2 questions; 2 podcasts & 1 article

2 Q’s

What if doctors and other clinical staff had patient/family mentors that were matched early in their career (residency/fellowship) and attempted to stay in contact throughout their careers?

What if residents and fellows partnered with patients/family members (who were teachers and trainers in their careers -- but non in meded) and, together, they co-created/designed a curriculum on what are important learnings from the patient lens?

2 Podcasts

This month – the focus is on the importance for healthcare to learn and understand behavioral science and behavioral economics—2 critical academic disciplines that (IMHO) will help to improve understanding of patients/their families and ourselves.

<https://podcasts.apple.com/us/podcast/choiceology-with-katy-milkman/id1337886873> Can we learn to make smarter choices? Choiceology explores the lessons of behavioral economics, exposing the psychological traps that lead to expensive mistakes. Season 1 of Choiceology was hosted by Dan Heath, bestselling author of Made to Stick and Switch. Check out anchoring bias (often concern for initial diagnosis from patient or from clinician) in Season 1 Episode 6 <https://podcasts.apple.com/us/podcast/a-number-in-mind/id1337886873?i=1000409596320>

<http://freakonomics.com/podcast-tag/healthcare/> This is one of my all-time favorite podcasts and even when not related to healthcare, I often find ways to apply the learnings from the podcast to healthcare. Based on the book of the same name, I hope you can enjoy one of these “tagged in healthcare” episodes to get you started on your freakonomic journey. 😉

1 Article

In keeping with the behavioral science theme… here is a wonderful short piece from the [Penn Medicine Nudge Unit](https://nudgeunit.upenn.edu/) in the NEJM on how health systems/hospitals like Ascension-Genesys might create such a unit….

<https://catalyst.nejm.org/launching-nudge-units-health-care/> - “Recognizing that many of our routine practices are influenced by the nature in which choices are presented to clinicians, health systems have been considering the formation of a [nudge unit or behavioral design team](https://www.nejm.org/doi/full/10.1056/NEJMp1712984) to make higher-value choices easier to make.” “*Some of these changes seem straightforward, but change is difficult, and change in the matrixed environment of health care — where technical expertise is diffused — is particularly challenging.”*

Bonus- a quote

"People are irrational - and predictably so." ~ Dan Ariely