundation

I receive payments for speaking engagements

I have no “magical thinking”

I am (very much) a work in progress



How We Got Here





© Getty Images







Then



Now

**Does compassion
really matter?**



Definitions

Compassion is an emotional *response* to another's pain or suffering involving an authentic desire to *help*.

Empathy + Action = Compassion



For Your *Patients*



Harvard Study of Adult Development



GRANT & GLUECK MEN

Our sample consists of two unique groups of men recruited in the 1930's and 1940's:

1. Harvard Cohort - Grant Study

The participants for this study were chosen when they were around 19 years old. It is a group of 268 Caucasian men from the Harvard classes of 1939-1944.

2. Boston Cohort - Glueck Study

456 Caucasian men from the neighborhoods of Boston were selected at ages between 11-16 by Harvard Law School professors Sheldon and Eleanor Glueck.



Physiological

Patient self-care

Clinical Effects

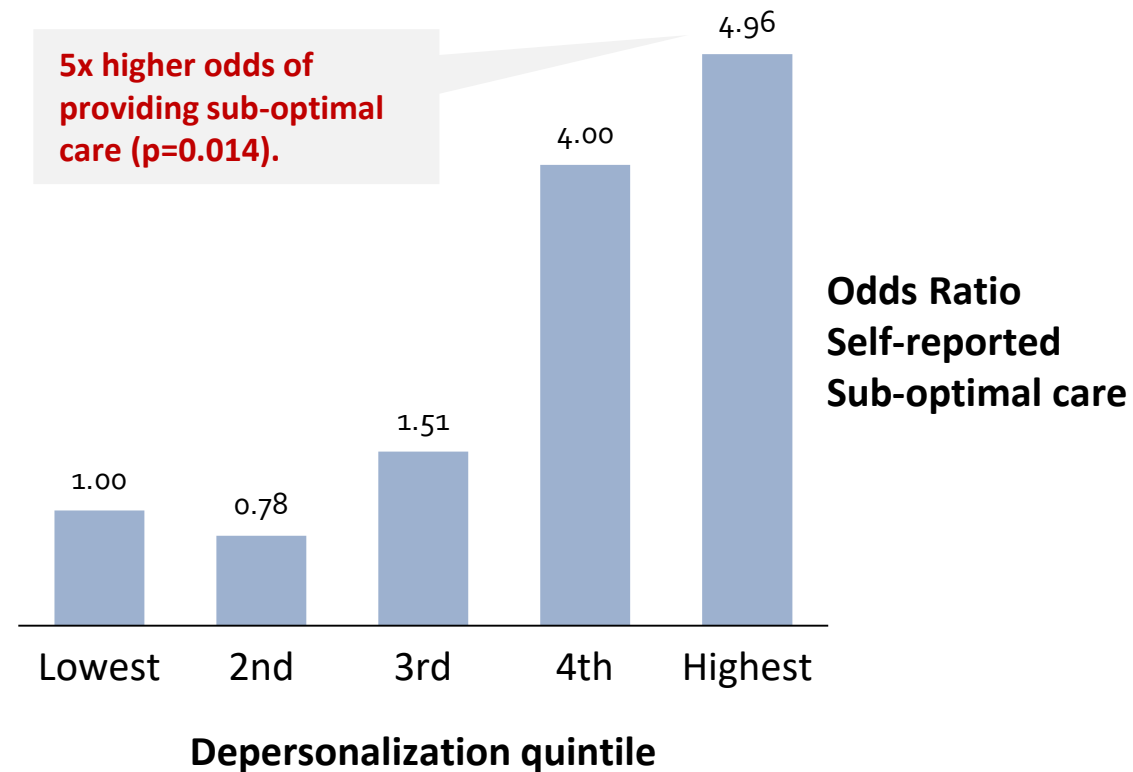
Quality of care

Psychological



Depersonalization linked to sub-optimal care

High “depersonalization” among physicians predicts suboptimal care



Patient Adherence

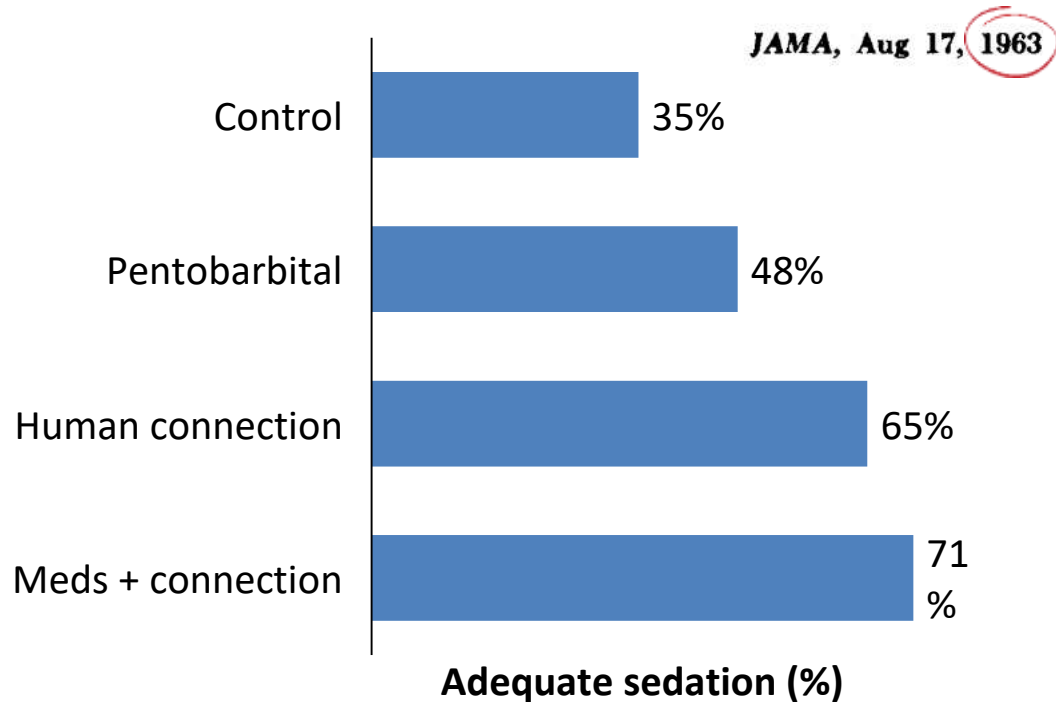


Breaking news...from the 1960s

The Value of the Preoperative Visit by an Anesthetist

A Study of Doctor-Patient Rapport

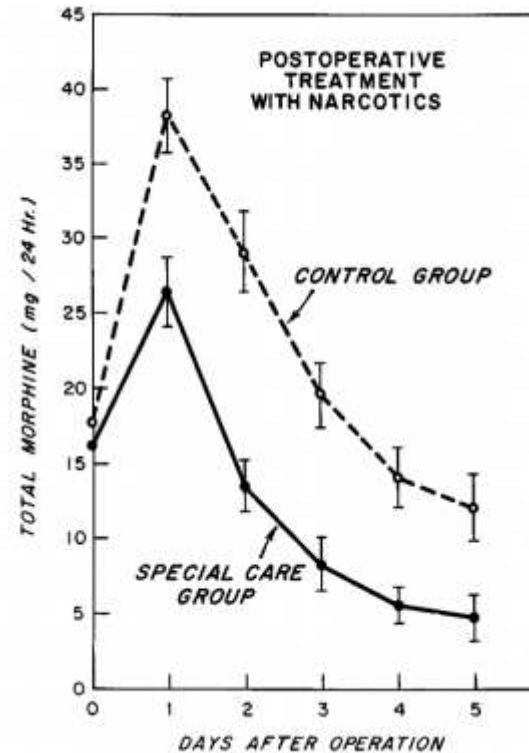
Lawrence D. Egbert, MD, George E. Battit, MD, Herman Turndorf, MD,
and Henry K. Beecher, MD, Boston



REDUCTION OF POSTOPERATIVE PAIN BY ENCOURAGEMENT AND INSTRUCTION OF PATIENTS*

A Study of Doctor-Patient Rapport

LAWRENCE D. EGBERT, M.D.,† GEORGE E. BATTIT, M.D.,‡ CLAUDE E. WELCH, M.D.,§
AND MARSHALL K. BARTLETT, M.D.¶

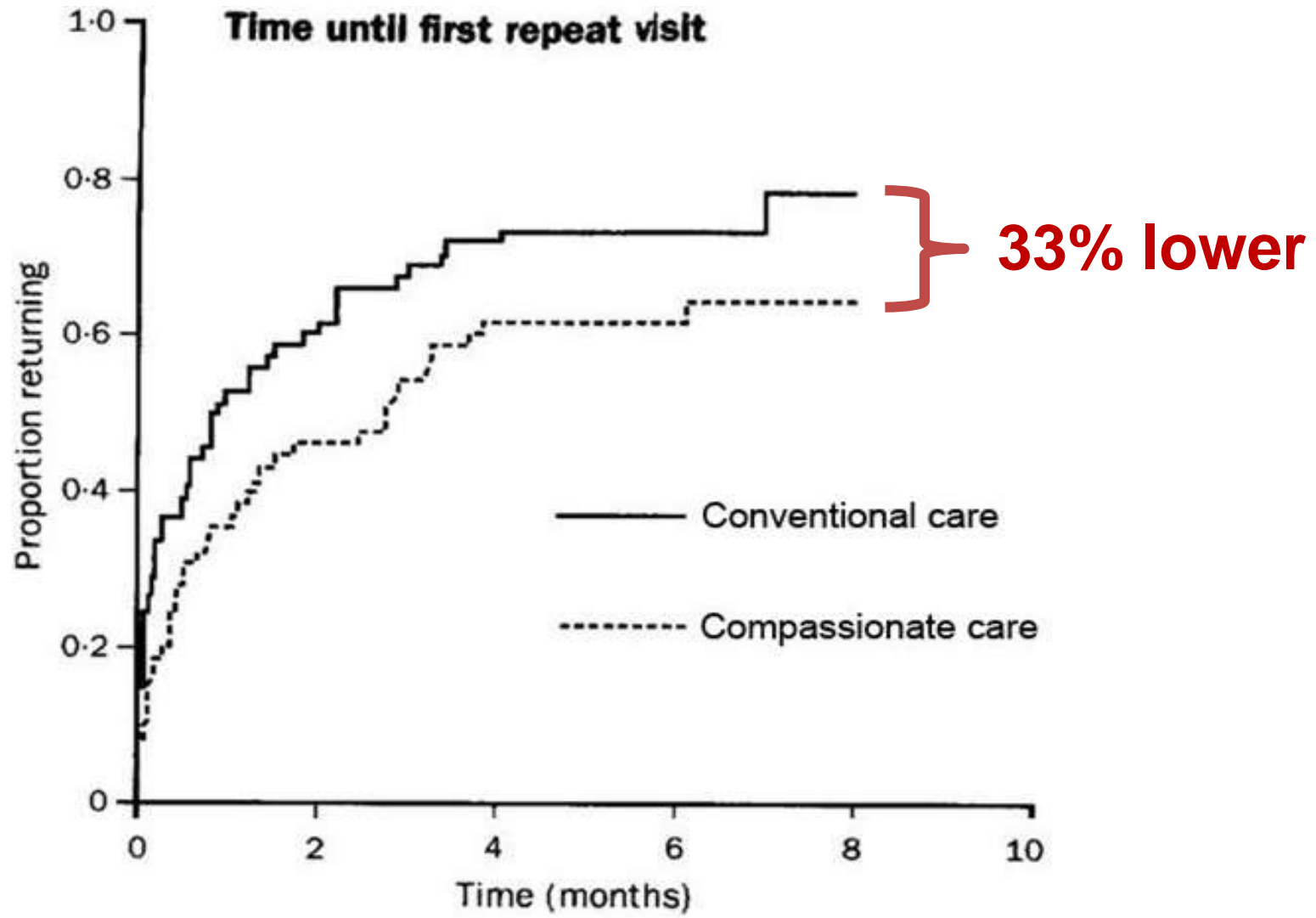


THE NEW ENGLAND JOURNAL OF MEDICINE

Apr. 16, 1964

“special care’ patients were told what to expect...how to relax...how to take deep breaths and how to move so they would remain more comfortable after operation.

Comparing these patients with a control group...we were able to reduce post-operative narcotic requirements by half”



Redelmeier *et al* / The Lancet 1995



What do patients *remember?*



Compassion and PTSD

ORIGINAL



Healthcare provider compassion is associated with lower PTSD symptoms among patients with life-threatening medical emergencies: a prospective cohort study

Jeena Moss¹, Michael B. Roberts², Lisa Shea¹, Christopher W. Jones¹, Hope Kilgannon¹, Donald E. Edmondson³, Stephen Trzeciak^{4,5} and Brian W. Roberts^{1,5*} 

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Abstract

Purpose: We tested the hypothesis that, during a life-threatening medical emergency, patient perception of healthcare provider (HCP) compassion is associated with the subsequent development of post-traumatic stress disorder (PTSD) symptoms.

Methods: Prospective cohort study in the emergency department (ED) of an urban academic medical center. We included adult patients presenting with a life-threatening medical emergency, defined as respiratory or cardiovascular instability requiring a potentially life-sustaining intervention in the ED. We measured patient perception of HCP compassion in the ED using the Consultation and Relational Empathy (CARE) measure, a validated 40-point scale. Blinded to clinical outcomes (including the CARE measure), we assessed PTSD symptoms 1 month post-discharge using the PTSD Checklist for the Diagnostic and Statistical Manual of Mental Disorders-5.

Results: Of the 99/113 (88%) patients who completed follow-up, 25% (95% CI 17–35%) had PTSD symptoms at 1 month. In a multivariable model adjusting for potential confounders (e.g. severity of illness score in ED, need for intensive care unit admission, ED overcrowding, and family member emotional support in the ED), patient perception of greater HCP compassion in the ED was independently associated with lower PTSD symptoms at 1 month [odds ratio 0.93 (95% CI 0.89–0.98)]. A one-point increase in the CARE measure was associated with a 7% decrease in the odds of developing PTSD symptoms.

Conclusions: PTSD symptoms are common among ED patients with life-threatening medical emergencies. Patient perception of greater HCP compassion during the emergency is independently associated with lower risk of developing PTSD symptoms.

Keywords: Post-traumatic stress disorder, PTSD, Compassion, Empathy

Take-home message

Post-traumatic stress disorder (PTSD) symptoms are common among emergency department patients with life-threatening medical emergencies. Patient perception of greater healthcare provider compassion during the emergency is independently associated with a lower rate of PTSD symptoms.

Moss *et al* Intensive Care Med 2019

Psychological Effects



**Compassionate care is
evidence-based medicine**




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PREV RESULT

1 of 14

NEXT RESULT

3 of 14

Case Reports > Trends Health Care Law Ethics. 1994 Spring;9(2):43-5, 42.

A physician's personal experience of critical illness

E D Viner

PMID: 8019104

No abstract available

ACTIONS

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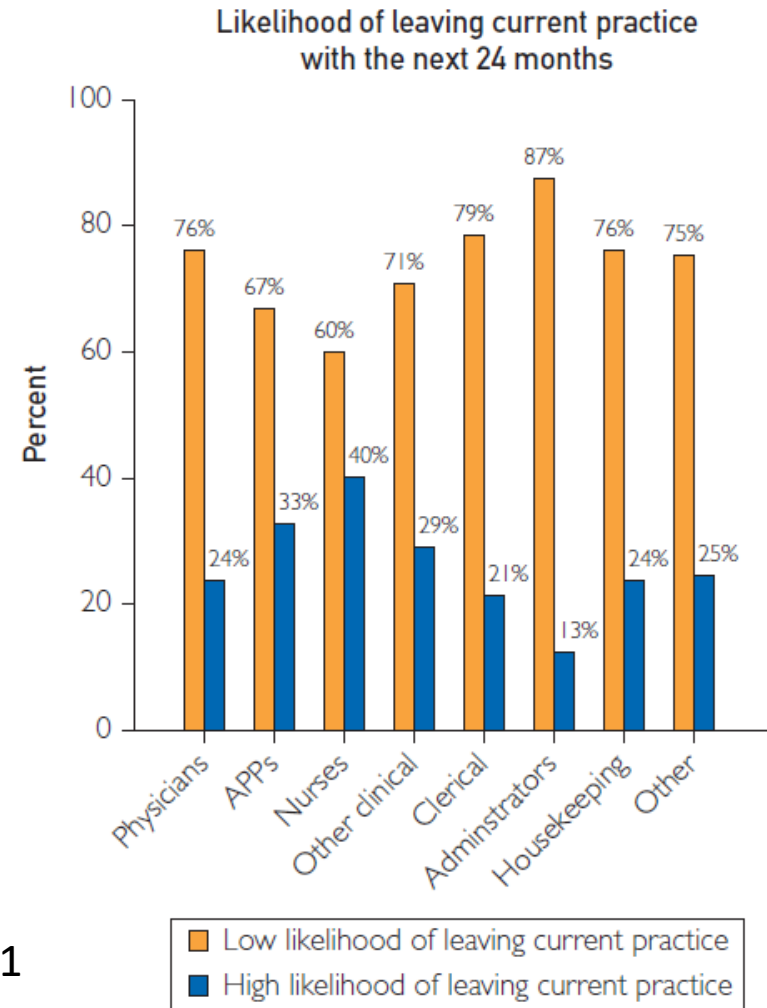
SHARE



For Your *Teams*



COVID Stress and Work Intentions

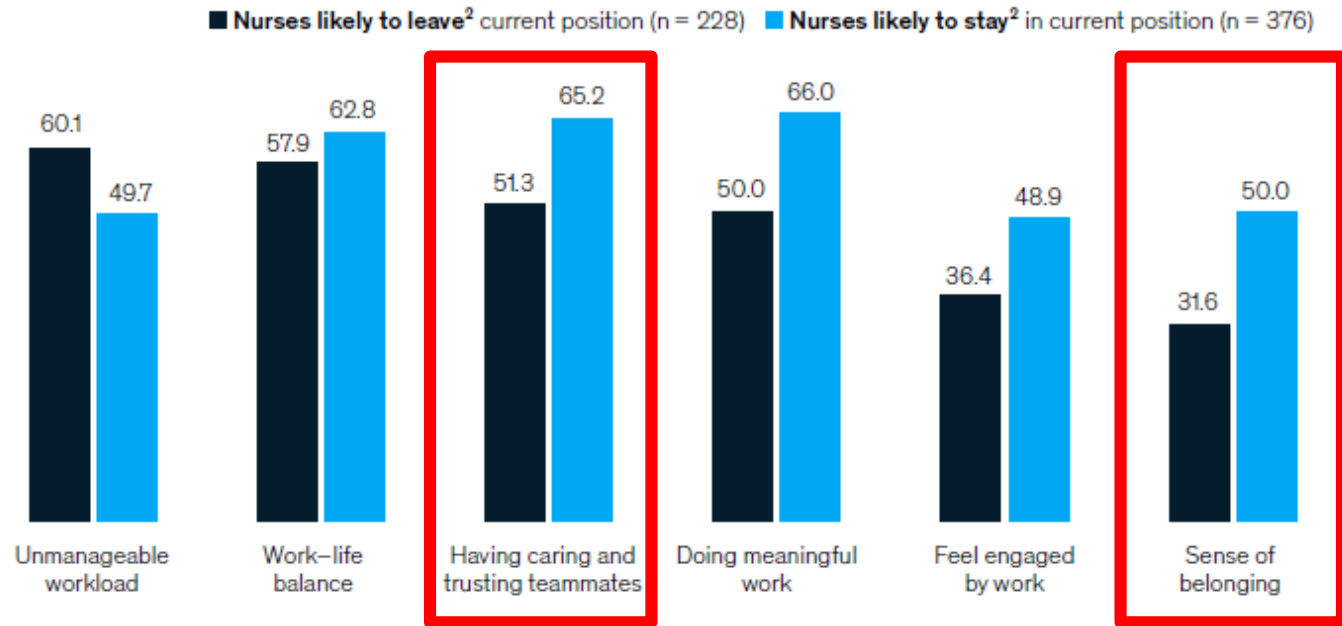


Mayo Clinic Proceedings 2021



Reasons for leaving

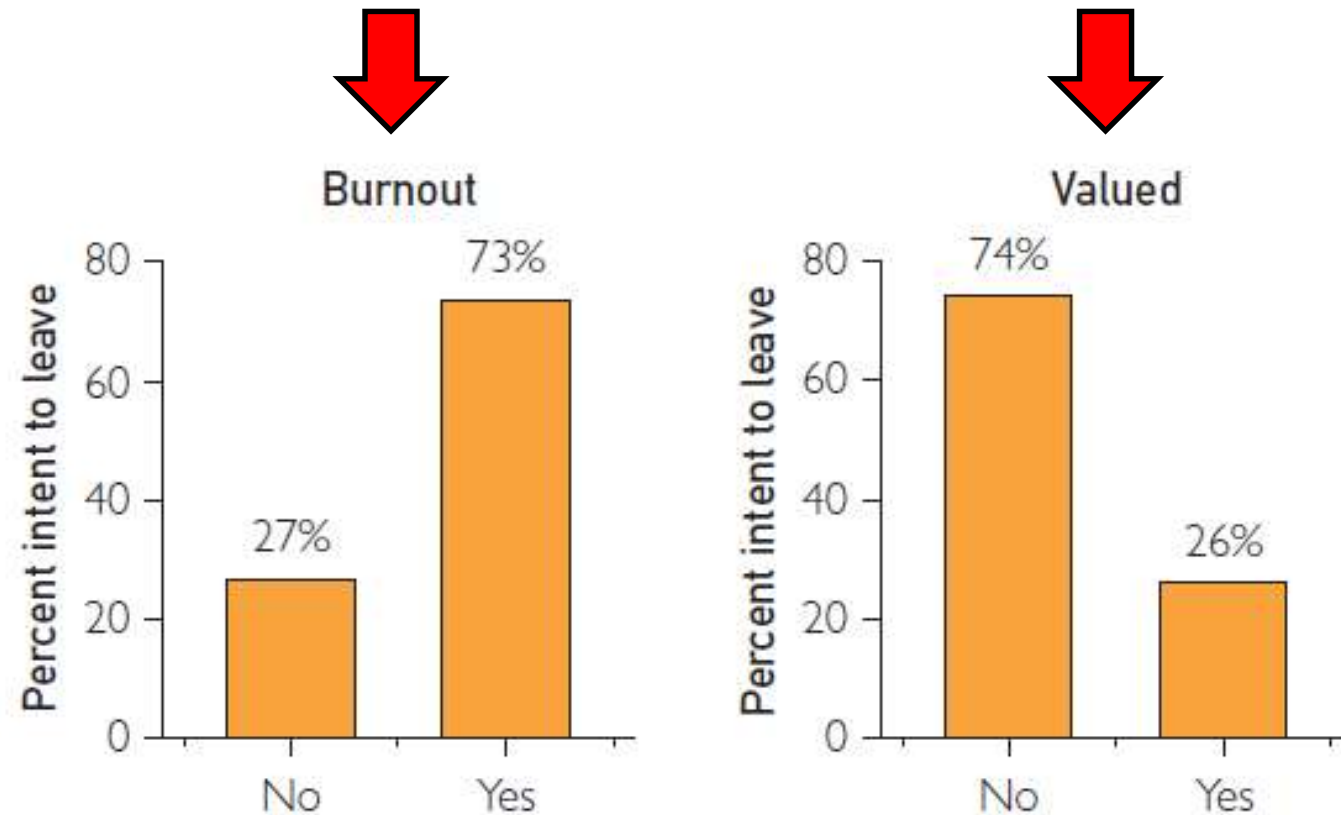
Factors affecting decision to stay or leave



McKinsey & Co. 2022



COVID Stress and Work Intentions



Mayo Clinic Proceedings 2021



Culture of *Care*

Source: Barsade Admin Sci Q 2014



The Power of *Presence*



For *Yourself*



Compassion is a
powerful beneficial
therapy for the *giver*, too.



n = 1



You know the *Why...*

But *How?*

The Compassion Mindset

1. Compassion is *evidence-based* medicine
2. Change *is* possible
3. It's about *time*

Change Is *Possible*



RESEARCH ARTICLE

Curricula for empathy and compassion training in medical education: A systematic review

Sundip Patel¹, Alexis Pelletier-Bui¹, Stephanie Smith¹, Michael B. Roberts², Hope Kilgannon^{1,3}, Stephen Trzeciak^{3,4}, Brian W. Roberts^{1,3*}

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Patel *et al* PLOS ONE 2019



Mindset *Matters*



Dweck 2006



Time



40 Seconds



7 Evidence-Based Steps to Take *Now*

- 1 – Start Small
- 2 – Be Thankful
- 3 – Be Purposeful
- 4 – Find Common Ground
- 5 – See It
- 6 – Elevate
- 7 – Know Your Power





Bus Crash



Luke Fildes

**QR code if you want
to contact me:**

