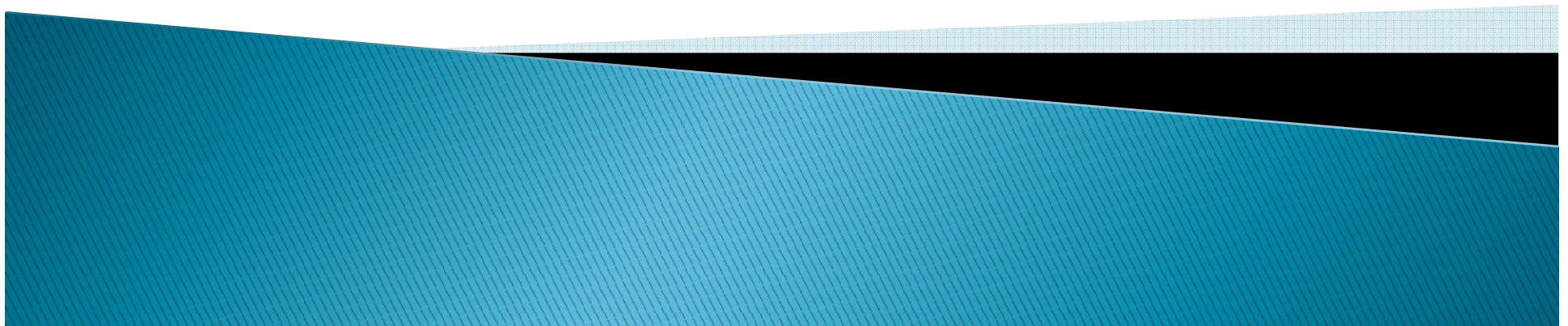


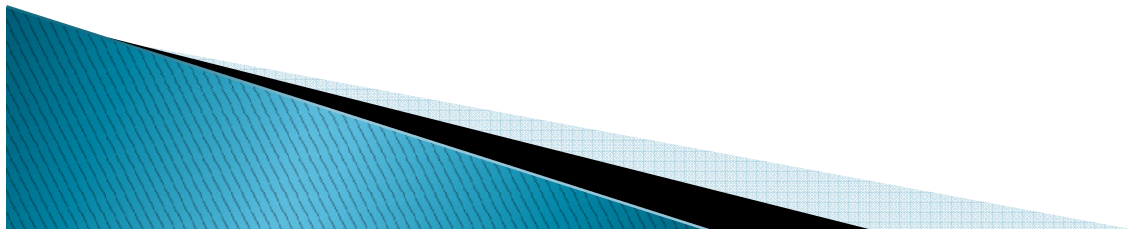
แก่นแท้ของ Narrarive Medicine

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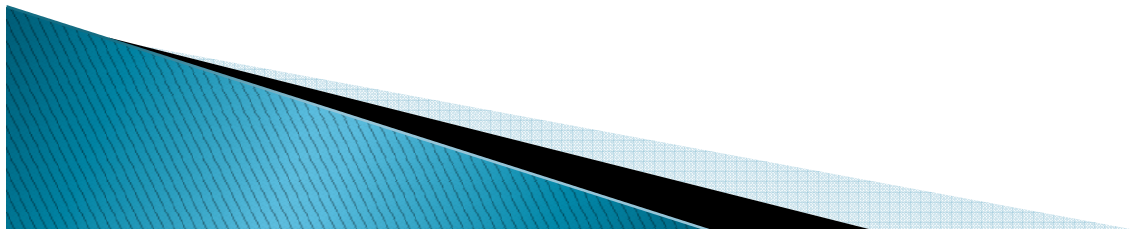
What is Narrative Medicine?

- ▶ Medicine practiced with the narrative competence to **recognize, absorb, interpret, and be moved by the stories of illness.**

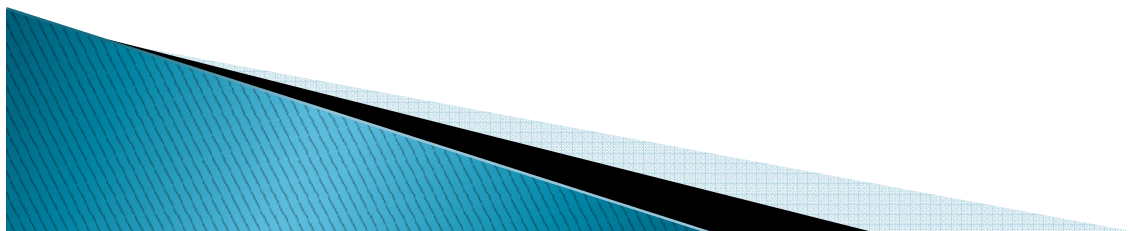


Why?

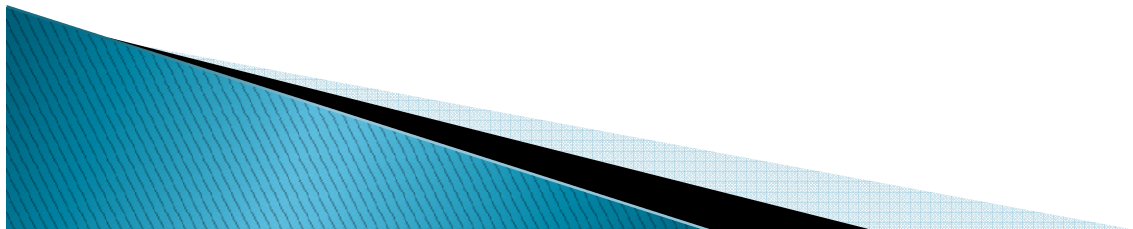
- ▶ A medicine practiced with narrative competence will more ably recognize patients and diseases, convey knowledge and regard, join humbly with colleagues, and accompany patients and their families through the ordeals of illness.
- ▶ These capacities will lead to more humane, more ethical, and perhaps more effective care.



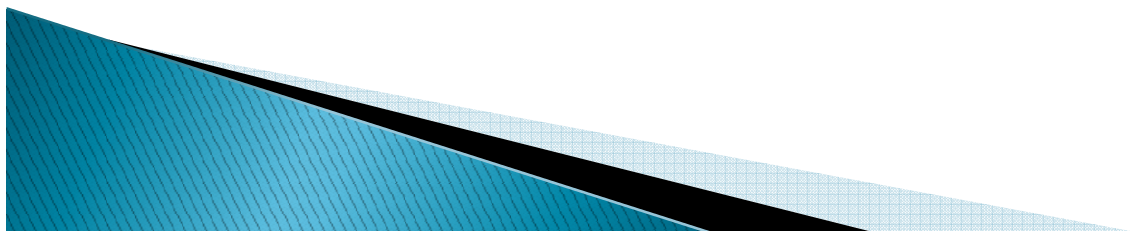
- ▶ Narrative Medicine is one cost-effective and evidence-based method to equip health care professionals with the skills needed to respond to the challenge.
- ▶ Professionalism, cultural competence, bioethical competence, interpersonal communication skills, self-reflective practice, and ability to work with health care teams can be strengthened by increasing narrative competence.



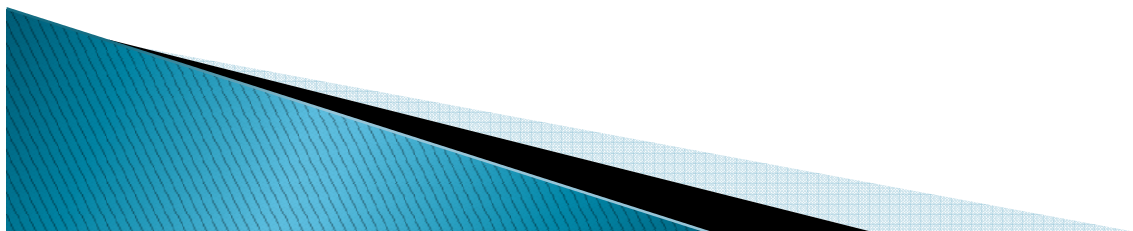
- ▶ what medicine lacks today—in singularity, humility, accountability, empathy— can, in part, be provided through intensive narrative training.
- ▶ We see more and more clearly how health care decisions are made not by or even for patients but by and for shareholders and corporate executives.



- ▶ Such movements as relationship-centered care, spirituality and medicine, and the ethics of virtue and care signal deep commitment to bettering the tattered state of doctor-patient relationships and to improving the outcomes of our medicine.



- ▶ We deepen our students' capacity to hear what their patients tell them.
- ▶ A scientifically competent medicine alone cannot help a patient grapple with the loss of health and find meaning in illness and dying. Along with their growing scientific expertise, doctors need the expertise to listen to their patients, to understand as best they can the ordeals of illness, to honor the meanings of their patients' narratives of illness, and to be moved by what they behold so that they can act on their patients' behalf.



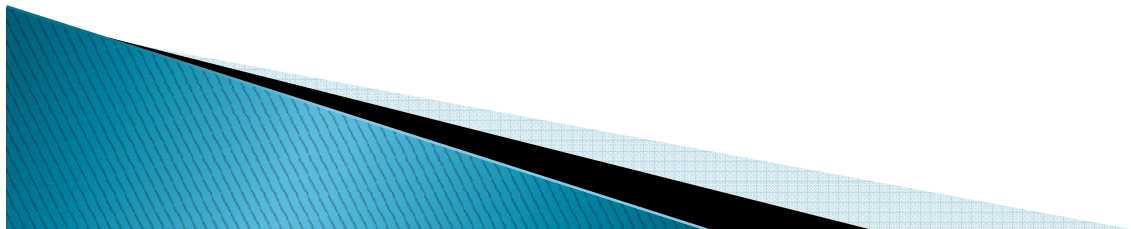
Narrative Medicine does not make medical students into "writers," but makes them better doctors

- ▶ supporting their skills of observation
- ▶ encouraging their reflection in a clinical context
- ▶ showing the students that their thoughts, feelings, and questions are heard through the responses from the mentors.



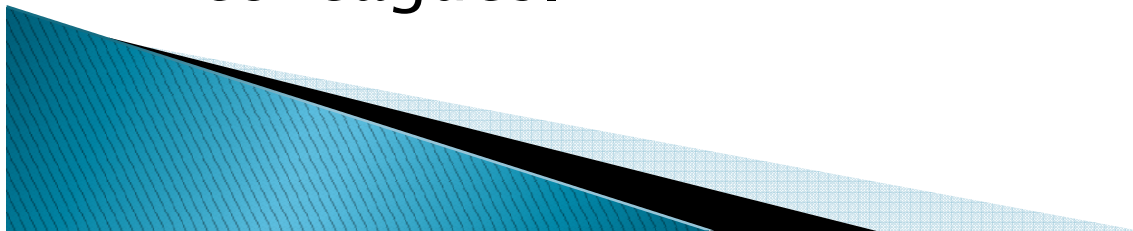
Students say this writing helped them to:

- ▶ perceive their clinical work in a thoughtful way
- ▶ become more observant and analytical
- ▶ look for recurrent patterns
- ▶ respond better to patients.



Narrative competency

- ▶ Listening attentively to complicated narratives that are told partly in words but also in silences, gestures, test results, changes in the body, etc.
- ▶ Learning to identify and decipher metaphors and to navigate incoherent narratives.
- ▶ Being moved by the stories received, so providers act with compassion and empathy on their patients' behalf.
- ▶ Exploring how providers' own stories impact their ability to hear and interact with patients and colleagues.



**NARRATIVE
PRACTICE**

**Narrative
Competence**

MINDFULNESS

REFLECTION

