

# 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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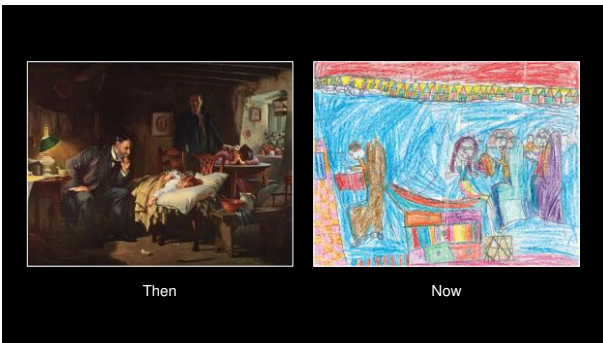
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**Does compassion  
*really* matter?**

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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 18 years old. It is a group of 268 Caucasian men from the Harvard campus of 1939-1944.
- 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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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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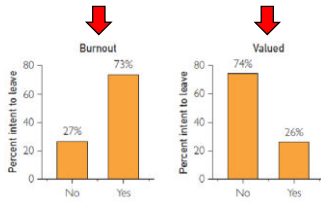
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# COVID Stress and Work Intentions



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



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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#### The Daily Dose

