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 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)


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

Adaptable skills for an uncertain world

Belinda Fu, MD
Applied improv

Improv theatre →
Collaborative storytelling

Medical Improv →
Collaborative patient care

Improvisation ≠ Random

Improv is cultivated intuition
guiding spontaneous action


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Medical Improv is ...

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

MedImprov Curriculum

Medical Improv Principles

• 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 ...
Improvisation is a **skill**.

**Improv is cultivated intuition guiding spontaneous action**

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

Medical Improv

Skills
Exercises
Principles

Attune
Affirm
Advance


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AAA model

**Attune**

Listen, perceive, observe, etc. ...
AAA model

**Attune**
Listen, perceive, observe, etc. ...

**Affirm**
Acknowledge, support, validate, etc. ...
# AAA model

<table>
<thead>
<tr>
<th>Attune</th>
<th>Listen, perceive, observe, etc. ...</th>
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<tbody>
<tr>
<td>Affirm</td>
<td>Acknowledge, support, validate, etc. ...</td>
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| Advance      | Express, create, adapt, invent, etc ...  
*: i.e. moving the interaction forward* |
MedImprov Applications

Applications:
• Teamwork
• Difficult conversations
• Interdisciplinary collaboration
• Giving feedback
• Motivational interviewing
• Delivering bad news
• Empathy
• Resilience
• Assessment / evaluation
• Wellness

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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!