

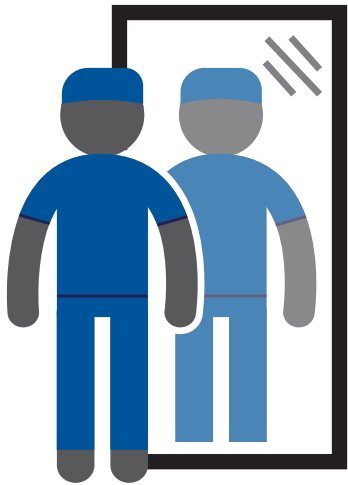
Shame in medical education

What it is, what it can cause, and why we need to be talking about it



SHAME (n.) Shame occurs when a person attributes a failure to reach a standard or ideal to something global and stable about themselves. Shamed individuals assess themselves to be globally flawed, deficient, and/or unworthy.

SHAME
“I am bad”



VS.

GUILT
“I did a bad thing”



Shame can be caused by events related to



Patient Care

e.g. making a medical error, showing emotion to a patient



Learning

e.g. answering questions wrong in public, undergoing remediation



Personal Goals

e.g. failing to become chief resident

These **factors can contribute** to shame

high focus on performance

perfectionism

difficulty with subjective standards

comparisons to others

fear of judgment



These **negative effects** can occur with shame

social isolation & impaired belonging

disengagement from learning

diminished psychological & physical wellness

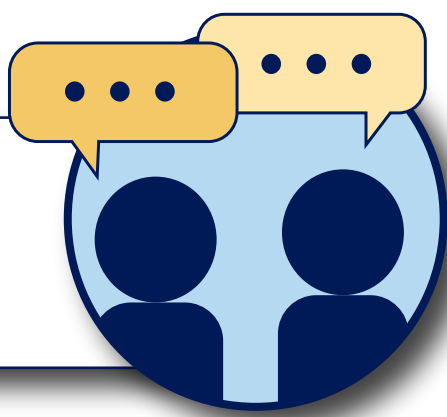
impaired empathy

WE NEED TO...

Recognize shame
in ourselves & others



Normalize shame
through honest & open conversation



Confront shame
through self-compassion & reaching out



Understand shame
through further study



Sentinel Emotional Events:

The Nature, Triggers, and Effects of Shame Experiences in Medical Residents

William E. Bynum IV, MD, Anthony R. Artino Jr, PhD, Sebastian Uijtdehaage, PhD, Allison M.B. Webb, MD, and Lara Varpio, PhD

Academic Medicine 2019. doi: 10.1097/ACM.0000000000002479