

Empathy

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Learning Objectives

By end of this lecture, students shall be able to

- Describe empathy , its qualities and stages
- Discriminate empathy and sympathy

Empathy



- awareness of the feelings and emotions of other people
- It is a key element of Emotional Intelligence, the link between self and others
- Empathy in medical field i.e., **the ability to understand the personal experience of the patient without bonding with them**

What's the
difference between
sympathy and
empathy?

Types of Caring



Feeling *FOR*
Someone

Feeling *WITH*
Someone

Sympathy

Empathy

Identify the difference btw sympathy and empathy

- “When people tries to make changes like loosing weight, at start it seems difficult”.

Sympathy

- “I know its not easy to lose some weight because I have faced same problem with myself”.

Empathy

An illustration on a light grey background. In the upper left, two black silhouettes of a man and a woman are shown. A speech bubble from the man says "I'm sorry for you." Below them, a large yellow oval contains the word "Sympathy" in a black, handwritten-style font. In the foreground, a dark blue silhouette of a person's head and shoulders is shown in profile, with their eyes closed and a single blue tear falling from their eye.

Sympathy

An illustration on a bright yellow background. In the upper right, two black silhouettes of a woman and a man are shown. A speech bubble from the woman says "I understand." Below them, a large white oval contains the word "Empathy" in a black, handwritten-style font. The foreground is shared with the same dark blue silhouette of a person crying as seen in the sympathy illustration.

Empathy

lifehack

Identify the difference btw sympathy and empathy

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Sympathy

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Empathy

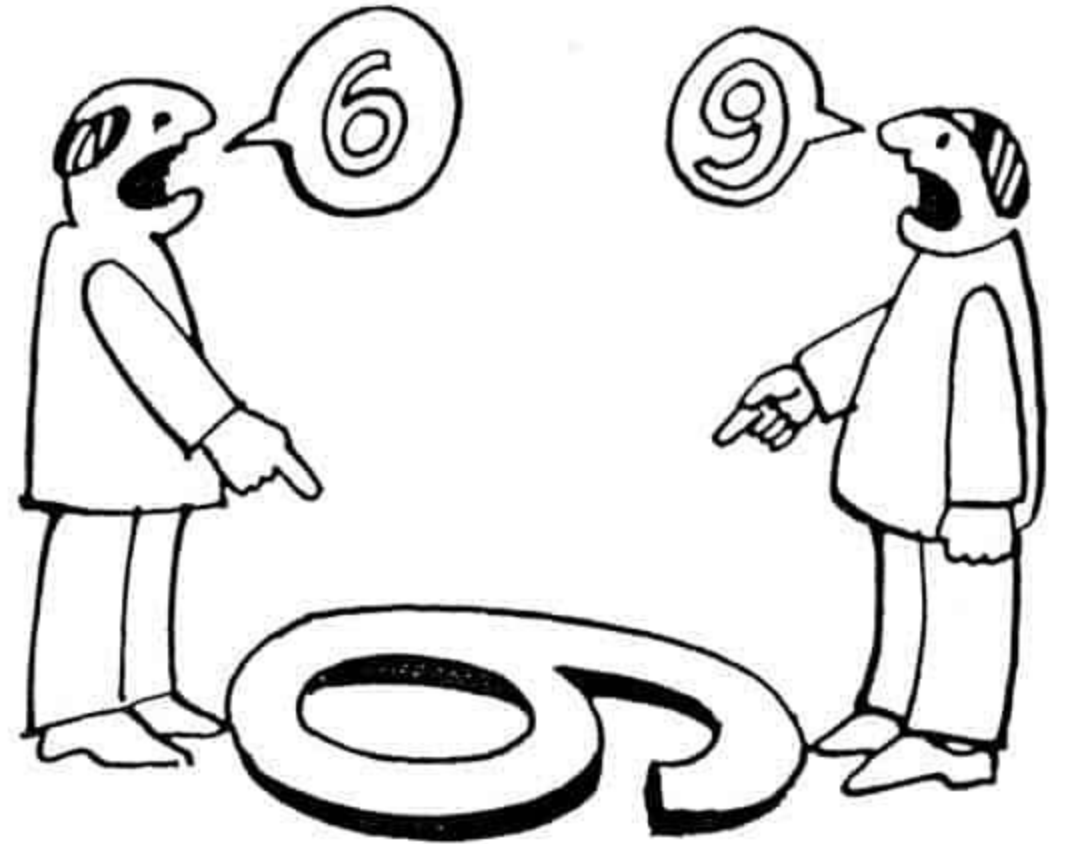
Qualities of Empathy

- Perspective taking.
- Stay out of judgment.
- Recognize emotions.
- Communication.



Perspective taking.

- To see the world as others see it,
- or perspective taking
- or theory of mind



Stay out of judgment.

- To be nonjudgmental.



Non-judgemental

Recognize emotions.

- To understand another person's feelings.



Communication.

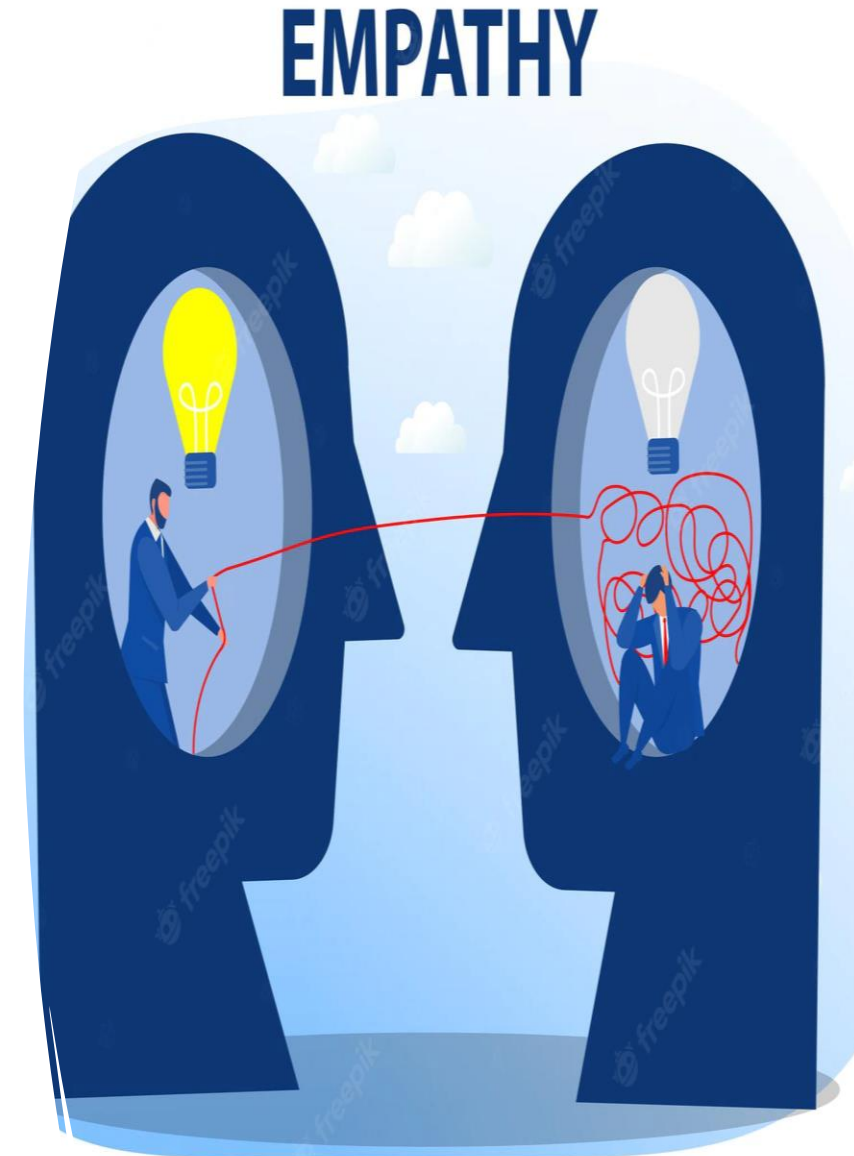
- To communicate your understanding of that person's feelings.
- Mindfulness (paying attention)
- The ability to recognize emotions via different communicative cues such as facial expressions, speech, or behavior;



Stages of empathy

There are three stages of empathy:

1. **Cognitive empathy** is being aware of the emotional state of another person.
2. **Emotional empathy** is engaging with and sharing those emotions.
3. **Compassionate empathy** involves taking action to support other people.



Why is empathy important for medical students?

Medical students' empathy has been widely researched and demonstrated that physicians who display higher levels of empathy have

- greater clinical competence,
- deliver better patient outcomes and
- exhibit lower physician burnout with higher well-being.



How to show empathy in simple ways:

- Listen With a Goal to Understand. Most of the time, people just need to feel heard. ...
- Ask With Genuine Curiosity. ...
- Be Present. ...
- Let Go of Your Biases. ...
- Refrain From Offering Unsolicited Advice. ...
- Look Them In The Eye. ...
- Acknowledge Their Feelings. ...
- Open Up About a Similar Experience.



Reading Material (E-Resources)

- Hojat M, Gonnella JS, Mangione S, Nasca TJ, Veloski JJ, Erdmann JB, Callahan CA, Magee M. Empathy in medical students as related to academic performance, clinical competence and gender. *Medical education*. 2002 Jun;36(6):522-7.
- Hojat M, Axelrod D, Spandorfer J, Mangione S. Enhancing and sustaining empathy in medical students. *Medical teacher*. 2013 Dec 1;35(12):996-1001.

thank
you