**Ethics after Hours**

**Empathy**

***By Brené Brown***

In this animated video, Brené Brown explains the concept of empathy and how to distinguish it from sympathy. The ability to feel and demonstrate empathy is important for building rapport with patients. The video is relevant for anyone working with patients in the health care setting. Watch it on your own or use this video as a tool in an ethics training session.

Video link: <https://www.youtube.com/watch?v=1Evwgu369Jw>

Duration: 2 min. 53 sec.

***Discussion questions:***

* Can you think of different ways to describe the difference between empathy and sympathy?
* Do you agree with Brown’s description of sympathy?
* Discuss some examples from your work setting that illustrate empathy as it is described in the video.
* Discuss ways that empathy can help build rapport with patients.
* How else does empathy improve health care?