

# TOP TEN SCIENTIFIC REASONS WHY COMPASSION IS GREAT MEDICINE

HEARTS  
in Healthcare



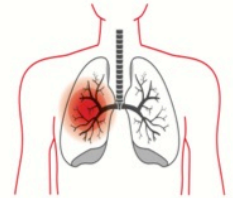
**1 COMPASSION CHANGES PATIENTS' PHYSIOLOGY** Non-verbal communication of compassion directly affects patients' autonomic nervous system, breathing, heart rate variation (HRV), reduces stress and increases peacefulness

**2 COMPASSION REDUCES PAIN** After an empathetic pre-op consultation, patients have better surgical outcomes, better wound healing, use half the dose of morphine and go home earlier (randomized controlled trials)



**3 COMPASSION REDUCES READMISSIONS** When patients are given compassionate care in the ER they are 30% less likely to return to the ER for the same problem (randomized controlled trial)

**4 COMPASSION PROLONGS SURVIVAL** Patients with terminal lung cancer with early access to compassionate palliative care have better quality of life, less depression, fewer interventions, reduced cost of care, and survive on average 30% longer (randomized controlled trial)



**5 COMPASSION REDUCES MORTALITY** Having a caring doctor cuts the five-year risk of a heart attack more than aspirin, and reduces overall mortality more than smoking cessation (meta-analysis of randomized controlled trials)

**6 COMPASSION IMPROVES GLUCOSE CONTROL** Diabetic patients who rate their doctors as 'high empathy' have 42% fewer emergency admissions to hospital



**7 COMPASSION IMPROVES TRAUMA OUTCOMES** Surgical trauma patients who rated their doctor 'high empathy' were twenty times more likely to report good outcomes six weeks after discharge

**8 COMPASSION INCREASES PATIENT ADHERENCE** Patient adherence with treatment is 62% higher when the physician has been trained in empathetic doctor-patient communication (meta-analysis)



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**9 COMPASSION BOOSTS IMMUNE FUNCTION** Patients with the common cold who receive an empathetic consultation have less severe symptoms, recover earlier and have greater changes in IL-6 and neutrophil count

**10 COMPASSION REDUCES HEALTH COSTS** Total costs of healthcare in the whole system are 30% lower when the primary care doctor provides 'above median' patient-centered care



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