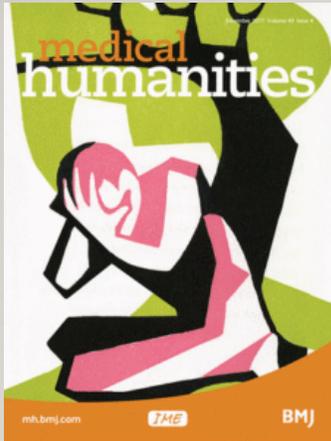




BACKGROUND

- Patient experts identified ‘shame’ as a highly influential factor in seeking care and following treatment recommendations.
- One patient revealed that they had not even told their family members of their diagnosis of diabetes.
- This led our team to consider “medical shame” as a contributor to health outcomes in diabetes.
- Literature reviews led to only a few articles and a special issue in Medical Humanities BMJ 2017V 43-4.



MEDICAL SHAME IN LANGUAGE

Problematic	Preferred
Diabetic (<i>as an adjective</i>) diabetic foot diabetic education diabetic person <i>“How long have you been diabetic?”</i>	Foot ulcer; infection on the foot Diabetes education Person with diabetes <i>“How long have you had diabetes?”</i>
Diabetic (<i>as a noun</i>) <i>“Are you a diabetic?”</i>	Person living with diabetes Person with diabetes Person who has diabetes <i>“Do you have diabetes?”</i>

The Compass of Shame

Adapted from D.L. Nathanson, Shame and Pride, 1992

Withdrawal:

- isolating oneself
- running and hiding



Attack Other:

- 'turning the tables'
- blaming the victim
- lashing out verbally or physically

Attack Self:

- self put-down
- masochism

Avoidance:

- denial
- abusing drugs and alcohol
- distraction through thrill seeking

Nathanson's Compass of Shame may apply to Medical Shame

- Medical shame may have the same results:
 - Attack self—disappointment in oneself—"I am no good because I'm non-compliant"
 - Avoidance—not seeking healthcare because you don't want to be lectured
 - Attacking others—denying health advice because they don't have to deal with a chronic illness
 - Withdrawal—personal isolation due to depression from challenges of disease management

Join Us In Understanding Medical Shame

Shame resilience theory applied to medical shame

(Based on Brene Brown, 2007)

- Recognizing the personal vulnerability that receiving a diagnosis might bring-- leading to the feelings of shame
- What are the external factors that lead to the feelings of shame about your diagnosis or treatment?
- Who could I connect with to receive and offer empathy?
- How do I experience the feeling of shame?

Working Group on Medical Shame

- Interested in joining a group to develop a research agenda about the impact of shame in medicine?
- What is the prevalence of in medical shame in health care?
- What are patient perspectives of shame in medicine?
- How can physicians address medical shame? What strategies encourage or discourage it?
- How can patients overcome feelings of shame?
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