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Frieder

Ted Ex. 40 sec. of Compassion could save a life.

ICU Dr.

ICU - pt. worst episode of HC. need.
Meets pt - worst day of lives.
- need care in ICU.

Survivors
of
Bus Crash.

Survivors - remember the comp. care.
attitude & support rather than the
medical care.

What they
remember?

- What do pts remember yrs later
lack of compassion from care.

Feb 27.
2007.
Sweden

- midst of compassion crisis.
- different from sympathy / empathy.
- ? HC providers are NOT compassionate

- Comp. = communication

- Burnout

- Computer time v. eye contact w
pt.

- Does Comp. Matter?

Science

Art of Medicine

Compassion can make HC workers
forget about their own
worries.

Compassion

= better
health
care +
improved
pt outcome

- Buffer.

- 80% odds of pts. Diab response.
enhanced immune response.

Care of pt = to med compliance

↓ HC \$ costs.

Time & efficiency - I not want have

* LIVES
Compassion
Matters!!
Yes.

Applied
Compassion
can
heal!



Compassionomics
where sc. + Art.
overlap.

time to help.

How long for a meaningful interaction
- measure used anxiety

↑ Comp. = ↓ anxiety

Antidote to HC Burnout is
not in escape but in applied
compassion therapeutic for the
pt as well as the HC worker.

Summary.

Science + Art of Medicine
Can interact + result in.
An improved pt experience as
well as be a relief to HC Burnout.

Thinking that you as a hc worker do not have time to be compassionate is not doing you or your patient any justice Compassion matters! - taking the time to be compassionate to a pt who is experiencing a medical issue will be what they remember 5 yrs later. This compassion will not only help your patient to heal, experience less anxiety but will be a benefit to you in reducing your own worried, anxiety and burnout