



Foundations of Medicine

The Essence of Being a Patient

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What Does It Mean to Be a Patient ?

A **patient** is someone who entrusts their well-being to healthcare providers in times of vulnerability.



Patient Perspective:

- Seeking understanding, care, and healing.
- Often experiencing physical, emotional, or psychological distress.



A patient's journey involves trust, hope, and a desire for empathy from their caregivers.



Demonstrating Empathy in Patient Encounters

Empathy is the ability to understand and share the feelings of another.



Why Empathy Matters ?

- Builds trust and rapport.
- Enhances patient satisfaction and compliance.
- Improves clinical outcomes.

Practical Tips for Demonstrating Empathy:

Active listening: *“Tell me more about how you’re feeling.”*



Acknowledge emotions: *“It sounds like this has been really hard for you.”*



Non-verbal cues: Maintain eye contact, nod, and offer reassuring gestures.

