

# Compassionomics: The Scientific Evidence That Caring Makes a Difference

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## Executive Summary

Patients



Patient Care



Those Who Care For Patients



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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



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# How We Got Here



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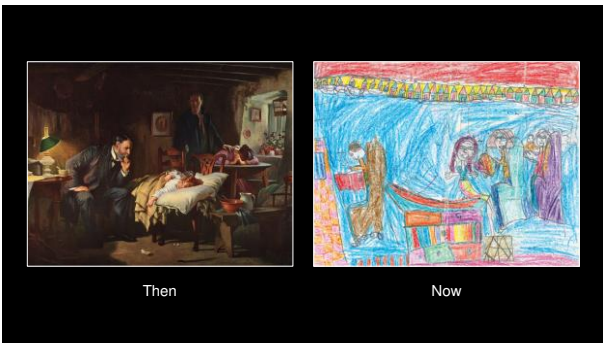
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**Does compassion  
*really* matter?**

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## Definitions

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

**Empathy + Action = Compassion**

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**GRANT & GLUECK MEN**

Our sample consists of two unique groups of men recruited in the 1930s and 1960s:

- 1. Harvard Cohort - Grant Study**  
The participants for this study were chosen when they were around 30 years old. It is a group of 268 Caucasian men from the Harvard campus of 1939-1940.
- 2. Boston Cohort - Glueck Study**  
492 Caucasian men from the neighborhoods of Boston were selected at ages between 11-18 by Harvard Law School professor Sheldon and Eleanor Glueck.




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Physiological

Patient self-care **Clinical Effects** Quality of care

Psychological

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Empathy is related to clinical competence in medical care  
James O'Neil, John A. Rudolph, & Bruce Cooper

Association of Perceived Medical Errors With Resident Distress and Empathy  
A Prospective Longitudinal Study  
JAMA

# Quality of Care

Burnout and Medical Errors Among American Surgeons  
Dip G. Bhavsani, MD, PhD, et al. JAMA. 2019;321(16):1581-1590.

Burnout and Self-Reported Patient Care in an Internal Medicine Residency Program  
Lori S. Branstetter, MD, Katherine A. Bradley, MD, MPH, Joyce E. West, MD, and Anthony J. Lee, MD



Impact of physician empathy on migraine disability and migraineur compliance  
Shawn E. Miller, Joseph F. Tomasiello

Physicians' Empathy and Clinical Outcomes for Diabetic Patients  
Muhommedhossain, PhD, et al. JAMA. 2019;321(16):1581-1590.

Is the Quality of the Patient-Provider Relationship Associated with Better Adherence and Health Outcomes for Patients with HIV?  
Mary Catherine Beach, MD, MPH, et al. JAMA. 2019;321(16):1581-1590.

# Patient Self-care

Physician-Patient Relationship and Medication Compliance: A Primary Care Investigation  
Mehmet Akif, et al. JAMA. 2019;321(16):1581-1590.

Physician Communication and Patient Adherence to Treatment: A Meta-Analysis  
Kath B. Stuckard, et al. JAMA. 2019;321(16):1581-1590.

Clinician empathy is associated with differences in patient-clinician communication behaviors and higher medication self-efficacy in HIV care  
Taher E. Flickinger, et al. JAMA. 2019;321(16):1581-1590.

The Relationship Between Physician Empathy and Disease Complications: An Empirical Study of Primary Care Physicians and Their Diabetic Patients in Parma, Italy  
Caterina Dal Canto, et al. JAMA. 2019;321(16):1581-1590.



REDUCTION OF POSTOPERATIVE PAIN BY ENCOURAGEMENT AND INSTRUCTION OF PATIENTS  
A Study of Doctor-Patient Rapport  
Lawrence D. Enright, M.D., et al. JAMA. 2019;321(16):1581-1590.

The Value of the Preoperative Visit by an Anesthetist  
A Study of Doctor-Patient Rapport  
Lawrence D. Enright, M.D., et al. JAMA. 2019;321(16):1581-1590.

Enhanced Therapeutic Alliance Mediates Pain Intensity and Muscle Pain Sensitivity in Patients With Chronic Low Back Pain: An Experimental Controlled Study  
David P. Baker, et al. JAMA. 2019;321(16):1581-1590.

# Physiological Effects

Practitioner Empathy and the Duration of the Common Cold  
David P. Baker, et al. JAMA. 2019;321(16):1581-1590.

The Effects of Psychological Intervention on Recovery From Surgery and Heart Attacks: An Analysis of the Literature  
Emel Y. Moushah, et al. JAMA. 2019;321(16):1581-1590.

Physical Therapists' Nonverbal Communication Predicts Geriatric Patients' Health Outcomes  
Nahar Anshu, et al. JAMA. 2019;321(16):1581-1590.

Empathy Predicts an Experimental Pain Reduction During Touch  
Paul Goldstein, et al. JAMA. 2019;321(16):1581-1590.

Patient-centered interviewing is associated with decreased responses to painful stimuli: An initial fMRI study  
Jonathan S. Davidson, et al. JAMA. 2019;321(16):1581-1590.







Bus Crash



Luke Fildes

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## What's the ROI?

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## Culture of *Care*

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Source: Barsade Admin Sci Q 2014



## Nurses

### Factors affecting decision to stay or leave



McKinsey & Co. 2022




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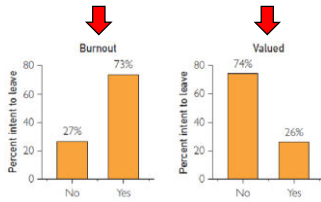
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## COVID Stress and Work Intentions



Mayo Clinic Proceedings 2021




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## 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: Beckman et al of Archive of Internal Medicine




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## The Compassion Mindset

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

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## Change is Possible

PLOS ONE

RESEARCH ARTICLE

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

Sundip Patel<sup>1</sup>, Alexis Pelletier-Bru<sup>1</sup>, Stephanie Smith<sup>1</sup>, Michael B. Roberts<sup>1</sup>, Hope Kilgannon<sup>1,2</sup>, Stephen Trzeciak<sup>1,3</sup>, Brian W. Roberts<sup>1,2,4\*</sup>

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\* roberts.brian@cooperhealth.edu

Patel et al PLOS ONE 2019

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## Mindset Matters



Dweck 2006

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# Time

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# 40 Seconds

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

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#### QR Contact Info:



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#### The Daily Dose

