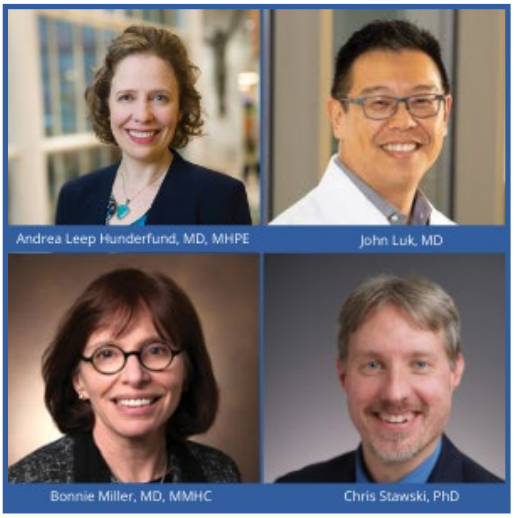
Human Flourishing, Caring and Character in the Medical Profession: To What End?

Fast Facts

Date
January 26, 2021, 4–5 pm CT

Featuring
- **Opener: Dr. Cheryl Maurana**, MCW
- **Dr. Andrea Leep**, Mayo
- **Dr. Bonnie Miller**, Vanderbilt & KNN
- **Dr. John Luk**, Dell Medical School at UT-Austin
- **Moderator: Dr. Chris Stawski**, Kern Family Foundation

Event Reach
- 105 attendees
- 22 states represented
- Attendees from U.S. and U.K.



What does "human flourishing" really look like or mean, especially in these uniquely challenging times? And how do caring and character contribute in practice? These questions served as the foundation of the first session in the KNN's discussion series "The Medical Profession Through the Lens of Human Flourishing."

On Tuesday, January 26, 2021, a varied group of attendees gathered to explore those topics in order to appraise their own experiences with the intersection of caring, character and human flourishing; assess the state of human flourishing in the health ecosystem; and identify next steps in advancing flourishing through one's professional practice.

Dr. Cheryl Maurana opened the session with remarks that introduced the KNN's integrated framework for caring, character and human flourishing and set the tone for the afternoon—one of reflection, connection and grace.

Next, a series of brief Ted Talk–like videos explored each of the three core concepts in the framework. Dr. Andrea Leep discussed character and its nature: embodied, distinctive, enacted, meaningful. And above all, enduring. Dr. Bonnie Miller reflected on caring through telling the story of a clerkship student's case presentation, which revealed just how powerful the elements of complete care—attentiveness, responsibility, competence, responsiveness, and engaged citizenship—can be. Finally, Dr. John Luk capped off the video series with personal reflections on human flourishing and critical inflection points along his own journey, from a memorable pediatric patient to the passing of his father.

After the videos, the session transitioned into a live Q&A, adeptly moderated by Dr. Chris Stawski. In it, Dr. Leep spoke on character strengths required of a "good" doctor and how those align with what the culture of medicine rewards. She elaborated on some of the exemplar traits being discussed more frequently now than in the past—humility, patience, courage, justice—as well as the dichotomy between physician as healer versus physician as fixer or producer.

When asked whether one of the five elements of caring is *most* important in the context of healthcare, Dr. Miller shared that many medical educators may view competence as the most important element. However, while all are important, attentiveness and listening can be viewed as the "gateway" to caring, as those who do not feel heard likely do not feel cared for fully.

In discussing how to grapple with different ideas of what constitutes flourishing, especially amid the challenges of a pandemic, Dr. Luk reminded us that the journey has highs, lows and opportunities to be surprised. He noted that in experiences that challenge us and test our grit and resilience, such as the pandemic, we can also find commonality, encouragement and support.

Following the videos and Q&A, attendees reflected on their learnings and shared perspectives by using Jamboard, an interactive whiteboarding tool, for small-group discussion of two questions:

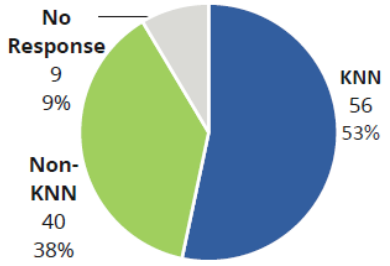
1. What does human flourishing look like in your setting now?
2. What are ways to enhance or improve human flourishing?

The session ended with an activity to distill learning: writing and sharing a six-word story via chat. Though brief, the stories did not lack impact, with examples such as:

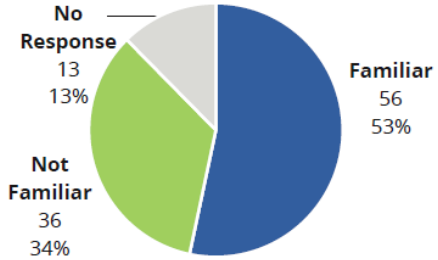
- *Best version of selves, systems, society*
- *So many ways to reach out*
- *I am human. You are human.*
- *Constantly learning through struggle and joy*

Preliminary Audience Data

Attendee Mix



Attendee Familiarity With KNN



Preliminary data shows the event reached not only KNN-affiliated individuals, but also those not previously familiar with the KNN's work.

Dr. Luk then invited participants to sign up for a follow-up activity to expand their six-word story into a 55-word story—further building their viewpoint, community and knowledge. Those who joined the session live or have watched the recording (coming soon) are welcome to enroll here for one of the following time options:

- Wednesday, February 17 | 6:30–7:30 pm CT
- Thursday, February 18 | 12–1 pm CT
- Friday, February 19 | 7:30–8:30 am CT

As Dr. Maurana concluded with a quote from Barbara Fredrickson, "Flourishing is not a solo endeavor." We welcome you to continue this journey with us.

Watch for an invite to our next session, "Seeking Strength in Times of Crisis" on April 27 at 4–5 pm CT. ■