EXPLORING THE RAZOR'S EDGE: MASCULINE DISCOURSE IN PATIENTPROVIDER RELATIONS

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- Minor in Men's Health- first academic men's health program
 - Men's Health
 - Men Across Cultures
 - Men and Anger
 - Men in Recovery
 - Fathers and Fathering
- Private Practice working with Men/Boys
 - Naturopathic health consulting
 - Anger
 - Anxiety
 - "Lost"



Benefits of good communication:

- Patient satisfaction
- Adherence to treatment plan
- Symptom reduction
- Cooperative/collaborative
- Improved provider job-satisfaction/wellbeing

Communication skills are teachable

The Razor's Edge: Male Patient/Male Provider Dyad

How Does Masculine Discourse affect communication, and therefore health outcomes?



Avoidance of Healthcare

- Internalized masculinity inhibits healthcare seeking in men.
 - Himmelstein M. S., Sanchez D. T. (2016a). Masculinity impediments: Internalized masculinity contributes to healthcare avoidance in men and women. Journal of Health Psychology, 21, 1283–1292.
- Socialized message that men must conceal their vulnerabilities.
- "Young men and boys receive many contradictory messages about health while growing up. A health professional might encourage a young man to seek help when he needs it; yet research repeatedly shows that parents, other adults, and peers all discourage boys from seeking help-and ridicule and punish them when they do."
 - Courtenay WH. Constructions of masculinity and their influence on men's well-being: A theory of gender and health. Presented in partial fulfillment of the doctoral degree, University of California; June 26, 1996; Berkeley, CA.

Men who buy into traditional notions of masculinity are more negative about seeking mental health services than those with more flexible gender attitudes.

Psychology of Men and Masculinity, Vol. 16, No. 2, 2015

American Psych Association Guidelines

- APA's new Guidelines for Psychological Practice With Boys and Men:
 - Traditional masculinity is psychologically harmful and that socializing boys to suppress their emotions causes damage that echoes both inwardly and outwardly.
 - Stoicism, aggression, dominance and competition are the tenets of masculinity that are harmful.

APA (cont.)

"power, privilege and sexism work both by conferring benefits to men and by trapping them in narrow roles. They should consider how stoicism and a reluctance to admit vulnerability hamstring men in personal relationships, and they should combat these forces, in part, by encouraging fathers to engage more fully with their children."

Reactions to APA and Gillette

- "masculinity is being attacked as a pathology that needs to be cured"
- "masculinity needs to be shaved off"
- "'profound and appalling rejection of the inherent nature of men"

The male provider/male patient dyad?



The Male Patient

- Communication style/ability reflects masculine norms
 - Competitive
 - Guarded, not vulnerable
 - Stoicism; Disclosing little
 - Independent
- "A man may find it difficult to talk about symptoms of premature ejaculation, erectile dysfunction or social anxiety, so he chooses instead not to bring up these issues, leaving the physician challenged to solve a medical puzzle with missing pieces. Worse yet, he may be too intimidated to even go a doctor."
- Male patients talk less to male providers
- Male patients prefer male physicians, but only if it influences communication (Himmelstein/Sanchez 2015)

Masculine = Not Feminine

- Anti-feminine traits compound the communication difficulties by producing hindrances against self-awareness, self-care and self-nurturance, which are key components of medical care.
- Another example of how anti-feminine behaviors may manifest is in reluctance to talk about health behaviors such as use of performance-enhancing drugs, taking safety precautions or lowering risky behavior such as not using condoms, sports helmets or safety belts.
- Additionally, fear of the feminine shows up as men keeping the relationship distant, and can produce a lack of respect for female health care practitioners.

2008 Australian Study, "Qualities men value when communicating with GPs":

PATIENT CENTERED APPROACH:

- Bio-psychosocial perspective
- Perception of "patient as person"
- Shared power/responsibility
- Therapeutic alliance
- Doctor as person

MALES PREFER:

- Frank Approach (matter of fact)
- Demonstrable Competence
- Thoughtful Use of Humor
- Empathy-"why"
- Prompt Resolution of Health Issues

Gender Non-Conforming Patients

MOST PHYSICIANS HAVE TREATED TGNC PATIENTS AND MOST HAD NOT HAD FORMAL TRAINING, REGARDING COMMUNICATION AND TREATMENTS.

Chisolm-Straker, M., Willging, C., Daul, A. D., McNamara, S., Sante, S. C., Shattuck, D. G., & Crandall, C. S. (2018). Transgender and gender-nonconforming patients in the emergency department: What physicians know, think, and do. Annals of Emergency Medicine, 71(2), 183-188.e1. doi:10.1016/j.annemergmed.2017.09.042

"HELLO, MY NAME IS DR. JONES, AND MY PREFERRED PRONOUN IS SHE/HER. WHAT IS YOUR PREFERRED NAME AND PRONOUN?"

TURBAN, J., BA, FERRAIOLO, T., CPC, MARTIN, ANDRÉS, MD, MPH, & OLEZESKI, C., PHD. (2017). TEN THINGS TRANSGENDER AND GENDER NONCONFORMING YOUTH WANT THEIR DOCTORS TO KNOW. JOURNAL OF THE AMERICAN ACADEMY OF CHILD & ADOLESCENT PSYCHIATRY, 56(4), 275-277. DOI:10.1016/J.JAAC.2016.12.015



Male Providers

- Traditional masculine norms or less gender role restricted?
- How comfortable in their masculinity?
- Able to vulnerable?
- Stoic/stoic?
- Able to cultivate shoulder to shoulder vs face to face dynamic?

Male Physicians

- Male physicians still typically develop a more authoritative engagement with patients, in which the demeanor is more regimented and less interactive.
 - J.A. Hall, J.T. Irish, D.L. Roter, C.M. Ehrlich, L.H. Miller-Satisfaction, sex, and communication in medical visits Med Care, 32 (1994), pp. 1216–1231
 - Ballou KA, Landreneau KJ. The Authoritarian Reign in American Health Care. Policy, Politics, & Nursing Practice. 2010;11:71-79.\
- Male primary care physicians engage in less-active partnership behaviors, fewer psychosocial question asking, and far less emotionally-focused talk. Research has also shown that male physicians have shorter consultation times than their female colleagues.
 - Shay LA, Lafata JE. Where is the evidence? A systematic review of shared decision making and patient outcomes. Med Decis Making. 2015 Jan;35(1):114-31.
- One meta-analysis demonstrated that "female patients received significantly more information and more total communication from their physicians than male patients.
 - Hall JA, Roter DL, Katz NR. Meta-Analysis of Correlates of Provider Behavior in Medical Encounters. *Medical Care*. 1988:26:657-675.
- Male patients seldom receive emotionally concerned acknowledgment such as concern and reassurance, and infrequent partnering statements with the physician.
 - Hall JA, Roter DL, Katz NR. Meta-Analysis of Correlates of Provider Behavior in Medical Encounters. *Medical Care*. 1988;26:657-675.
- Male physicians generally have a more scripted communication style.
 - Gao G, Burke N, Somkin CP, Pasick R. Considering Culture in Physician—Patient Communication During Colorectal Cancer Screening. Qualitative Health Research. 2009;19:778-789.

How Do Masculinities Inform the Practices of Men Who are Nurses?

- Rational
- Decisive/Assertive
- Resilient
- Strong- physically and by being a protector to "watch over" patients
 - Wu, T. W., Oliffe, J. L., Bungay, V., & Johnson, J. L. (2015). Male ICU nurses' experiences of taking care of dying patients and their families: A gender analysis. *American Journal of Men's Health*, 9(1), 44-52. doi:10.1177/1557988314528236

Authoritarian

Younas, A., & Sundus, A. (2018). Experiences of and satisfaction with care provided by male nurses: A convergent mixed-method study of patients in medical surgical units. *Journal of Advanced Nursing*, 74(11), 2640-2653. doi:10.1111/jan.13785



Male Forensic Psychiatric Nurses

- Protection and defense are key elements of the job
- Physical strength necessary for safety and adherence to rules
- Sports-oriented stereotype is beneficial as a relational tool

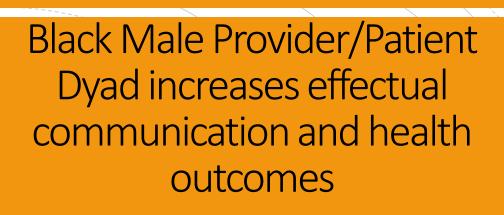
Kumpula, E., & Ekstrand, P. (2009). Men and masculinities in forensic psychiatric care: An interview study concerning male nurses' experiences of working with male caregivers and male patients. *Issues in Mental Health Nursing*, 30(9), 538-546.

doi:10.1080/01612840902722195



- may produce better outcomes

Thompson, G. A., & Whiffen, L. H. (2018). Can physicians demonstrate high quality care using paternalistic practices? A case study of paternalism in latino Physician–Patient interactions. *Qualitative Health Research*, 28(12), 1910-1922. doi:10.1177/1049732318783696



Research: Having a Black Doctor Led Black
Men to Receive More-Effective Care, Harvard
Business Review, N. Torres

AUGUST 10, 2018

Teaching Communication Skills

- Researchers have found that during their third year of medical school, typically the time when students start seeing more patients, their level of empathy declines and cynicism increases, despite efforts to teach empathy.
 - Eikeland H, Ørnes K, Finset A, Pedersen R. The physician's role and empathy a qualitative study of third year medical students. BMC medical education. 2014;14:165.

What Can We Teach? What Can We Learn?

- Vulnerability can be flexible
- Masculinity is only one part of the male- yang is created by yin
- Self Awareness of one's own style
- Recognition of the patient's preferred communication style
- Traditional tenets of masculinity can be used to enhance provider/patient interaction

Join me for Men's classes Watch for upcoming Men's Health Certificate

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