

Why Compassion Saves Lives

Category: TED-Style Presentation

Abstract Body

What is the cost of caring? Can compassion save lives? Truly it is the only thing that can save lives. While treatment centres, opiate agonist therapy, contingency management, and naran save lives.. it is the fact that an individual believes their life is worth saving that makes a difference to their life expectancy. Do they have hope? Do I have hope for this person? As a doctor do I share that hope?

What is the neurobiology of compassion? This Ted Talk will inspire the frontline and the leadership in our Drug Crisis that the status co must change and that we can shift. Exploration of moral distress and the devastation of losing loved ones to the drug crisis with the opportunity for recovery through relationship with careprovider that make a difference. In small moments and in longer therapeutic relationships. Gave the naran. Was kind. Was honest. What happened in the covid pandemic to uncover issues of equity? This is the call for compassion to build it in the next generation of healthcare providers, to sustain and grow it in our current providers. When we shift to compassion and away from stigma and judgment the neurobiology changes, the neurochemistry changes, the serotonin levels change. Not only in the patient but in the careprovider. When we see what is possible within someone. When we ask them what they see for themselves hope is created. We can draw out their hopes and goals and strengths. What if you as the healthcare worker have lost your own hopes and goals and strengths? What then? The opiate crisis has been a long and treacherous path, many loses, many deaths, child apprehension, some days I have thought does what I do matter? Where is my self compassion. The chemistry of compassion is an incredible thing. A connection and a vital part of recovery. Compassion saves lives and sustains us in challenging work.

Key Words

- Caring in Crisis
- Concurrent Disorders
- Equity, Diversity, Inclusion issues
- Ethical issues
- Neurobiology/Neuropharmacology
- Opioids/Opiates
- Policy
- Stigma

Learning Objective # 1

Participants will understand the power of compassion in saving lives

Learning Objective # 2

Participants will understand the neurobiology of self compassion and empathy in overcoming stigma and compassion fatigue

Reference # 1

[https://books.google.ca/books?](https://books.google.ca/books?hl=en&lr=&id=8MQ2DwAAQBAJ&oi=fnd&pg=PT279&dq=neurobiology+of+compassion&ots=Ua7m4wMaE5&sig=taAnLpsHkojixx24TyrqpTioLbU#v=onepage&q=n)

[hl=en&lr=&id=8MQ2DwAAQBAJ&oi=fnd&pg=PT279&dq=neurobiology+of+compassion&ots=Ua7m4wMaE5&sig=taAnLpsHkojixx24TyrqpTioLbU#v=onepage&q=n](https://books.google.ca/books?hl=en&lr=&id=8MQ2DwAAQBAJ&oi=fnd&pg=PT279&dq=neurobiology+of+compassion&ots=Ua7m4wMaE5&sig=taAnLpsHkojixx24TyrqpTioLbU#v=onepage&q=n)

Reference # 2

<https://www.tandfonline.com/doi/full/10.1080/10826084.2022.2148481>

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