

Compassionomics:

The Scientific Evidence That Caring Makes a Difference

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Executive Summary

Patients



Patient Care



Those Who Care For Patients



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

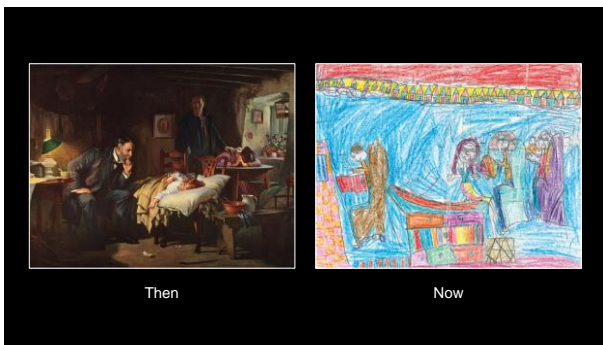
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Cooper Medical Center
at Wake University







**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



Physiological
Patient self-care
Clinical Effects
Quality of care
Psychological



Therapeutic Empathy and Recovery From Depression in Cognitive-Behavioral Therapy: A Structural Equation Model
David D. Burns
University of Pennsylvania, School of Medicine
and Philadelphia Veterans Affairs Medical Center of Philadelphia

Russel Nideck-Hodkins
Harvard University

The relationship between staff empathy and depressive symptoms in nursing home residents

N. HOLLINGER-SANSON¹ & J. L. PEARSON²

Psychiatrist effects in the psychopharmacological treatment of depression
Kevin M. McKay¹, Zhi E. Lim², Bruce E. Wampold³

Improving Physicians' Interviewing Skills and Reducing Patients' Emotional Distress
A Randomized Clinical Trial
John C. Shaw, Emily Smith, PhD, PhD, PhD, David E. Kohn, MD, MPH, J. David Kohn, MD, MPH, David E. Kohn, MD, MPH, J. David Kohn, MD, MPH

Aspects of Patient and Clinician Language Predict Adherence to Antidepressant Medication
Jennifer D. Kuylenstierna, MD, Robert D. Kuylenstierna, MD, Matthew Dwyer, MD, PhD
Lund University, Lund, Sweden; and Umeå University, Umeå, Sweden

Interpersonal Factors in Brief Treatment of Depression: Further Analyses of the National Institute of Mental Health Treatment of Depression Collaborative Research Program
Sally J. Runtz
New York University

David C. Zuroff
McGill University

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NIH National Library of Medicine
National Center for Biotechnology Information

PubMed.gov

Search results

1 of 14

Case Reports

A physician's personal experience of critical illness

12 views

PMID: 8019104

No abstract available

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**What do patients
*remember?***

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Bus Crash



Luke Fildes

What's the ROI?



Culture of *Care*

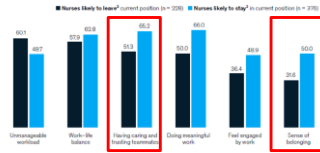


Source: Barsade Admin Sci Q 2014



Nurses

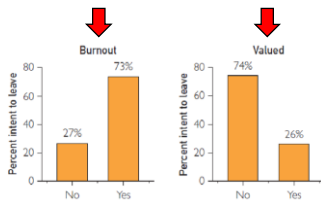
Factors affecting decision to stay or leave



McKinsey & Co. 2022



COVID Stress and Work Intentions



Mayo Clinic Proceedings 2021



The "Drivers" of Malpractice Cases

In a study of plaintiff depositions for malpractice lawsuits that were settled against a large metropolitan medical center, researchers found that, in general, **patients and families decided to litigate because they perceived their doctors did not care.**

They said that doctors were *unavailable, discounted their concerns, communicated poorly, or just failed to understand* the patient's or family's perspective. It wasn't the technical part of the medical care; it was the *caring* part of the medical care.

Source: Beusman et al of Archive of Internal Medicine



The Compassion Mindset

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



Change is Possible

PLOS ONE

RESEARCH ARTICLE

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

Sundip Patel¹, Alexis Pelletier-Bru¹, Stephanie Smith², Michael B. Roberts³, Hope Kilgannon⁴, Stephen Trzeciak⁴, Brian W. Roberts^{1,2,4}

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Patel et al PLOS ONE 2019



Mindset Matters



Dweck 2006



Time



40 Seconds



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



n=1



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The Daily Dose

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