Einfühlung & Emergency Medicine

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Sympathy: The Other in the Self

Adapted from Thirioux, Birault et al. 2016
Empathy

German (Einfühlung) for “feeling into”

First introduced in 1873 and translated to empathy in 1909.
Empathy: The Self in the Other

Adapted from Thirioux, Birault et al. 2016
“Those burdens are what make medicine holy and wholly impossible: in taking up another’s cross, one must sometimes get crushed by the weight.”

- Paul Kalanithi, MD
Empathy during Medical School

Adapted from Fields, Mahan et al. 2011
Downregulation of Empathy for Pain

Decety, Yang et al. 2010
The Evidence for Empathy

### Table 3. Correlation of Cognitive and Emotive Empathy Scores with Mental Well-Being

<table>
<thead>
<tr>
<th></th>
<th>Residents with High Mental Well-Being on SF-8 (n=19)</th>
<th>Residents without High Mental Well-Being on SF-8 (n=64)</th>
<th>P Value</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mean Cognitive Empathy Score (PT)</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Women</td>
<td>26.5</td>
<td>20.2</td>
<td>0.02</td>
</tr>
<tr>
<td>Men</td>
<td>20.2</td>
<td>18.5</td>
<td>0.05</td>
</tr>
<tr>
<td><strong>Mean Emotive Empathy Score (EC)</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Women</td>
<td>27.0</td>
<td>22.6</td>
<td>NS</td>
</tr>
<tr>
<td>Men</td>
<td>20.4</td>
<td>18.8</td>
<td>NS</td>
</tr>
</tbody>
</table>
Riess et al completed a trial of empathy training.
99 residents and fellows in surgery, medicine, anesthesia, psychiatry, ophthalmology, and orthopedics were randomized to either 3 60 minute module or a control group.
The intervention group showed significant improvements
- Patient CARE rating (Difference +2.2, p = 0.04)
- Empathy neuroscience (Difference +1.9, p < 0.001)
- Ekman Facial Decoding (Difference +1.8, p < 0.001)
- Jefferson Empathy Scale (Difference +2.3, p = 0.12)
Mindfulness & Provider Emotional Exhaustion

Adapted from Krasner et al. 2009
Mindfulness & Provider Depersonalization

Adapted from Krasner et al. 2009

Mean Score

Months

Mean Score

Mean
Lower Range
Upper Range

Adapted from Krasner et al. 2009
Mindfulness & Provider Fatigue

Adapted from Krasner et al. 2009