

Why is compassion and caring important? What's the evidence?

Dr Robin Youngson



HEARTS IN HEALTHCARE

CHAMPIONS FOR COMPASSIONATE CARE

Evidence summary 1

- Healthcare has lost compassion and patients are suffering
- Health professionals are burning out
- Kindness, caring and compassion are the major source of health professional wellbeing, happiness and resilience
- Human beings are intimately connected - our feelings, thoughts and intentions change our patients' physiology and outcomes

Evidence summary 2

- Human touch is healing
- Patients' emotional and psychological health profoundly affects their physical health status
- Compassionate caring saves time
- Compassionate caring achieves better outcomes and costs less

Care and compassion?

Report of the Health Service Ombudsman on
ten investigations into NHS care of older people



Student nurses graduated with high ideals of compassionate, whole person care.

Within two years of starting practice, most were “*compromised idealists*” or “*crushed idealists*”

(Jill Maben 2007)

Physicians Foundation 2008 Survey of 12,000 USA Physicians

42% of physicians said the professional morale of their colleagues is either “poor” or “very low”
78% of physicians said medicine is either “no longer rewarding” or “less rewarding”
60% of doctors would not recommend medicine as a career to young people.

POSITIVITY

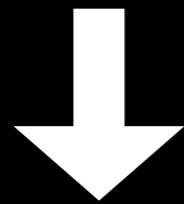
Top-Notch Research
Reveals the 3 to 1 Ratio
That Will Change Your Life

"Read one or two
chapters daily as needed
or until grumpiness subsides."
—DANIEL GILBERT,
bestselling author of
Stumbling on Happiness

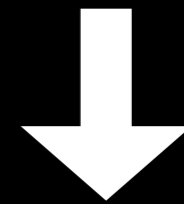
BARBARA L. FREDRICKSON, PH.D.

Two competing systems of motivation:

“Approach”



“Withdrawal”

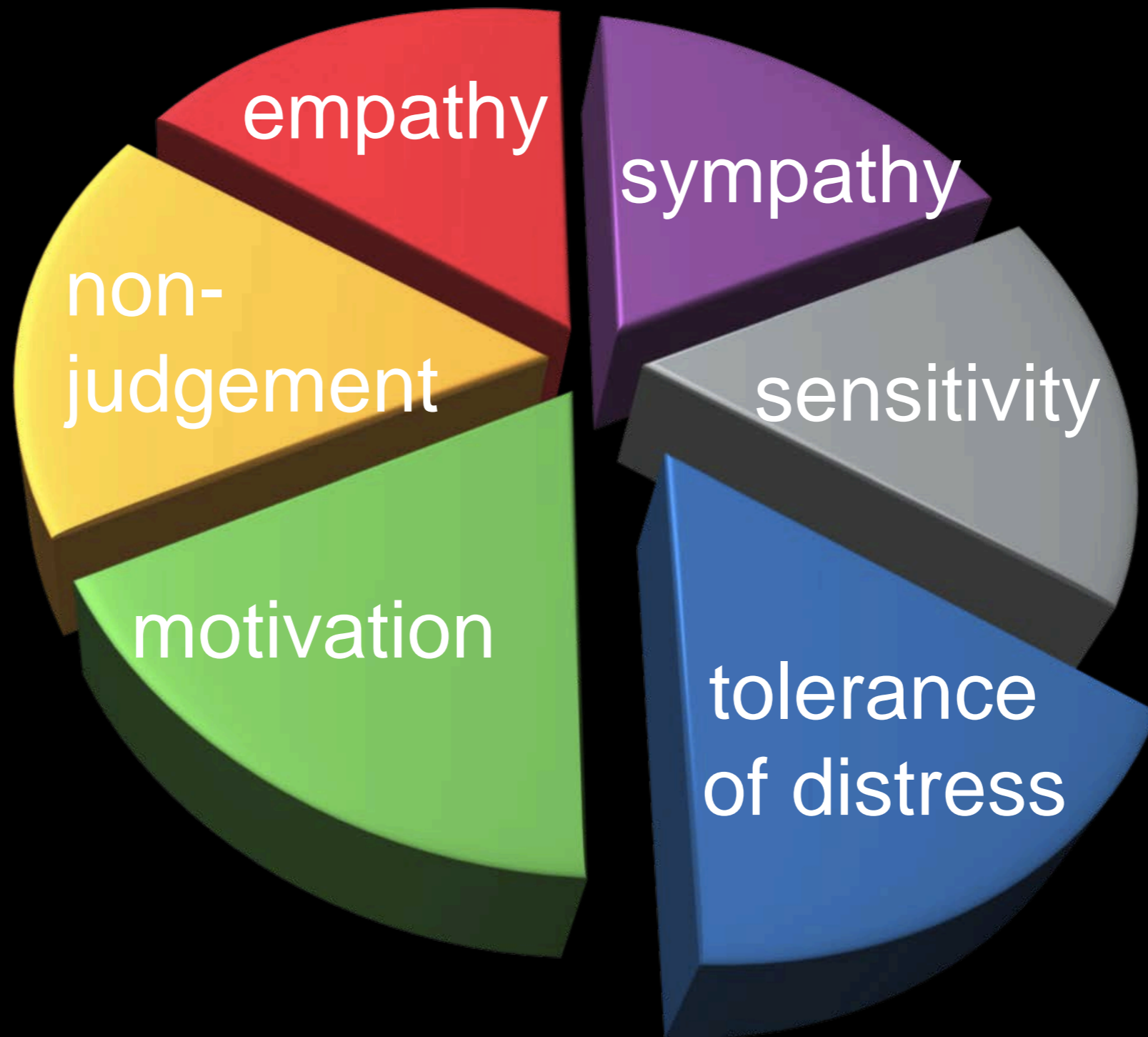


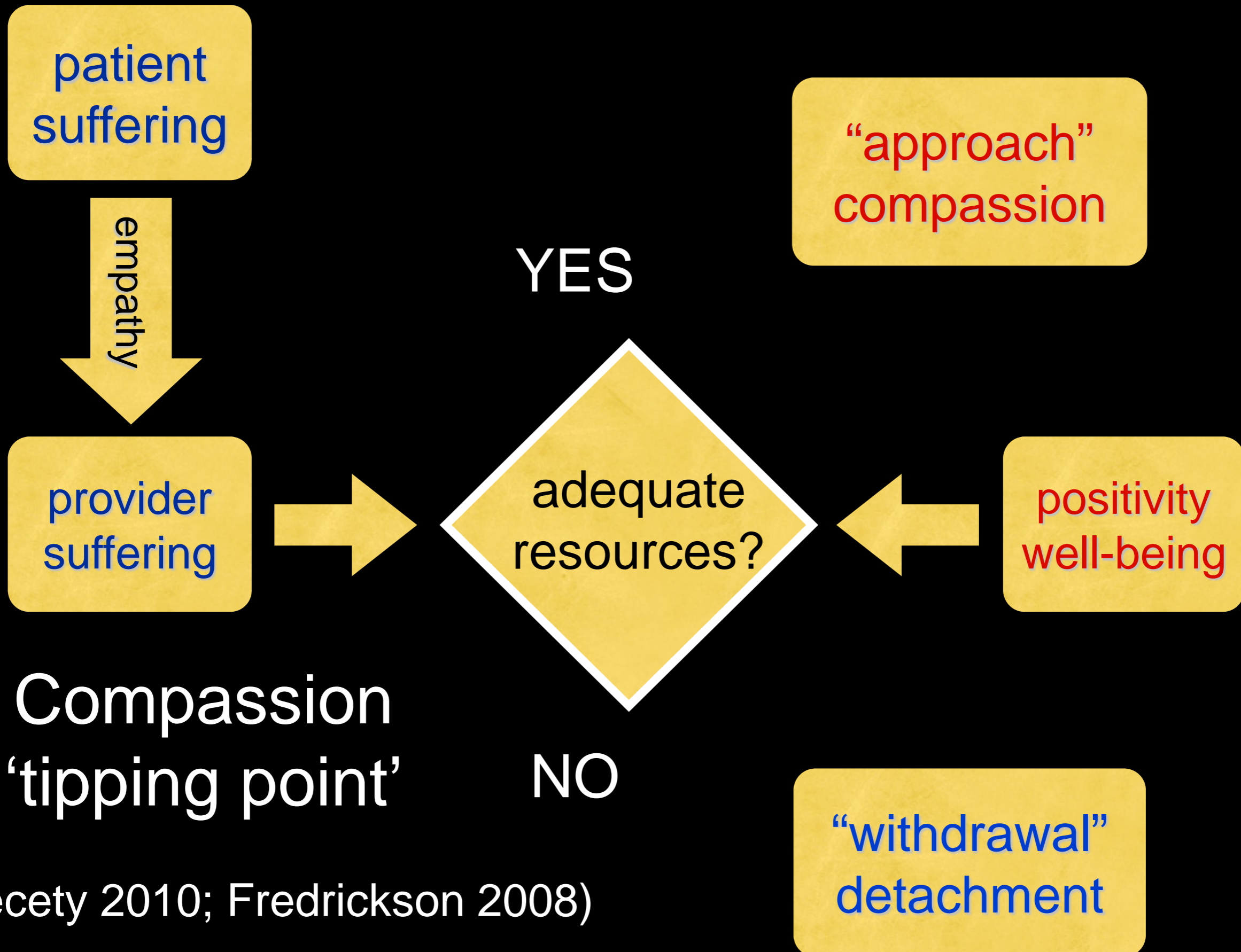
kindness
appreciation
gratitude
Mindfulness
the joy of service



pain
anxiety
fear
distress

Six components of compassion (Paul Gilbert 2009)





Compassion
'tipping point'

(Decety 2010; Fredrickson 2008)

The key to strengthening compassion in healthcare is building the well-being, positivity and resilience of health professionals

The practices that enhance well-being are:

- ♥ kindness
- ♥ appreciation
- ♥ gratitude
- ♥ mindfulness
- ♥ self-compassion
- ♥ the joy of service

An intimate connection
The mirror neuron system
Interpersonal neurobiology

The healing power of touch - evidence from randomised controlled trials

- Reduced pain, reduced cortisol enhanced immune function in post-op patients
- Reduced rate of complications and hospital length of stay in premature infants
- Reduced pain levels in multiple studies (meta analysis)
- Reduced fatigue and pain in cancer patients
- Increased Hb levels in anaemic students
- Reduced restlessness and cortisol variation in nursing home residents with dementia

Patients' brainwaves synchronise with your heartbeat

The difference in mortality rate
between optimists and pessimists
is as big as the difference
between smokers and non-smokers

Compassionate caring saves time

Compassionate caring achieves better outcomes
and costs less

Introducing a new international movement...



Hearts in Healthcare is a new community, established to champion compassionate care. We believe bringing like-minded people together is the first step to re-humanising healthcare around the world.



HEARTS IN HEALTHCARE

CHAMPIONS FOR COMPASSIONATE CARE

Our aims are
simple....



To allow compassionate caring to rise above institutional rules and practices



Encourage health workers to reconnect to the heart of their practice



Increase the happiness, well-being and resilience of healthcare workers

www.heartsinhealthcare.com



..... join us today

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