

Humor in the Healthcare Workplace

Presented by

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Humor Benefits

Interpersonal:

- Promotes Teamwork
- Neutralizes Emotionally Charged Interactions
- Demonstrates Personal Power

Emotional /Physical:

- Relieves Tension And Stress
- Renews Physical And Emotional Energy
- Minimizes Professional Embarrassment

Attitudinal:

- Promotes Personal Positive Perspective
- Creates A Positive And Productive Work Environment
- Provides A Sense Of Control During Change

Cognitive:

- Reduces Learning Defensiveness
- Enhances Information Retention
- Facilitates Problem Solving And Creativity

Humor Benefits Continued

Communication:

- Opens Up Dialogue
- Captures Attention
- Eases Approach To Sensitive Subjects

Patient/ Professional Interaction:

- Reduces Patient Anxiety
- Humanizes Healthcare Professional
- Interrupts Panic And Pain Cycle
- Provides Sense Of Control
- Reveals Truth Of Patient Concern
- Minimizes Embarrassment
- Enhances Patient Education
- Triggers Positive Biochemical Reaction

Minimizing Humor Risks

?’s For Questionable Humor:

- Underlying Anger?
- Value Misrepresentation?
- Direction Of Humor?

Gallows Humor:

Coping Device vs. Denial Device

- Who Is The Initiator?
- Who Is The Audience?
- Is The Timing Appropriate?

Timing Considerations:

- Tense vs. Intense Situations
- Safety Considerations

Motive Vs. Content:

- What Was the Intent Of The Humor?

Humor Guidelines

Sensitivities:

- Age
- Culture
- Awareness
- Pain

Humor Assessment:

1. Did My Humor Serve As A ...

Icebreaker

or

Icemaker

3. Was My Humor A ...

"Ha Ha"

or

Ah Ha Harassment

2. Was My Humor Used As A Tool...

To Build Someone Up

or

To Tear Someone Down

4. Was My Humor Motivated By...

Compassion and Concern

or

Frustration And Anger

Humor Development

The Cure For Humor Deficit Disorder:

- Allow Humor Acceptance
- Practice Humorous Perspective
- Find A Comical Comrade
- Practice Humor Response