

# I Read, Therefore I Am:

## Examining Nonmedical Reading and Its Relationship to Empathy in Anesthesia Training



Physicians who appear **empathetic** are perceived as providing better patient care



Empathy bridges the experiences between physician and patient



High workloads may contribute to empathy decline



Activities outside medicine may have increased empathy exposure



Entry into the fictional arena may promote emotional processing

### Are Trainees More Empathetic if They Read Books?



A survey link was distributed to residents and fellows of ACGME-training programs



Trainees were asked to self-report weekly hours worked and time spent reading



Toronto Empathy Questionnaire (TEQ) used to assess domains of empathy

**Empathy** demonstrated a greater association to **duty hours** than time dedicated to leisurely reading

Trainees who worked between 60-80 hours/week had higher empathy scores despite the perception that working fewer hours would likely lend a better work-life balance