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## **IDH 2930: Compassionomics: the Revolutionary Scientific Evidence that Caring Makes a Differences**

### **Course instructor/s:**

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**Office Phone:** 352-273-8406

**Office:** C2-203, HSC Library, J.H.M. Health Science Center

**Course Time:** M Period 8

**Location:** Little 117

**Out of class availability:** we are happy to meet upon request!

### **Description:**

The book that this class will be structured around is Stephen Trzeciak's and Anthony Mazzealli's Compassionomics: The Revolutionary Scientific Evidence that Caring makes a Difference. This work answers a pivotal question: Does compassion in health care really matter? Physician scientists Trzeciak and Mazzealli uncover the data that compassion could be a wonder drug for the 21<sup>st</sup> century. The authors give a rigorous and in-depth review of the science and data around compassion with captivating first-hand stories of medicine showing how human connection in health care matters in astonishing ways. Some of the evidence shows that:

- Compassion can aid in the reversal of the cost crisis in health care.
- Compassion has benefits for patients across a wide range of conditions.
- Compassion can be an antidote for burnout among health care providers.

This evidence shows one thing: Compassion matters, in meaningful and measurable ways.

### **Book/s:**

- Compassionomics: The Revolutionary Scientific Evidence that Caring Makes a Difference by Stephen Trzeciak and Anthony Mazzealli

### **Course requirements:**

Students participating in this course will be required to:

- Read, attend, and participate in class discussion
- Write a weekly summary of the assigned book section along with 2 discussion questions that will be discussed in class.
- Attend a minimum of 12 classes.
- Complete a project investigating some aspect of the material covered in class. This project can be creative (such as writing a literary narrative) or an academic research paper.

### **Grading Rubric:**

Students will be graded on the following criteria:

1. Attendance and participation in class (40 points)
2. Weekly summaries and discussion questions (25 points)
3. Case Study Reflection (10 points)/ In Class Presentation

4. Project (25 points)

**Completion of all requirements is needed for grading.**

**Attendance:** Attendance in this course is mandatory. Two absences will be allowed without a deduction of points; every absence beyond one will result in a reduction of 1 point from the final grade. One additional absence documented by a doctor's note can be made up through special write-up.

**Class schedule:**

**Spontaneity clause: some dates may be subject to change due to speaker schedules. Any changes will not affect assignment due dates.**

Date	Topic	Reading Assignment (Due at the Beginning of Class)	Additional Topics/Supplemental Videos (In Class)
January 6th	Intro to the class  Review of syllabus and class expectations  Discussion about Compassionomics and the Healthcare Crisis	N/A	In Class Video:  Ted Talk: Healthcare's Compassion Crisis by Stephen Trezciak (one of the authors of the book) <a href="https://www.ted.com/talks/stephen_trezciak_how_40_seconds_of_compassion_could_save_a_life">https://www.ted.com/talks/stephen_trezciak_how_40_seconds_of_compassion_could_save_a_life</a>  CNN Video: <a href="https://www.cnn.com/videos/tv/2019/04/27/book-compassion-helps-save-lives.cnn">https://www.cnn.com/videos/tv/2019/04/27/book-compassion-helps-save-lives.cnn</a>
January 13 <sup>th</sup>	The Compassion Crisis	Chapter 1: The Compassion Crisis  Article: Seven Guiding Commitments: Making the U.S. Healthcare System More Compassionate <a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5513594/pdf/10.1177_237437431400100203.pdf">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5513594/pdf/10.1177_237437431400100203.pdf</a>	In Class Video: What is Compassion? <a href="https://www.youtube.com/watch?v=A4a66aFaIME">https://www.youtube.com/watch?v=A4a66aFaIME</a>
January 27th	Does Compassion Matter	Chapter 2: Does Compassion Matter	In Class Video: What is Empathy <a href="https://www.youtube.com/watch?v=1Ewgu369Jw">https://www.youtube.com/watch?v=1Ewgu369Jw</a>

February 3 <sup>rd</sup>	The Physiological Health Benefits of Compassion	Chapter 3: The Physiological Health Benefits of Compassion	
February 10 <sup>th</sup>	The Psychological Health Benefits of Compassion	Chapter 4: The psychological Health Benefits of Compassion  Research Article: <a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3634672/pdf/nihms457836.pdf">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3634672/pdf/nihms457836.pdf</a>	
February 17 <sup>th</sup>	Compassion Motivates Patient Self-Care	Chapter 5: Compassion Motivates Patient Self-Care	
February 24 <sup>th</sup>	Compassion is Vital for Health Care Quality  Project Proposal Discussion	Chapter 6: Compassion is Vital for Health Care Quality	In Class Video: Quality Improvement in Healthcare <a href="https://www.youtube.com/watch?v=jq52ZjMzqyI">https://www.youtube.com/watch?v=jq52ZjMzqyI</a>  Happy Spring Break! No class next week
March 9 <sup>th</sup>	Compassion Drives Revenue and Cuts Costs	Chapter 7: Compassion Drives Revenue and Cuts Costs  The Real Cost of the US Healthcare System: <a href="https://jamanetwork.com/journals/jama/fullarticle/2674647">https://jamanetwork.com/journals/jama/fullarticle/2674647</a>  Lower Health Care Costs with TLC: <a href="https://www.athenahealth.com/insight/3-minute-case-study-lower-healthcare-costs-tlc-pdq">https://www.athenahealth.com/insight/3-minute-case-study-lower-healthcare-costs-tlc-pdq</a>	Project Proposals due this week! (2-4 sentence write-up of what you plan to do)
March 16 <sup>th</sup>	The Power of 40 Seconds	Chapter 8: The Power of 40 Seconds	In Class Video: How 40 Seconds of Compassion Could Save a Life <a href="https://www.youtube.com/watch?v=elW69hyPUul&amp;feature=youtu.be">https://www.youtube.com/watch?v=elW69hyPUul&amp;feature=youtu.be</a>

March 23 <sup>rd</sup>	Nature v Nurture: Can we Learn Compassion?	Chapter 9: Nature v Nurture: Can we Learn Compassion?  Article: Is your empathy determined by your genes? <a href="https://greatergood.berkeley.edu/article/item/is_your_empathy_determined_by_our_genes">https://greatergood.berkeley.edu/article/item/is_your_empathy_determined_by_our_genes</a>	
March 30 <sup>th</sup>	Compassion as an Antidote to Burnout	Chapter 10: Compassion as an Antidote to Burnout	In Class Video: TED Talk: Compassion Fatigue in Caregiving <a href="https://www.youtube.com/watch?v=7keppA8XRas">https://www.youtube.com/watch?v=7keppA8XRas</a>
April 6 <sup>th</sup>	Class Conclusion	Conclusion- Compassion Matters	
April 13 <sup>th</sup>	Case Study/guest speaker		
April 20 <sup>th</sup>	Reflection on Compassionomics  Final Presentations	No Readings for this Week! (Prepare for Final Presentation)	Final Presentation (2-3 minutes each)  Have a wonderful break!

**Academic Honesty:** All students sign the following statement upon registration at the University of Florida: “I understand that the University of Florida expects its students to be honest in all their academic work. I agree to adhere to this commitment to academic honesty and understand that my failure to comply with this commitment may result in disciplinary action up to and including expulsion from the University.” As instructors for this course, we fully support the intent of the above statement and will not tolerate academic dishonesty.

**Student Responsibility:** Students are responsible for understanding all course policies and for accessing all course materials on the UF E-Learning Website through the URL listed above. All assignments should be submitted through the website and in hard copy when requested. Students are also responsible for checking their UF e-mail account for course notifications and for communicating with the instructors related to any situation that may hinder his or her progress or participation in the course.

**Disabilities:** Students requesting classroom accommodation must first register with the Dean of Students Office. The Dean of Students Office will provide documentation to the instructor when students request accommodation.

**Grade scale for class points awarded:**

A 93-100

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A-	90-92
B+	87-89
B	83-86
B-	80-82

**Criteria for academic research papers:**

- Focus on a specific topic/question
- Minimum of 800 words
- Cite sources using APA style (if you have any questions on research/searching, please let me know)
- 5 sources- one of which may be from existing class material, 4 must be from sources you research. Make sure these other sources are relevant and help you focus on the question you are addressing. One of these sources can be a website with a .edu , .gov, or .org ending. If a source is an ebook or digitized older book that will not count as a website. We will discuss further, and I am happy to discuss ideas.

**Criteria for creative/reflective projects:**

- Visual projects need an accompanying reflection piece- minimum of 200 words.
- Other criteria will be determined depending on the project and the medium.