

The **Compassion Revolution** is a longitudinal program that incorporates compassion science as a core clinical competency for residents. This program, led by Abhipsa Kar, MD, introduces, integrates, and mentors residents and faculty on how to better respond to the burnout crisis and moral injury in healthcare today. The curriculum builds on the themes of the Pathos Project developed by Antonio Salud II, MD, MA, which dedicates protected time and space to help residents develop greater self-awareness and healthy practices to achieve more meaningful clinical experiences and greater resiliency as they progress through the MLKCH Internal Medicine Residency Program. The capstone project empowers interested third year residents to make their own unique contribution to enhance the organization's ability to center compassion in all endeavors.

The **2D<sup>3</sup> compassion curriculum** is organized as follows:

- **Data Dump:** PGY-1 residents will learn the content through interactive seminars during noon-conference.
- **Deliberate Discourse:** PGY-2 residents will facilitate small group discussions to help trainees step out of autopilot and gain awareness of the personal and professional impact of clinical encounters
- **Defining Development:** PGY-3 residents will discover ways to apply their understanding of compassion to continuously improve processes within the residency, organization, and community.



Album cover for John Summit's "Comfort in Chaos" (2024)

2D <sup>3</sup>	Data Dump Noon conference (45 min)	Deliberate Discourse Friday Small Groups (60 min q5weeks)	Defining Development (30min)
Aug	Intro: Compassion Crisis?	The Nature of Suffering	Capstone
Sept	Patient-Physician Relationship	The Virtuous Physician	Capstone
Oct	Spirituality in Medicine	The Medical Carnavalesque	Teaching Mindfulness
Nov	Evidence-Based Compassion	Loving-Kindness takes Courage	Capstone
Dec	Empathic Distress	Know Thyself	Capstone
Jan	Dysfunctional Helping	Fears of Compassion	Capstone
Feb	Compassion Collapse	The Compassion Mindset Process	Capstone
Mar	<i>Caritas Processes</i>	Common Humanity in Self Compassion	Capstone
April	Transformation of Suffering	Broaden and Build	Capstone
May	Moral Injury	Health and Justice	Capstone
June	Organizational Factors	Compassionate Caring at MLKCH	Comfort in Chaos

