

# Improvisation and the Art of Medicine:

*Adaptable skills for an uncertain world*

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# Faculty Disclosure



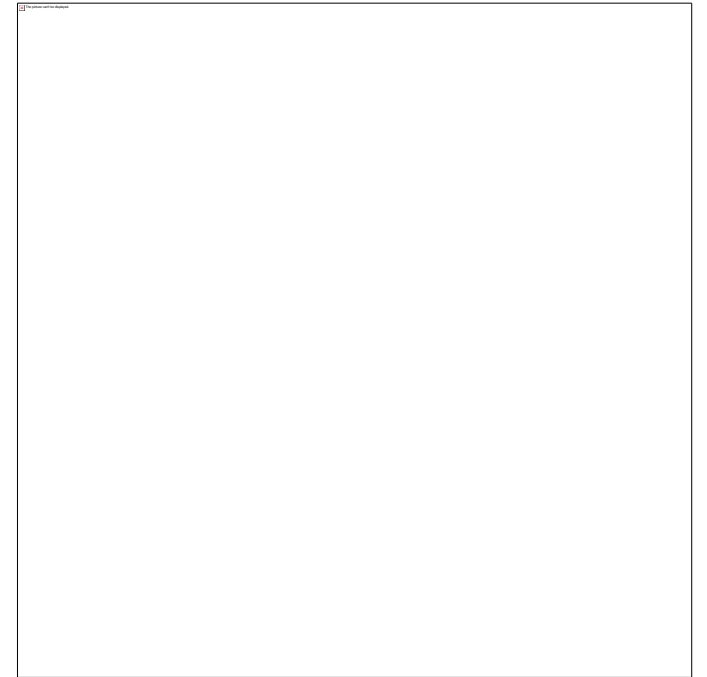
The presenter of this session currently has the following relevant financial relationships (in any amount) during the past 12 months:

- Director, The Mayutica Institute



# Conference Resources

Slides and handouts shared by our conference presenters are available on the CFHA website at [https://www.cfha.net/page/Resources\\_2019](https://www.cfha.net/page/Resources_2019) and on the conference mobile app.



# Learning Objectives

At the conclusion of this session, the participant will be able to:

- Define medical improv
- Explain the relevance of improvisation to medical practice, education, and clinician wellbeing
- Describe core improv curricular structures
- Describe core improv skills (AAA model)



# Bibliography / Reference

1. Fu B. *Common Ground: Frameworks for Teaching Improvisational Ability in Medical Education*. *Teach Learn Med*. <https://doi.org/10.1080/10401334.2018.1537880>.
2. Watson K, Fu B. *Medical Improv: A novel approach to communication and professionalism training*. *Ann Intern Med*. 2016;165:591-592.
3. Watson, K. "Perspective: Serious Play: Teaching Medical Skills With Improvisational Theater Techniques," *Acad Med*. 2011 Oct;86(10):1260-5.



# Learning Assessment



- A learning assessment is required for CE credit.
- A question and answer period will be conducted at the end of this presentation.





# Improvisation & the Art of Medicine

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# Applied improv



Improv theatre →  
Collaborative storytelling

**Medical Improv →  
Collaborative patient care**

*Fu B. Common Ground: Frameworks for Teaching Improvisational Ability in Medical Education. Teach Learn Med.  
<https://doi.org/10.1080/10401334.2018.1537880>.*



# Improvisation ≠ Random



**Improv is cultivated intuition  
guiding spontaneous action**

*Miller WL, McDaniel RR, Crabtree BF, Stange KC. Practice jazz: understanding variation in family practices using complexity science. J Fam Pract. 2001;50(10):872-8.*

# Medical Improv is ...



... the adaptation of improvisational theatre  
**principles** and **exercises**  
to enhance such medical **skills**  
as communication,  
teamwork, and cognition.

*Watson K, Fu B. Medical Improv: A novel approach to communication and professionalism training. Ann Intern Med. 2016;165:591-592.*

# MedImprov Curriculum



# Medical Improv Principles

Ground Rules,  
Side-Coaching

- Don't have to be amazing  
( ... or funny /smart /clever /original /creative /etc ...)
- You know everything you need to know
- There are no mistakes, only gifts and opportunities
- Make your partners look good
- Assume good intent
- Celebrate failure
- *And many more ...*

# MedImprov Curriculum



*Fu B. Common Ground: Frameworks for Teaching Improvisational Ability in Medical Education. Teach Learn Med.  
<https://doi.org/10.1080/10401334.2018.1537880>.*

# Improvisation is a **skill**.



## **Improv is cultivated intuition guiding spontaneous action**

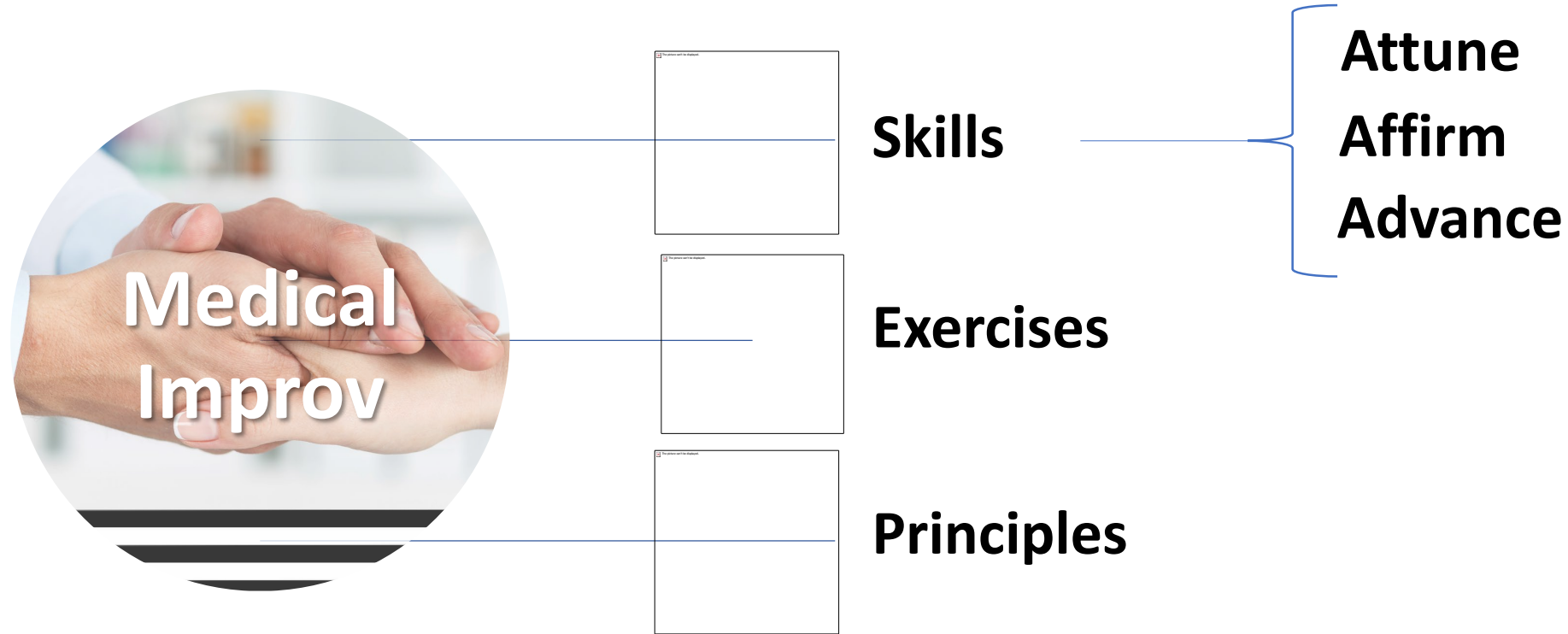
*Miller WL, McDaniel RR, Crabtree BF, Stange KC. Practice jazz: understanding variation in family practices using complexity science. J Fam Pract. 2001;50(10):872-8.*

# Skills of Improv =

Yes, And Assessment Attention Listening Observation Cue Recognition  
Mirroring Acknowledgement Agreement Acceptance Presence  
Collaboration Comfort with failure Comfort with uncertainty  
Confidence Courage Connection Encouragement Empathy Generosity  
Resilience Trust Vulnerability Authenticity Honesty Clarity  
Contribution Response Narrative Presence Recollection Spontaneity  
Presence Cue modulation Assessment Mirroring Attention Listening  
Observation Neutral No Agreement Acceptance Collaboration  
Confidence Courage Connection Empathy



# MedImprov Curriculum



*Fu B. Common Ground: Frameworks for Teaching Improvisational Ability in Medical Education. Teach Learn Med.*  
<https://doi.org/10.1080/10401334.2018.1537880>.

# AAA model



<b>Attune</b>	Listen, perceive, observe, etc. ...
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# AAA model



<b>Attune</b>	Listen, perceive, observe, etc. ...
<b>Affirm</b>	Acknowledge, support, validate, etc. ...

# AAA model



## **Attune**

Listen, perceive, observe, etc. ...

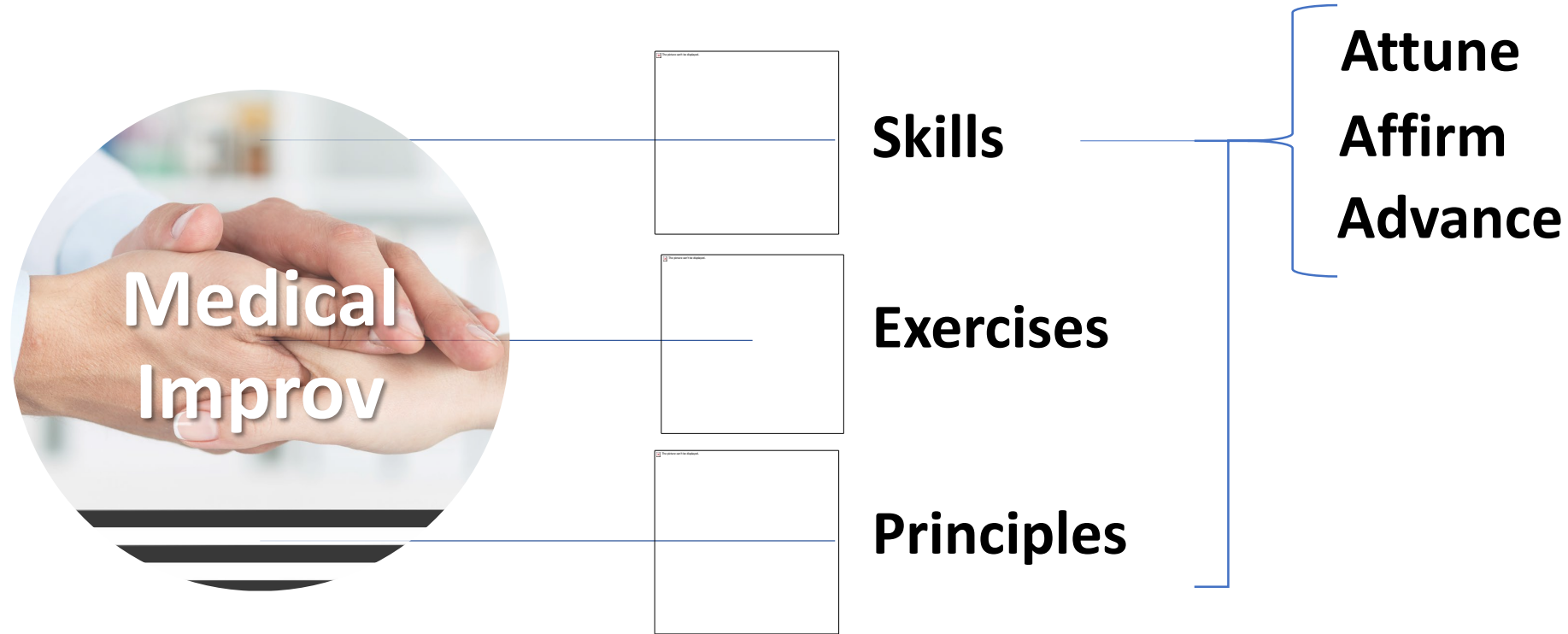
## **Affirm**

Acknowledge, support, validate, etc. ...

## **Advance**

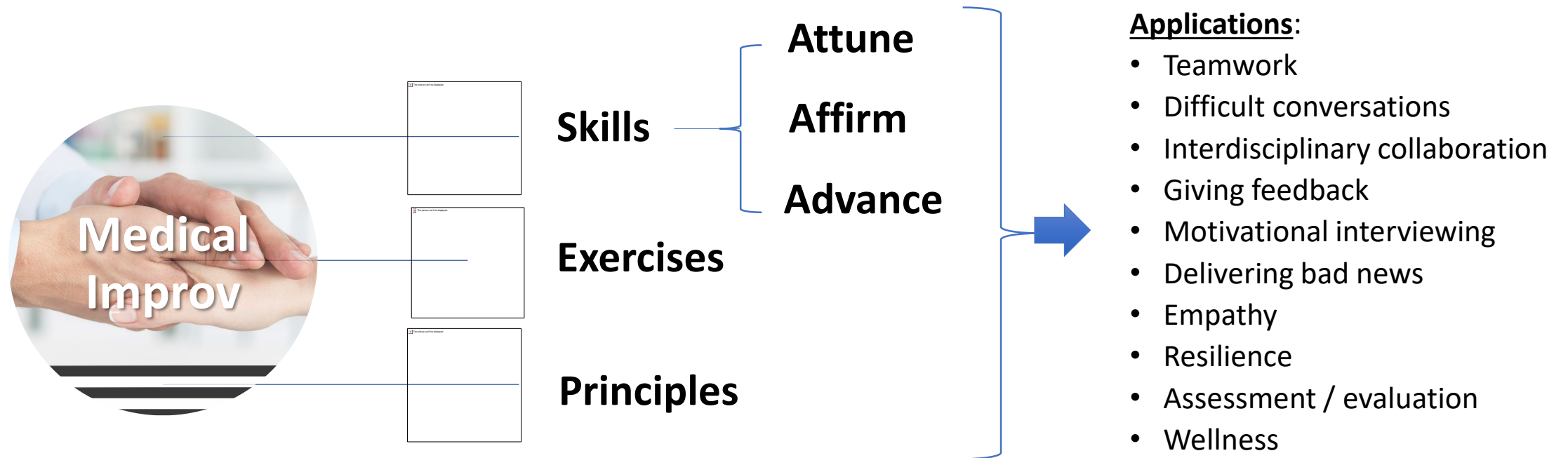
Express, create, adapt, invent, etc ...  
*le moving the interaction forward*

# MedImprov Curriculum



*Fu B. Common Ground: Frameworks for Teaching Improvisational Ability in Medical Education. Teach Learn Med.*  
<https://doi.org/10.1080/10401334.2018.1537880>.

# MedImprov Applications



*Fu B. Common Ground: Frameworks for Teaching Improvisational Ability in Medical Education. Teach Learn Med.*  
<https://doi.org/10.1080/10401334.2018.1537880>.

# Medical Improv Key Points



- Improvisation = cultivated intuition
- Med Improv = improv theatre adapted to medicine
  - Skills, Exercises, Principles
    - Attune, Affirm, Advance
      - → communication, collaboration, cognition



# Thank you!

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# Session Survey



Use the CFHA mobile app to complete the survey/evaluation for this session.





**Join us next year in Philadelphia, Pennsylvania! Thank you!**

