

# GRAND ROUNDS



**Tuesday, April 30, 2024**

**Location: Zoom** (*RSVP for link*)

**4:30pm- 5:30pm EST**

RSVP [here](#) or

[bioethics@stonybrookmedicine.edu](mailto:bioethics@stonybrookmedicine.edu)

## **Cultivating Compassion in Medicine: A Toolkit for Medical Students to Improve Self-Kindness and Enhance Clinical Care**

**Krishna Mehta, MD**

Compassionate care lies at the foundation of good patient care and is a quality that patients and providers continue to value in contemporary medicine. It is a quality of being and doing that marks professional identity formation (PIF) as emphasized by the AAMC and AOA. Yet is a skill that is often not taught using a formal framework. Here at Stony Brook, we have formulated a course that is an 8-session based curriculum with a mindfulness-based approach to compassion that addresses this need in medical education. Additionally, we were able to show that students in our course developed an enhanced ability to engage in self-compassion, to understand the shared human experience, and to be motivated to act to alleviate suffering. Compassion can be taught using cognitive practices and constructive thinking, that can prime kindness, patience and prosocial attributes. Patients seek compassionate care; however, medical schools appear to struggle to teach future medical physicians how to nurture compassion. Our intervention, which could be easily adapted to existing curricula that involve discussions of medical humanities and could even be taught remotely, educates students on techniques to help them identify personal needs and connect them to shared needs that exist in humanity. In this Grand Rounds, we will review the science and art of compassion education and how it can be formalized into a curricular format to provide students with a “toolkit” to promote compassionate care.



*Dr. Krishna Mehta is currently a second-year resident in the Stony Brook Internal Medicine Program. She obtained a Bachelor of Arts from Hunter College, CUNY in New York City studying studio art and biological sciences and her medical degree from Stony Brook University School of Medicine. She has always been inclined to the combined role of art and science in medicine, which seamlessly lead her to wanting to study how to bring the art of practicing medicine formally into the medical education curriculum.*

*After getting certified through the Stanford-Compassion Institute program, she performed deep literature dives and developed a course that uses evidence-based research to teach medical students on how to build their skillsets, essentially an active toolbox, for compassion cultivation. She is the director and co-instructor of this course at Stony Brook School of Medicine and is currently working on helping other medical schools develop a similar program. She also founded the compassion research committee in the Center for Medical Humanities, Compassionate Care, and Bioethics, to bring together individuals who want to build a program that refocuses on humanities in our medical education.*

Read full article [here](#) or scan QR code for link

To learn more about the **MD with Scholarly Concentrations in Medical Humanities and Ethics track**, the **Master of Arts program**, and **Center for Medical Humanities, Compassionate Care and Bioethics**, please visit [stonybrook.edu/bioethics](http://stonybrook.edu/bioethics)