



*Training tomorrow's doctors to bring compassion and care to the patient with advanced illness.*

Katrina Anderson

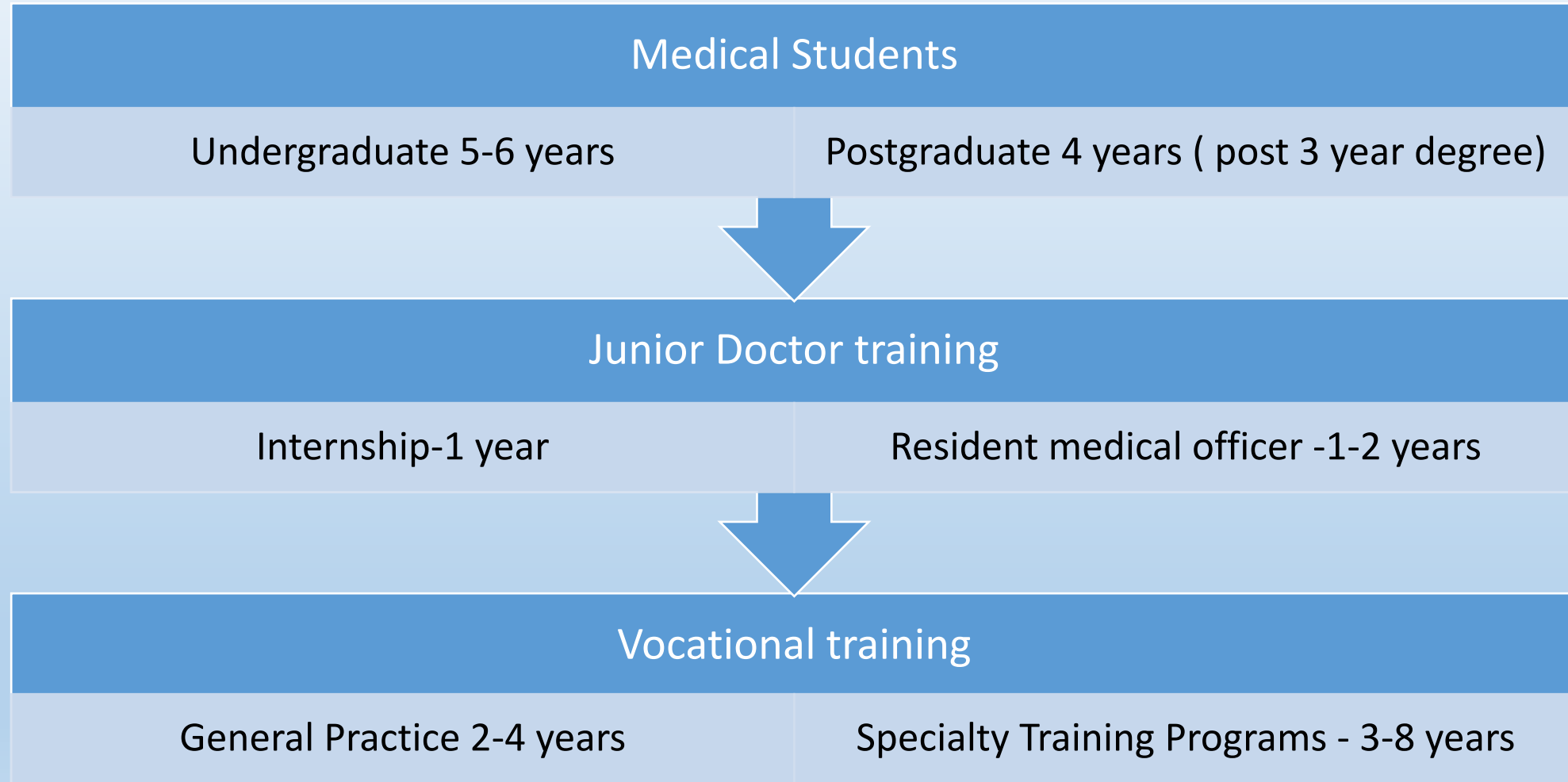
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# Medical Training

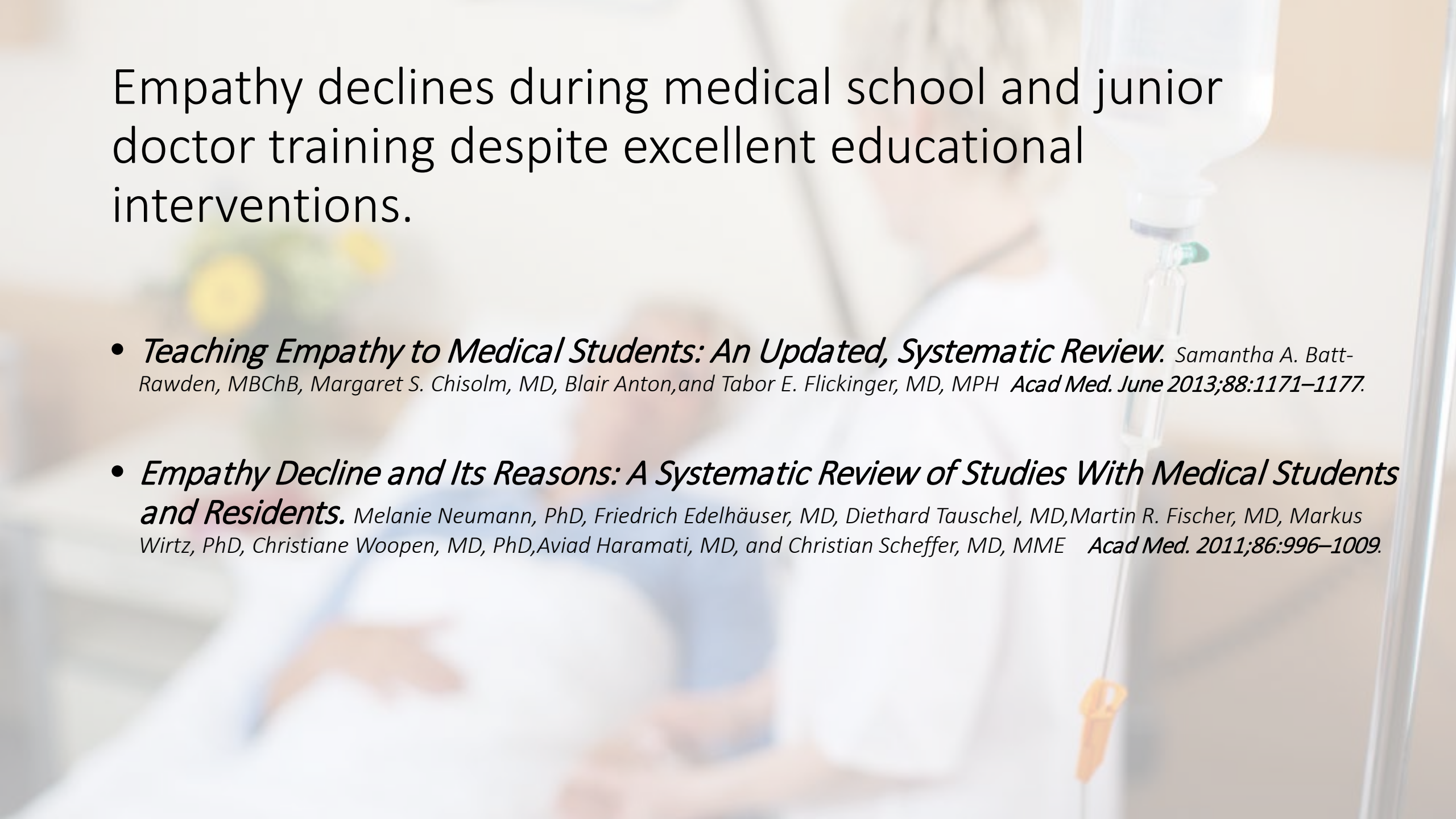


Minimum time in training is 10 years to a Fellowship qualification



# Empathy, care and compassion

- Cognitive empathy
- Affective empathy
- Empathic concern – the ability to recognise another's emotional state and show appropriate concern
- Empathy in action



Empathy declines during medical school and junior doctor training despite excellent educational interventions.

- ***Teaching Empathy to Medical Students: An Updated, Systematic Review.*** Samantha A. Batt-Rawden, MBChB, Margaret S. Chisolm, MD, Blair Anton, and Tabor E. Flickinger, MD, MPH *Acad Med.* June 2013;88:1171–1177.
- ***Empathy Decline and Its Reasons: A Systematic Review of Studies With Medical Students and Residents.*** Melanie Neumann, PhD, Friedrich Edelhäuser, MD, Diethard Tauschel, MD, Martin R. Fischer, MD, Markus Wirtz, PhD, Christiane Woopen, MD, PhD, Aviad Haramati, MD, and Christian Scheffer, MD, MME *Acad Med.* 2011;86:996–1009.

## Year 1 students: Responding to grief and loss- *what is helpful?*

- Willingness to share stories about the loss
- Not judging why you are upset
- Being there with a sense of quiet
- Listening
- The silence – having someone wait and listen – not push to talk
- Not feeling a need to give advice, just being a sounding board
- Unconditional love and support
- Just asking “how are you?” and being open to whatever answer comes
- Let you feel how you feel – not trying to fix it just accepting it
- Saying nothing and just listening and allowing someone to talk
- Giving space to talk and space to cry
- Taking food or flowers, cards and letters
- Doing something meaningful
- Acknowledging the loss and the meaning of it
- Hugs and physical touch
- OK to feel bad
- Someone who can share the emotion with you – cry with you, be angry for you, share the feeling of anger with you



## *Year 3 student exam- mini case question*

- **Question : Sally has lost her mother 2 months ago. She comes to you to tell you that she is still feeling very sad, finds herself crying at times and is quite fatigued. Describe broadly how you will approach this consultation with Sally and how you will help her.**

- **Answer**

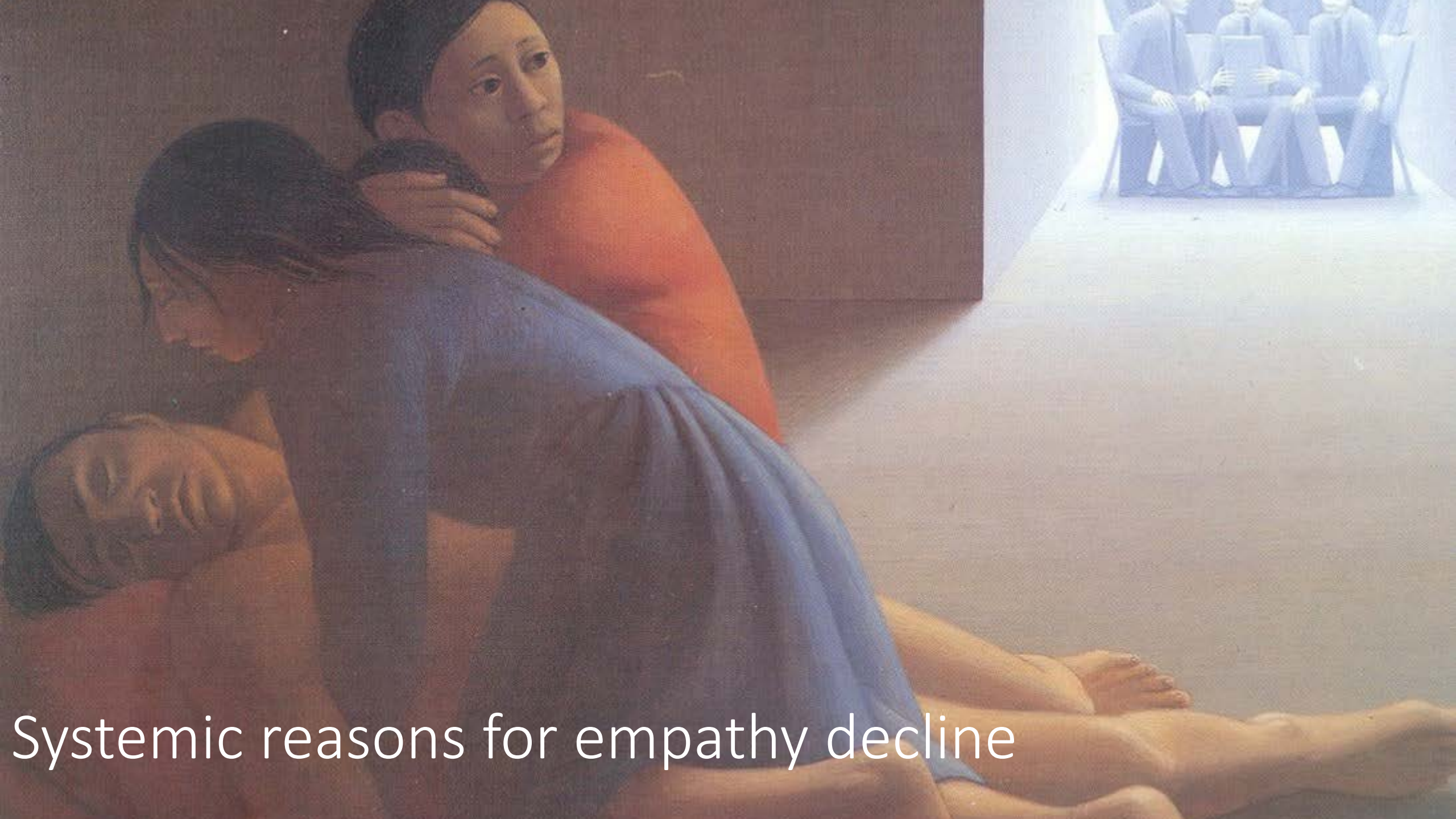
*I will explain to her the five stages of grief according to Kubler Ross and tell her which stage she is in.*

*The five stages are anger, denial, depression, bargaining and acceptance.*



# Why empathic decline ?

- psychological factors
- “hidden curriculum”
- unsuitable learning environments
- need for detachment
- development of cynicism
- correlation between burnout and empathy



Systemic reasons for empathy decline

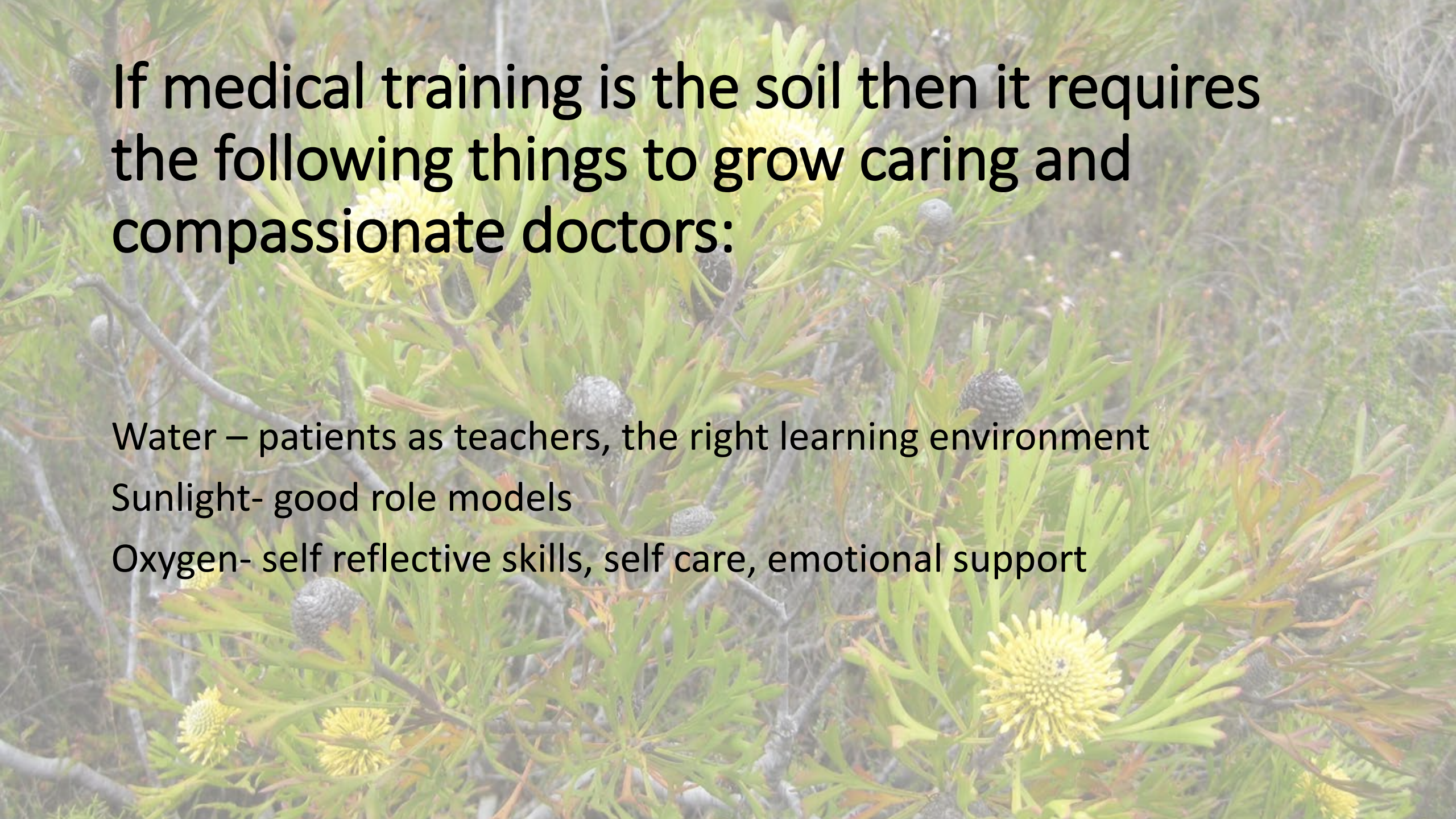
# Personally..

- Time poor
- Complexity of patients particularly with advanced illness
- Feeling one needs to fix everything
- Compassion is not valued or rewarded in the same way as medical science and knowledge
- Kindness is not valued at all



So how do we grow  
doctors to be  
compassionate and  
caring?





If medical training is the soil then it requires the following things to grow caring and compassionate doctors:

Water – patients as teachers, the right learning environment

Sunlight- good role models

Oxygen- self reflective skills, self care, emotional support

Patients are the teachers





# Role Modelling



A serene landscape at sunset. The sky is a warm, golden-orange color, with the sun partially visible at the top left. In the foreground, the dark silhouette of a large, leafy tree branches across the top right. Below it, a valley is visible, with a winding road or path that reflects the golden light of the setting sun. The overall mood is peaceful and contemplative.


# Self reflective practice and self care



HEALER'S ART



# Acknowledgements

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- A photograph of two young boys sitting at a dining table. The boy on the left is leaning forward, smiling broadly, and holding a branch of a holly plant with red berries. The boy on the right is sitting upright, looking towards the camera with a slight smile. The table is set with plates, glasses, and a lit candle. The background shows a dark wooden chair and a light-colored wall.
- My patients over many years who have taught me to be a healer.
  - Photos – Kris Smith
  - The Doctor. Luke Fildes, [avaxnews.net/educative/Artworks\\_by\\_George\\_Tooker.html](http://avaxnews.net/educative/Artworks_by_George_Tooker.html)
  - *The Healers Art. Institute for the Study of Health and Illness (ISHI), Commonweal (Bolinas, CA, USA). Developed by Dr Rachel Remen.*