

Compassionomics:

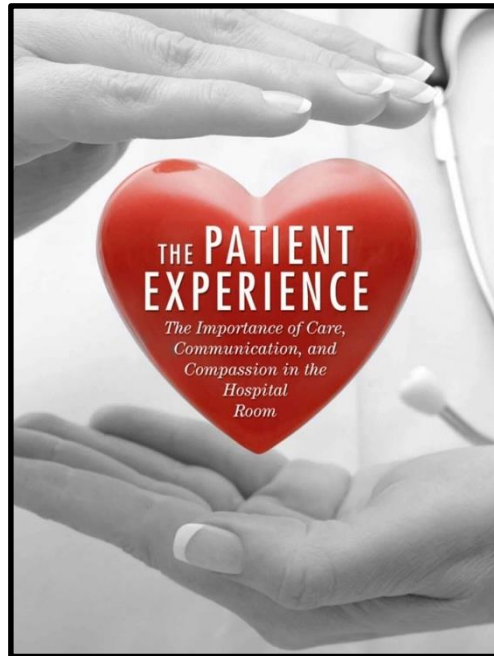
The Scientific Evidence That *Caring* Makes a Difference

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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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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





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



Empathy is related to clinical competence in medical care

Jessica Ogle¹, John A Bushnell² & Peter Caputi¹

Quality of Care

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

Colin P. West, MD, PhD
Mashele M. Huschka, BS
Paul J. Novotny, MS
Jeff A. Sloan, PhD
Joseph C. Kolars, MD
Thomas M. Habermann, MD
Tait D. Shanafelt, MD

JAMA

Burnout and Medical Errors Among American Surgeons

Tait D. Shanafelt, MD, Charles M. Balch, MD,†‡ Gerald Bechamps, MD,†§ Tom Russell, MD,†
Lotte Dyrbye, MD,* Daniel Satele, BA,* Paul Collicott, MD,† Paul J. Novotny, MS,* Jeff Sloan, PhD,*
and Julie Freischlag, MD†‡*

Burnout and Self-Reported Patient Care in an Internal Medicine Residency Program

Tait D. Shanafelt, MD; Katharine A. Bradley, MD, MPH; Joyce E. Wipf, MD; and Anthony L. Back, MD



Impact of physician empathy on migraine disability and migraineur compliance

Hatim S. Attar, Srinath Chandramani

Physicians' Empathy and Clinical Outcomes for Diabetic Patients

Mohammadreza Hojat, PhD, Daniel Z. Louis, MS, Fred W. Markham, MD, Richard Wender, MD, Carol Rabinowitz, and Joseph S. Gonnella, MD

Physician-Patient Relationship and Medication Compliance: A Primary Care Investigation

Ngairé Kerse, PhD, MBCbB¹
Stephen Buelow, PhD¹
Arch G. Mainous III, PhD²
Gregory Young¹
Gregor Coster, MSc, MBCbB¹
Bruce Arroll, PhD, MBCbB¹

Is the Quality of the Patient-Provider Relationship Associated with Better Adherence and Health Outcomes for Patients with HIV?

Mary Catherine Beach, MD, MPH,^{1,2,3,4} Jeanne Keruly, MS, CNRP,¹
Richard D. Moore, MD, MHS^{1,5}

Patient Self-care

Physician Communication and Patient Adherence to Treatment A Meta-Analysis

Kelly B. Haskard Zolnieriek, PhD,* and M. Robin DiMatteo, PhD†

Clinician empathy is associated with differences in patient-clinician communication behaviors and higher medication self-efficacy in HIV care

Tabor E. Flickinger^{a,*}, Somnath Saha^{b,c}, Debra Roter^d, P.Todd Korthuis^c, Victoria Sharp^c, Jonathan Cohn^f, Susan Eggly^f, Richard D. Moore^d, Mary Catherine Beach^d

The Relationship Between Physician Empathy and Disease Complications: An Empirical Study of Primary Care Physicians and Their Diabetic Patients in Parma, Italy

Stefano Del Canale, MD, PhD, Daniel Z. Louis, MS, Vittorio Maio, PharmD, MS, MSPH, Xiaohong Wang, MS, Giuseppina Rossi, MD, Mohammadreza Hojat, PhD, and Joseph S. Gonnella, MD



**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 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*

**Enhanced Therapeutic Alliance
Modulates Pain Intensity and Muscle
Pain Sensitivity in Patients
With Chronic Low Back Pain:
An Experimental Controlled Study**

Jorge Fuentes, Susan Armijo-Olivo, Martha Funabashi, Maxi Miciak, Bruce Dick,
Sharon Warren, Saifee Rashed, David J. Magee, Douglas P. Gross

Physiological Effects

**Practitioner Empathy and the
Duration of the Common Cold**

David P. Rakel, MD; Theresa J. Hoelt, PhD; Bruce P. Barrett, MD, PhD;
Betty A. Chewning, PhD; Benjamin M. Craig, PhD; Min Niu, MS

**The Effects of Psychological Intervention on Recovery
From Surgery and Heart Attacks:
An Analysis of the Literature**

EMILY MUMFORD, PHD, HERBERT J. SCHLESINGER, PHD, AND GENE V. GLASS, PHD

**Physical Therapists' Nonverbal Communication Predicts
Geriatric Patients' Health Outcomes**

Nalini Ambady and Jasook Koo
Harvard University

Robert Rosenthal
University of California, Riverside

**Empathy Predicts an Experimental Pain Reduction
During Touch**

Pavel Goldstein,^{*,†} Simone G. Shamay-Tsoory,^{*} Shahar Yellinek,^{*} and
Irit Weissman-Fogel[‡]

**Patient-centered interviewing is associated with decreased responses to painful
stimuli: An initial fMRI study**

Issidoros Sarinopoulos^{a,*}, Ashley M. Hesson^b, Chelsea Gordon^a, Seungcheol A. Lee^c, Lu Wang^c,
Francesca Dwamena^b, Robert C. Smith^b



Therapeutic Empathy and Recovery From Depression in Cognitive-Behavioral Therapy: A Structural Equation Model

David D. Burns
University of Pennsylvania School of Medicine
and Presbyterian Medical Center of Philadelphia

Susan Nolen-Hoeksema
Stanford University

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

N. HOLLINGER-SAMSON¹ & J. L. PEARSON²

Psychological Effects

Psychiatrist effects in the psychopharmacological treatment of depression

Kevin M. McKay*, Zac E. Imel, Bruce E. Wampold

Improving Physicians' Interviewing Skills and Reducing Patients' Emotional Distress

A Randomized Clinical Trial

Debra L. Roter, DrPH; Judith A. Hall, PhD; David E. Kern, MD, MPH; L. Randol Barker, MD, ScM; Karan A. Cole, ScD; Robert P. Roca, MD

Aspects of Patient and Clinician Language Predict Adherence to Antidepressant Medication

Jessica E. Kaplan, BS, Robert D. Keeley, MD, Matthew Engel, MPH, Caroline Emsermann, MS, and David Brody, MD

Interpersonal Factors in Brief Treatment of Depression: Further Analyses of the National Institute of Mental Health Treatment of Depression Collaborative Research Program

Sidney J. Blatt
Yale University

David C. Zuroff
McGill University




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PREV RESULT
1 of 14

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

NEXT RESULT
3 of 14

A physician's personal experience of critical illness

E D Viner

PMID: 8019104

No abstract available

ACTIONS

“ Cite

📄 Collections

SHARE



What do patients *remember?*





Bus Crash



Luke Fildes

What's the ROI?



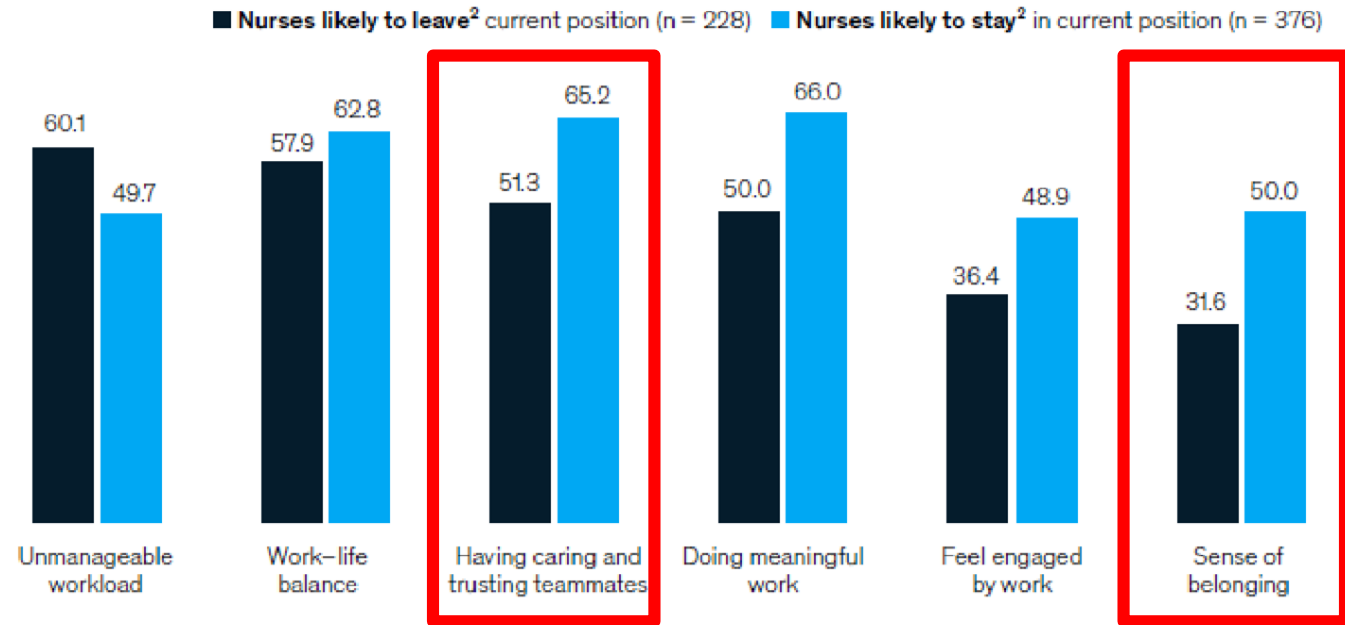
Culture of *Care*

Source: Barsade Admin Sci Q 2014



Nurses

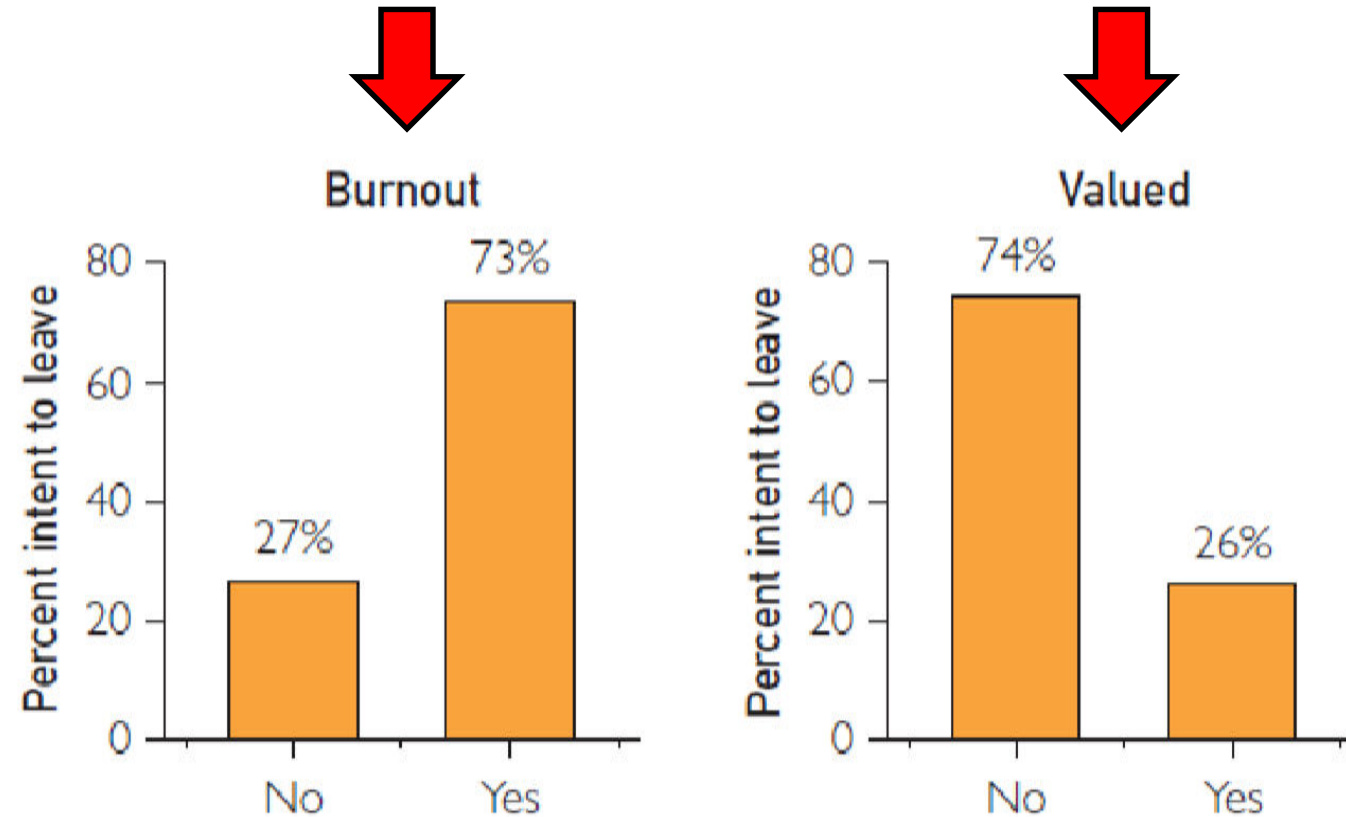
Factors affecting decision to stay or leave



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: Beckman *et al* 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*



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*}

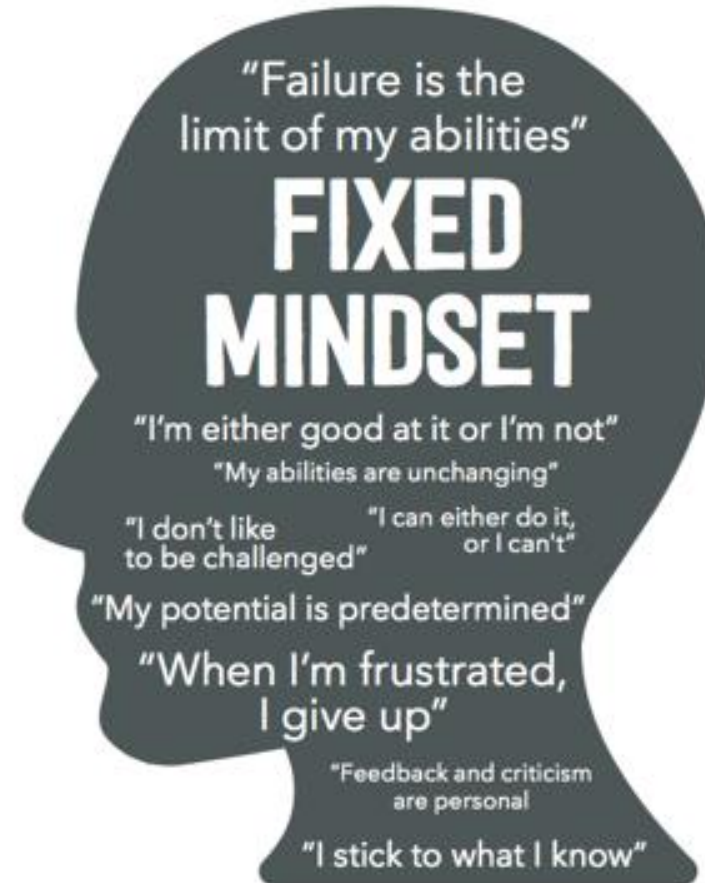
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Patel *et al* PLOS ONE 2019



Mindset *Matters*



Dweck 2006



Time



40 Seconds



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

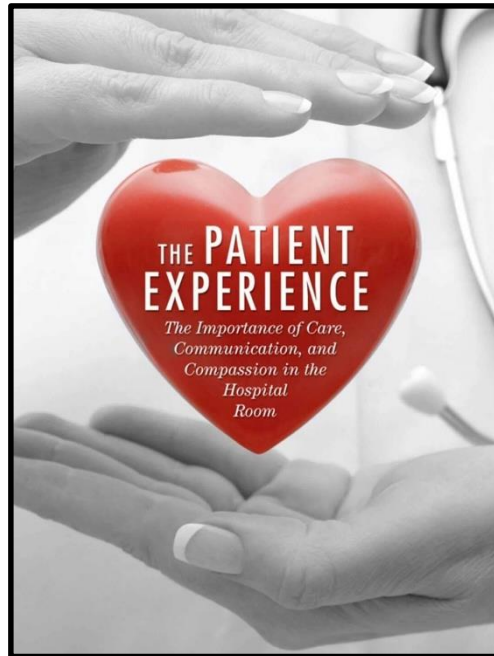


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The Daily Dose

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