

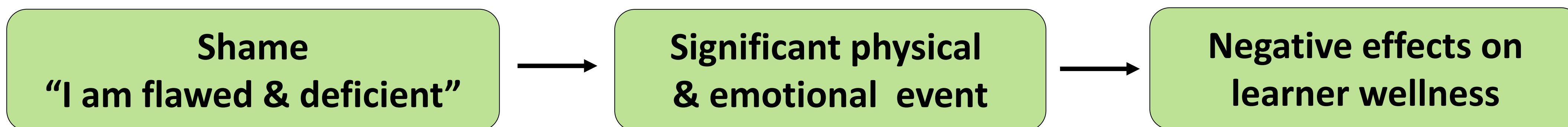


Addressing the “Elephant in the Room” A Shame Resilience Seminar for Medical Students

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BACKGROUND

- Medical schools need methods of promoting wellbeing and resilience in students.
- Shame is a normal but potentially damaging emotion in medical learners.¹

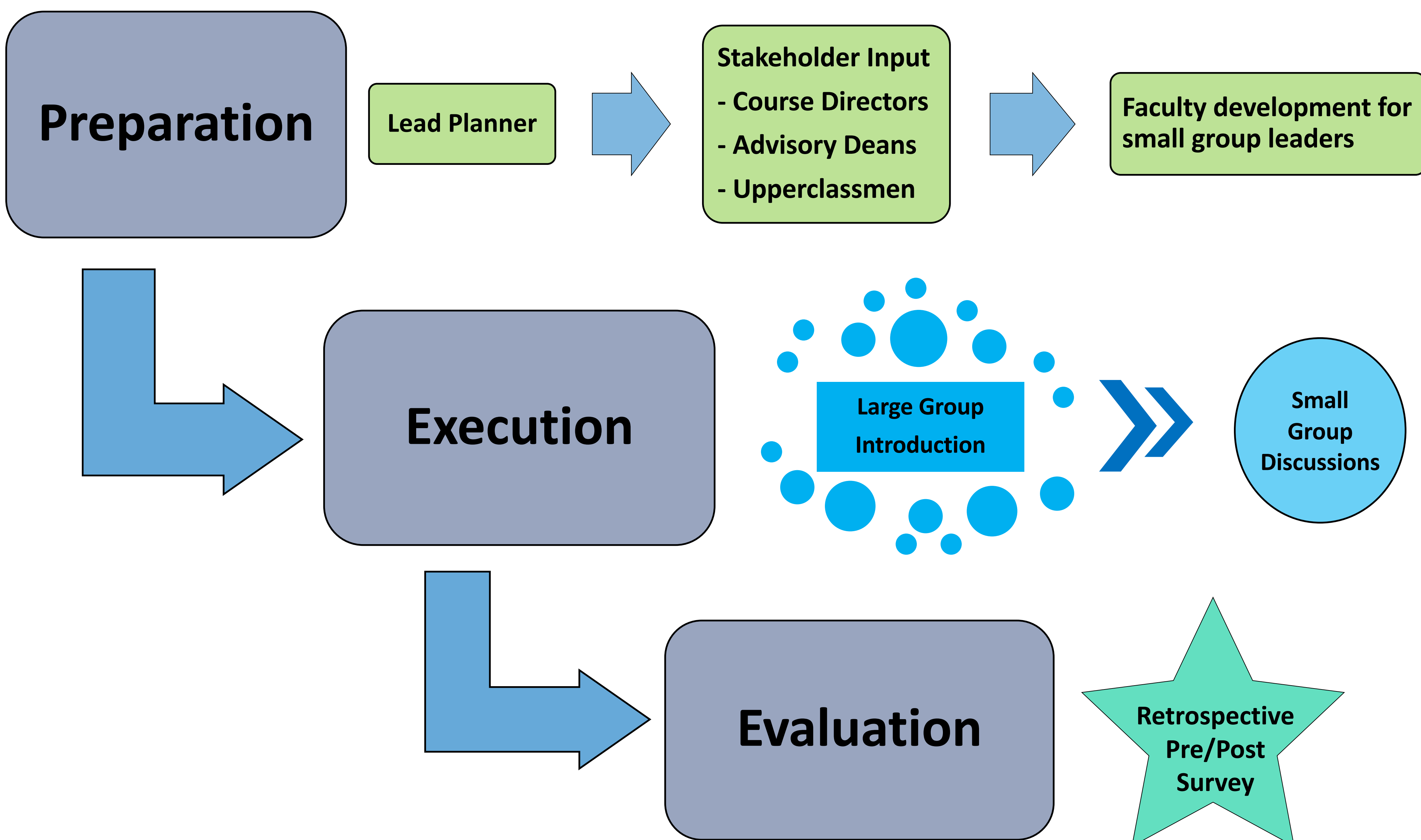


- Clinical year includes experiences that may cause students to feel damaging shame.
- Reports of efforts to educate medical students about shame are rare in the literature.

OBJECTIVE

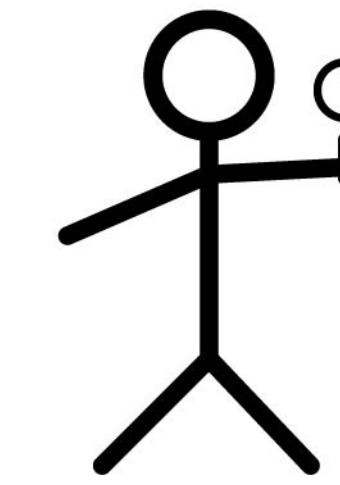
Describe the development, execution, and evaluation of a shame resilience seminar for clinical-year medical students at Duke University School of Medicine.

METHODS



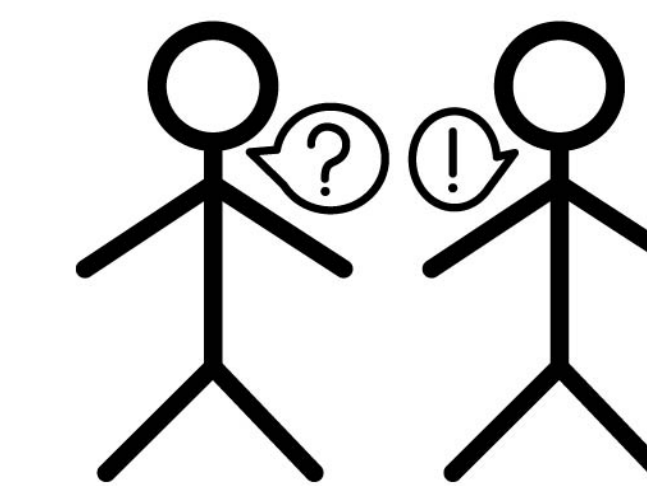
RESULTS^{a,b}

IDENTIFY SHAME



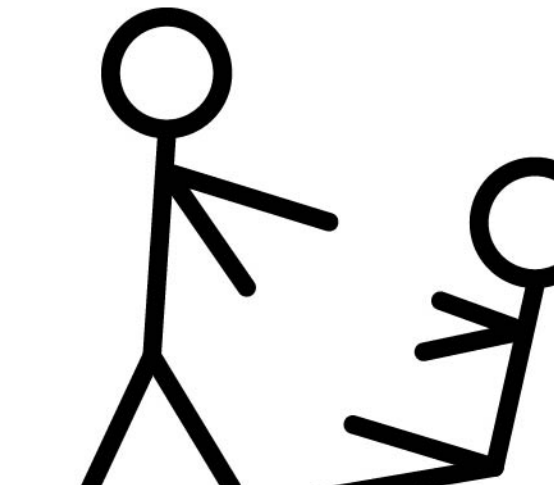
↑ Importance	M _{pre} = 2.74 M _{post} = 4.18
↑ Confidence	M _{pre} = 2.89 M _{post} = 3.97
↑ Distinguish Shame & Guilt	M _{pre} = 1.94 M _{post} = 3.81

REACH OUT



↑ Importance	M _{pre} = 2.80 M _{post} = 3.97
↑ Comfort sharing w/ peer	M _{pre} = 2.80 M _{post} = 3.28
↑ Comfort sharing w/ supervisor	M _{pre} = 1.79 M _{post} = 2.23

RECOVER



↑ Confidence in self-recovery	M _{pre} = 2.79 M _{post} = 3.69
↑ Confidence in helping others	M _{pre} = 2.69 M _{post} = 3.50

^aThe retrospective pre/post survey utilized Likert-type questions; n = 62 respondents (55% response rate)
^bAll differences met statistical significance with p<0.05

WHAT WE LEARNED

- A carefully constructed seminar can be used to effectively educate medical students about shame resilience, and can positively change their attitudes and confidence in dealing with future shame.
- Numerous aspects of this seminar appeared to enable its success:
 - Solicitation of input and partnership from key student and faculty stakeholders.
 - The sharing by superiors of personal shame experiences with the large group, which normalized shame and modeled vulnerability.
 - Utilization of small groups to explore personal reactions in a safe setting.
- This reproducible seminar might be used to effectively promote shame resilience broadly in health professions education.

¹Bynum WE, Artino AR, Uijtdehaage S, Webb A, Varpio L. Sentinel emotional events: the triggers, nature, and effects of shame in medical residents. Acad Med. 2018 [in-press]