

UČENJE EMPATIJE U BALINT GRUPAMA

TEACHING EMPATHY IN BALINT GROUPS

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SAŽETAK

Uvod: Balint grupa se definiše kao mala grupa kliničara koji redovno analiziraju slučajeve iz svoje medicinske prakse kako bi stekli dublje razumevanje odnosa lekar - pacijent.

Cilj ovog istraživanja je bio ispitivanje da li je učestvovanje u Balint grupama povezano sa većim stepenom empatije.

Metod: Ovo istraživanje je obuhvatilo 210 lekara iz primarne zdravstvene zaštite. Od 210 lekara, 70 je završilo Balint edukaciju u trajanju od minimum godinu dana, dok 140 lekara nije pohađalo pomenutu edukaciju. Za svakog doktora sa završenom Balint edukacijom metodom slučajnog izbora izabrana su po dva lekara koja nisu završila ovu edukaciju, a koja rade u istom domu zdravlja i imaju istu poziciju (lekar opšte medicine ili specijalista). Za potrebe ovog istraživanja, konstruisan je opšti upitnik za ispitanike i korišćen je još jedan dodatni upitnik za ispitivanje empatije - Davisov „indeks interpersonalne reaktivnosti“ (IRI). U statističkoj obradi podataka su korišćene metode deskriptivne statistike, Studentov t-test, Pearson-ov hi-kvadrat test, Spearman-ov koeficijent korelacije i metode logističke i ordinalne regresije.

Rezultati: Preko tri četvrtine (82,9%) lekara u našem uzorku je bilo ženskog pola, dok je 17,1% ispitanika pripadao muškom polu. Srednja vrednost godina starosti ispitanika je iznosila 48,3±9,6 i kretala se od 30 do 65 godina. Lekari koji su završili Balint edukaciju su imali značajno veće skorove na subskalama Zauzimanje tuđeg stanovišta, Fantazija i Empatijska brižnost u odnosu na lekare koji je nisu završili, $p<0,001$. Što se tiče subskale Lična nelagodnost, nije bilo statistički značajne razlike između lekara ove dve grupe, $p=0,530$. Prema našim rezultatima, utvrđena je povezanost između subskala Zauzimanje tuđeg stanovišta, Fantazija i Empatijska brižnost ($p<0,001$), dok je subskala Lična nelagodnost korelirala samo sa subskalom Fantazija ($p=0,010$). U multivarijantnom logističkom regresionom modelu za subskalu Zauzimanje tuđeg stanovišta jedini značajan prediktor je bila Balint grupa. Rezultati su takođe pokazali da članovi Balint grupe imaju 2,8 puta veću šansu da imaju visoke skorove na ovoj subskali. Multivarijantnom logističkom regresijom za subskalu Fantazija su se kao značajni prediktori izdvojili Balint grupa i lekari specijalisti. Naši rezultati su dalje pokazali da su lekari sa Balint edukacijom imali 5, a lekari specijalisti 2,4 puta veću šansu da postignu visoke skorove na ovoj subskali. U multivarijantnom logističkom regresionom modelu za subskalu Empatijska brižnost kao jedini prediktor se izdvojila Balint grupa ($p<0,001$), tačnije, lekari sa Balint edukacijom su imali 6,7 puta veću šansu da postignu visoke skorove na subskali Empatijska brižnost. U univarijantnom logističkom regresionom modelu za subskalu Lična nelagodnost statistička značajnost je bila postignuta samo za jednu varijablu-specijalizaciju ($p=0,021$). Preciznije, lekari bez specijalizacije su imali veću „Ličnu nelagodnost“ u odnosu na specijaliste. Spearman-ova korelacija za subskalu Zauzimanje tuđeg stanovišta je pokazala da postoji statistički značajna osrednja pozitivna povezanost između dužine Balint edukacije (broja godina) i skora na subskali Zauzimanje tuđeg stanovišta ($rs=0,331$; $p=0,005$).

Zaključak: Naše istraživanje je pokazalo da su Balint grupe efikasne za učenje empatije među lekarima. Štaviše, naši rezultati snažno podržavaju integraciju Balint grupa u medicinsko obrazovanje.

Ključne reči: Odnos lekar-pacijent, Balint grupe, primarna zdravstvena zaštita, empatija.

ABSTRACT

Introduction: A Balint group is defined as a small group of clinicians who regularly analyze cases from their medical practices to gain a deeper understanding of the doctor-patient relationship.

The aim of our study was to examine whether the participation in Balint group is associated with a higher degree of empathy amongst primary health care doctors.

Methods: This investigation was conducted on a population of 210 doctors employed in primary health centers in Belgrade. Of 210 doctors, 70 have completed Balint training for a period of at least one year, whereas 140 doctors have never attended this training (Non-Balint group). Each doctor who completed Balint education, was grouped with two other randomly chosen Non-Balint doctors, who worked at the same health center and had the same level of education (general practitioner or specialist). For the purposes of this study, a general questionnaire for participants was constructed, and an additional questionnaire was used to assess empathy – Davis's "Interpersonal Reactivity Index" (IRI). The statistical analysis used descriptive statistics, Student's t-test, Pearson's hi-square test, Spearman's correlation coefficient, logistic and ordinal regression methods.

Results: Over three quarters (82.9%) of doctors in our sample were females, while 17.1% thereof were male doctors. The mean age of the respondents was 48.3 ± 9.6 and ranged from 30 to 65 years. Doctors who completed Balint education had significantly higher scores on subscales Perspective Taking, Fantasy and Empathic Concern compared to doctors who did not complete it, $p<0.001$. Regarding the subscale Personal Distress, there was no statistically significant difference between doctors of these two groups, $p=0.530$. According to our results, a correlation between the sub-scale Perspective Taking, Fantasy and Empathic Concern was established ($p<0.001$), while the subscale Personal Distress correlated only with the Fantasy subscale ($p=0.010$). In the multivariate logistic regression model for the sub-scale Perspective Taking, the only significant predictor was the Balint group. The results also showed that the members of Balint group had 2.8 times higher chances of having high scores on this sub-scale. By the multivariate logistic regression, Balint group and doctors specialists were identified as a significant predictor for the Fantasy sub-scale. Our results further demonstrated that the likelihood to achieve high scores on this sub-scale for Balint-educated doctors was 5 times and for specialists 2.4 times.

In the multivariate logistic regression model for the sub-scale Empathic Concern, the only predictor was Balint group ($p<0.001$). More precisely, doctors with Balint education had 6.7 times more chances to achieve high scores on sub-scale Empathic Concern. In the univariate logistic regression model for the sub-scale Personal Distress, only one variable-specialization was statistically significant ($p=0.021$). More precisely, doctors with no specialization had greater Personal Distress than specialists. Spearman's correlation for the sub-scale Perspective Taking showed that there was a statistically significant moderate positive correlation between the length of the Balint education (number of years) and the scores on the sub-scale Perspective Taking ($rs=0.331$; $p=0.005$).

Conclusion: Our research has shown that Balint groups are effective for empathy training among doctors. Furthermore, our results strongly support for the integration of Balint groups training into medical education.

Key words: Doctor-patient relationship, Balint groups, primary health care, empathy.