

Compassion in Primary Health Care

Posted at: 12/03/2025

Compassion in Primary Health Care: A Key to Better Outcomes

Context

On February 7, 2025, the WHO released a report, "Compassion and Primary Health Care", emphasizing compassion as vital for improving health services. Dr. Tedros Adhanom Ghebreyesus highlighted its role in global health, aligning with past WHO and UN discussions on the need to globalize compassionate health care.

Significance of Compassion in Health Care.

For Patients

- Faster recovery & shorter hospital stays (Stanford CCARE Study).
- Reduced anxiety & better outcomes, especially in cancer care (Johns Hopkins Study).

For Health-Care Professionals

- Less stress & burnout.
- Higher job satisfaction & stronger patient relationships.

Compassion vs. Empathy

- Sympathy - A momentary, pity-based response.
- Empathy - Deep emotional connection, often leading to burnout.
- Compassion - A balanced approach, enabling problem-solving without emotional exhaustion.

Compassion in Mental Health

- Depression may become the "next pandemic" (WHO, 2023).
- 280 million+ people suffer globally, yet less than 50% receive proper care.
- Compassionate care improves mental health recovery, especially in trauma-affected individuals.

Conclusion

Compassion must be integrated into policy, training, and practice to build an equitable, effective, and patient-centric health-care system.