Abstract 9.

Teaching students a positive attitude towards the higher weight patient. A current challenge.

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Background
Increasing evidence shows that health related professionals, express negative feeling towards high weight people. Several tools from medical humanities can be useful for students to understand patients better and develop empathy.

Objective
To do an educational activity for medical students, design to reduce stigmatization and discrimination and improve patient-physician relationship.

Methods
The intervention is done in the third year of Medicine. It consists in: Watching the film “Gordos” (Arevalo, 2008) that addresses multiple aspects higher weight person’s life; Film analysis with a tutor, using a predefined guideline; Interview with a higher weight person.

A yearly evaluation is done by the Faculty Development Centre in our university.

Results
The intervention helps students to gain consciousness of their prejudices. 75.6% consider the film useful for understanding the topic; 78.1% that the discussion is a valuable complement, 95.1% that the interview is the most determining element.
Student comments “[…] it he activity inspires me to learn more about life, about people their experiences, their feelings, it invites me to better observe and to listen more…” (E4).

Conclusion
The movie and interview resulted very useful tools that facilitated the students to better understand their own prejudices and improve their empathy.