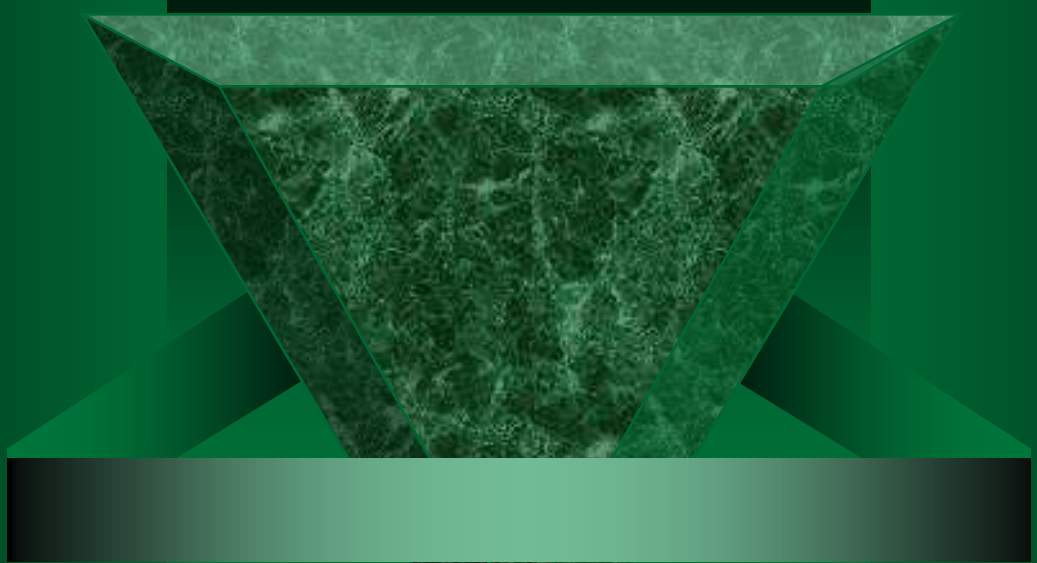




Humor as Medicine

Laughter is the Best Medicine



“A merry heart doeth good like
medicine, but a downcast spirit
drieth up the bones.”

Proverbs 17.22




Dr. Satish Kumar, MD

Department of Medicine

BOKARO GENERAL HOSPITAL





“The arrival of a clown
exercises more beneficial
influence upon the health of a
town than 20 asses laden with
drugs.”

Thomas Sydenham



*“Be a good listener
you never learn much from
talking.”*

- Will Rogers



EXERCISE

- ✓ Turn to the person next to you and either....
 - Share a funny moment from your childhood
 - Tell a patient story that was really funny
 - Tell a story of healing with humor
 - Tell your favorite joke
- ✓ **LAUGH OUT LOUD!!**



“To provoke laughter is to encourage health.”

- Francis Rabelais



Types of Humor

- ✓ Superiority theory
- ✓ Incongruity (surprise) theory
- ✓ Release/relief theory
- ✓ Divinity theory

Dossey, Altern Ther 1996 (handout)



Reported Benefits of Humor on Medical Conditions

- ✓ Fewer complications after MI (Tan)
- ✓ Improved immunocompetence (Berk)
- ✓ Diminished pain (Cousins)
- ✓ Improves allostasis in response to stress (McEwen)

1. Tan, Can J Cardiol 1997
2. Berk, Alter Ther 2001
3. Cousins, NEJM 1976
4. McEwen, NEJM 1998



Further Benefits of Humor

- ✓ Enhanced creativity (Koestler)
- ✓ Improved sense of self control (Wooten)

1. Koestler, Act of Creation 1964
2. Wooten, Holistic Nurse Prac 1996



He who laughs, lasts.....

- Mary Pettibone Poole



"Are you eating properly and getting plenty of exercise?"



Those who cannot laugh at themselves leave the job for others.



*Middle age is having a choice
of two temptations and
choosing the one that will get
you home earlier.*



Humor in the Clinical Setting

- ✔ Facilitates social interaction
- ✔ Evokes confidence
- ✔ Helps reduce stress
- ✔ Encourages the healing response
- ✔ Reduces provider burnout

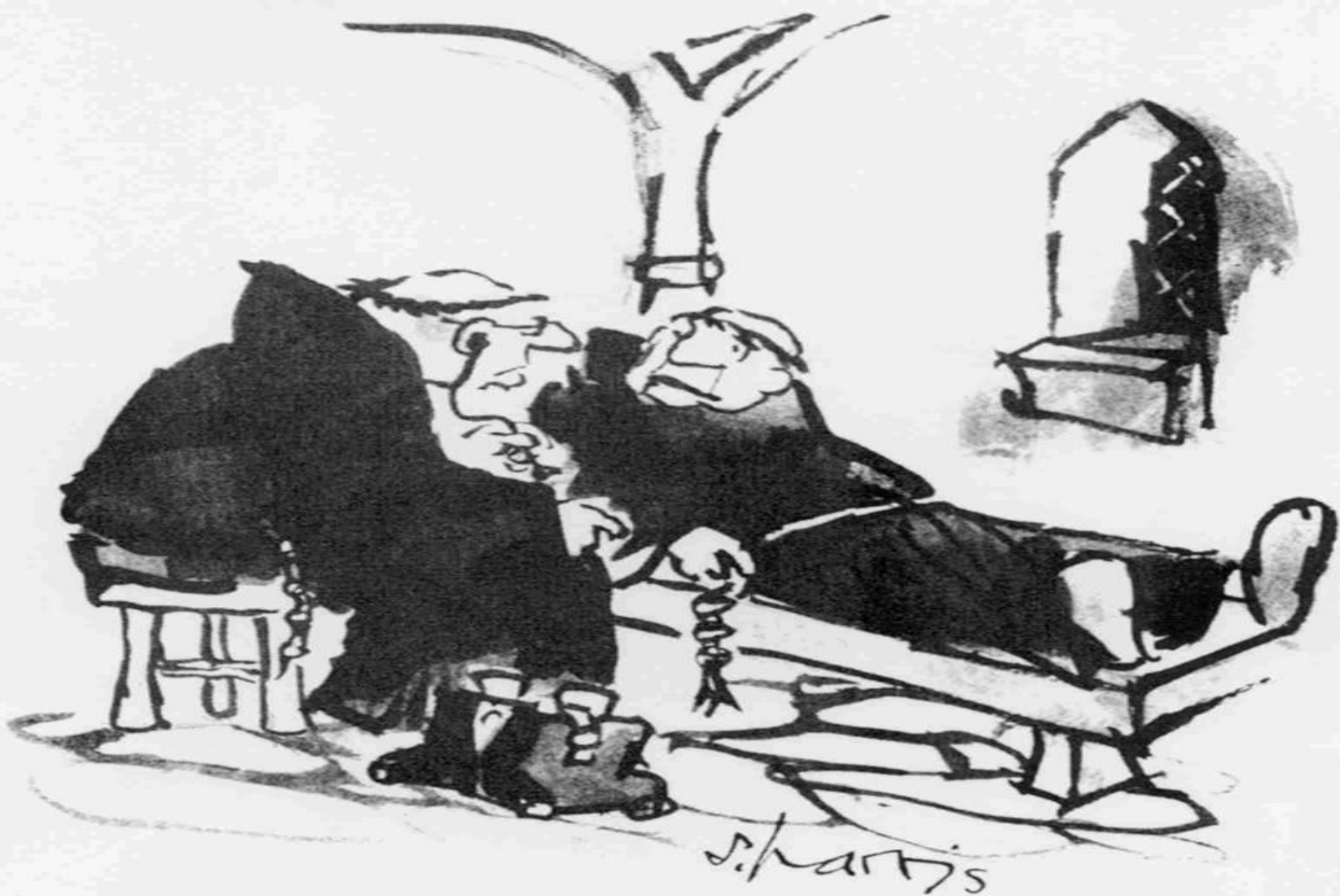


"I'll want to run a few tests on you, just to cover my ass."



I intend to live forever...

so far so good.



*“What do you mean ‘Don’t expect miracles’?
why shouldn’t I expect miracles?”*



*The art of medicine consists of
amusing the patient....
while nature cures the disease.*



Some Ways of Using Humor In Medicine

- ✓ Most effective ways are conversational, situational
- ✓ Twinkling eye contact, gentle amusement
- ✓ Be sure the patient knows your tenderness before joking (Patch Adams)



Using Humor in Practice

- ✓ Jokes can be appropriate
- ✓ Clown therapists in children's hospitals, nursing homes, AIDS clinics
- ✓ Comedy cart, videos, comics, props, makeup, costumes



Tips for Using Humor— Onstage or in Clinic--Stu Silverstein, MD www.mdhumor.com

- ✔ Avoid racist, sexist material
- ✔ Make it relevant
- ✔ Memorize important lines
- ✔ Punch line last
- ✔ Pause before the punch line
- ✔ Never announce you are doing a joke
- ✔ Keep it brief
- ✔ Prepare for “ad libs”



"We may already be too late, Mr. Parker."



Don't be inappropriate in your use of Humor

- ✔ Humor requires good communication skills and sensitivity to avoid appearing callous, uncaring
- ✔ Avoid laughing at someone rather than with them
- ✔ Never make light of another's suffering

THE FAR SIDE

By GARY LARSON





Caution from Norman Cousins

“..it would be an error...to suggest that laughter—or the positive emotions in general—have universal or automatic validity, whatever the circumstances. People respond differently to the same things. One man’s humor is another man’s ho-hum. The treatment of illness has to be carefully tailored to suit the individual patient.”

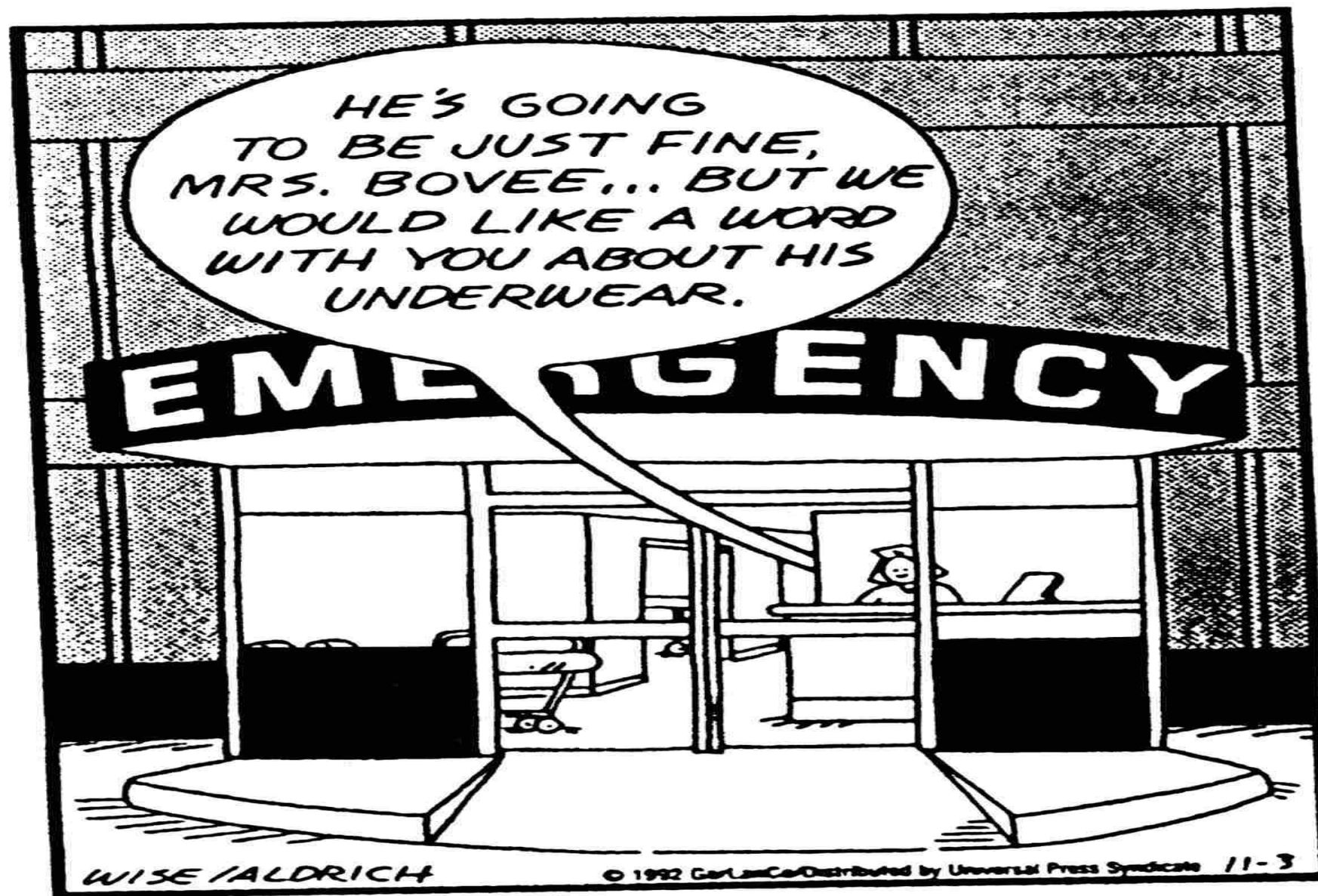
Cousins, *Head First: The Biology of Hope* 1989



More from Cousins and Cosby

- ▼ Humor is a metaphor for a gamut of emotions,
not just jocularity (Cousins)
- ▼ “If you can laugh at it,
you can survive it.” (Cosby)

REAL LIFE ADVENTURES by Gary Wise and Lance Aldrich




Your mother's worst nightmare.



CALLAHAN


*“Now remember—spank the bottom, cut the cord,
and check the child for weapons.”*



“In appearance, let the physician be of a serious but not a harsh countenance; for harshness is taken to mean arrogance and unkindness.

A man of uncontrolled laughter and excessive gaiety is considered vulgar, and vulgarity especially must be avoided.”

- Hippocrates



*“More mistakes in medicine
are made by those who do not
care, than by those who do not
know.”*

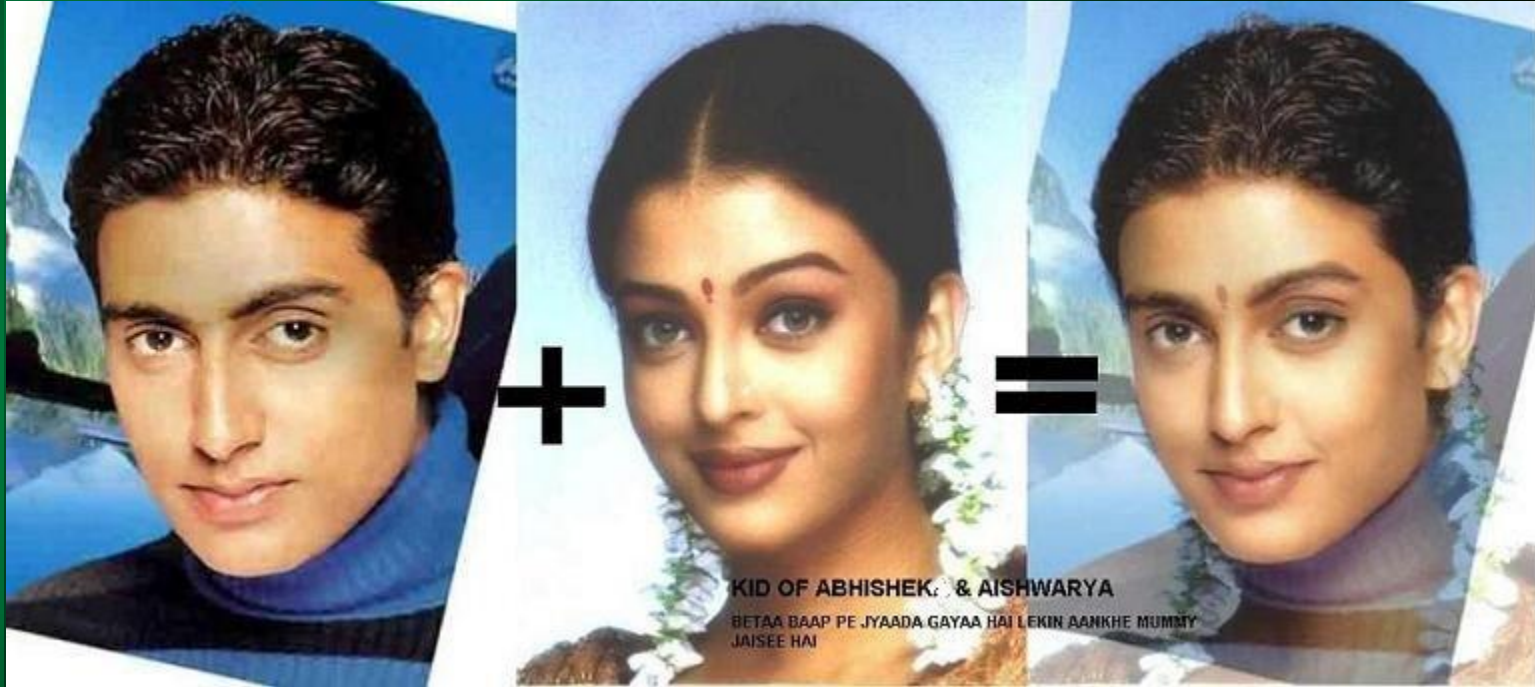
- Allen Gregg

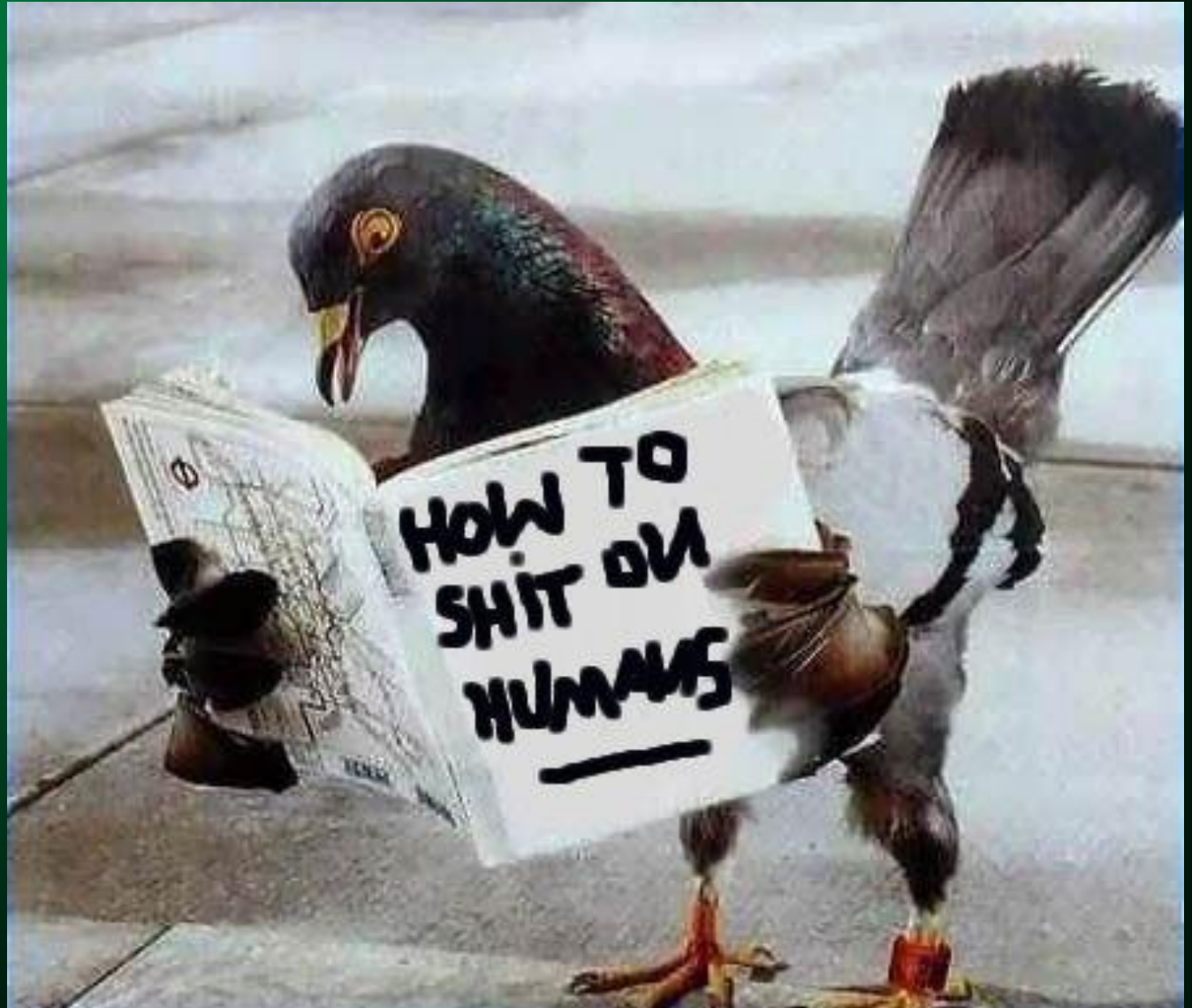


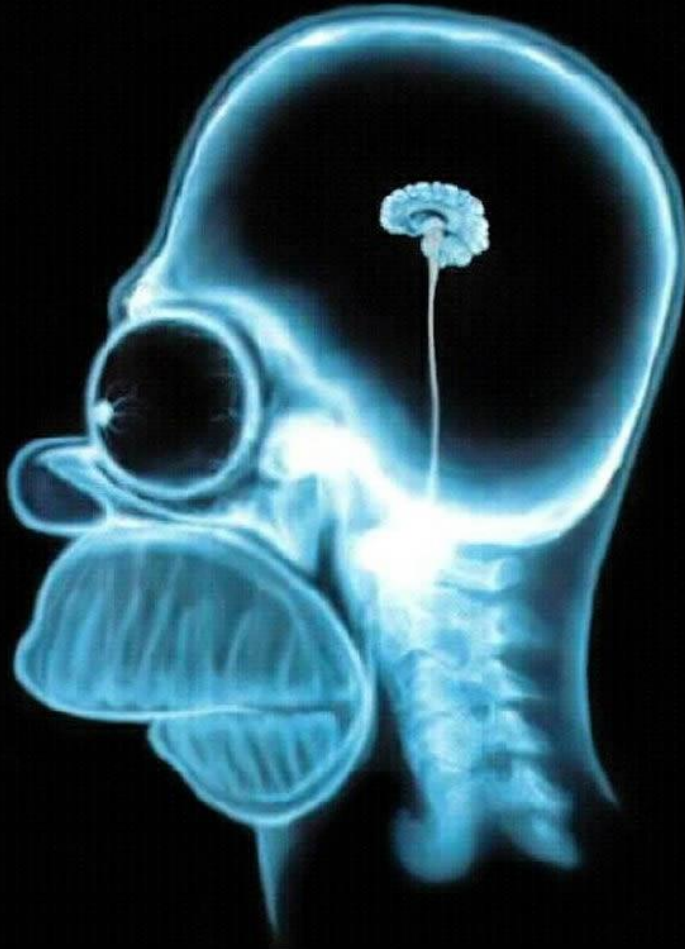
*A conclusion is the place
you got tired of thinking.*











*Hey guess what?
i found your brain
but
you need one of
these to see it.*





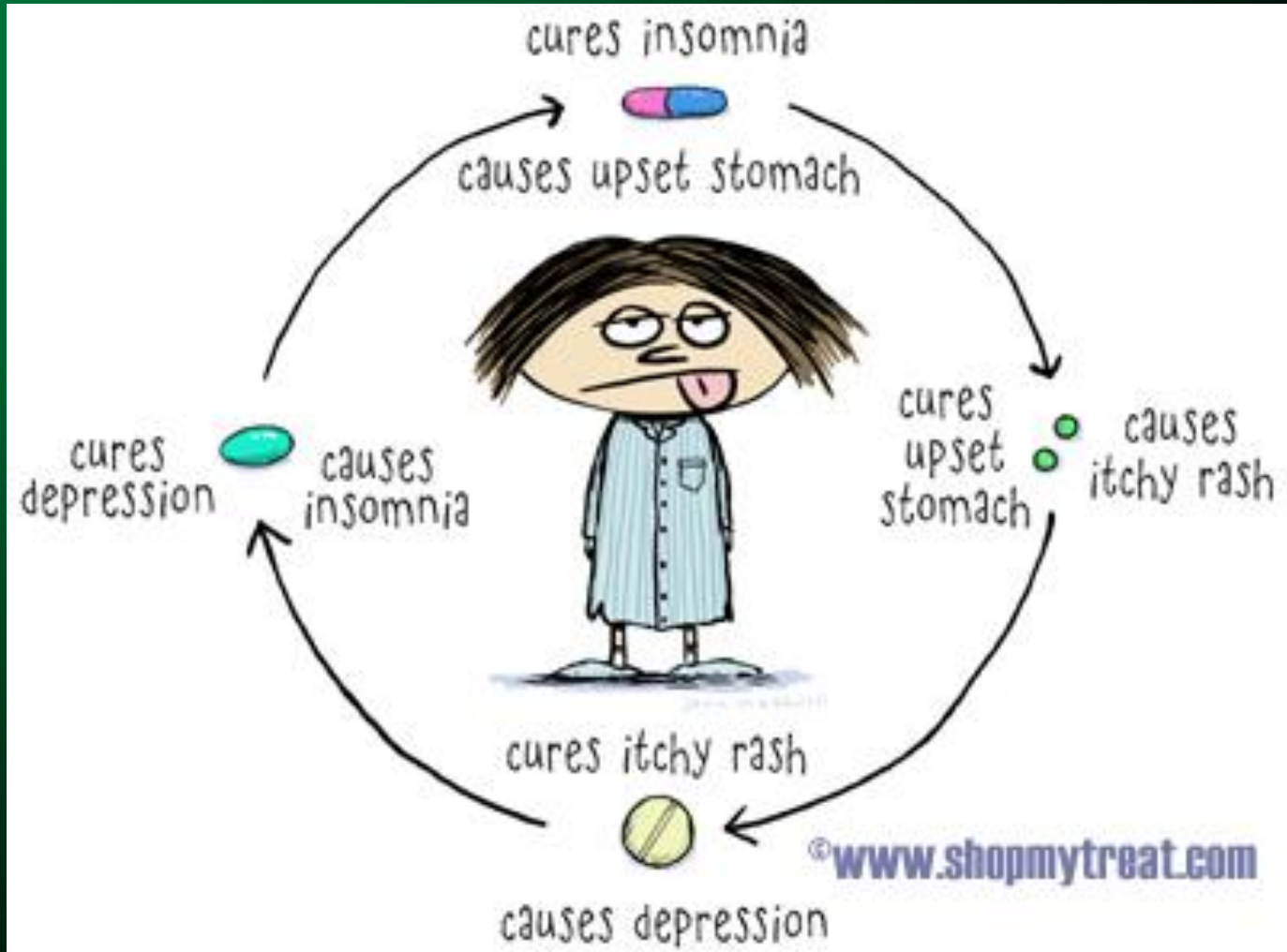














ADMIT IT... YOU'VE
BEEN SECRETLY
TAKING HERBAL
REMEDIES AGAIN!



JOHN BYRNE











*Keep
Smiling*