

Jaylynn Arcand - University of Calgary

Project: *Understanding the patients perspective: How and what physicians are communicating to patients with Functional Somatic Disorders*



Biography

Jaylynn was born and raised in Saskatoon, SK. She attended the University of Saskatchewan, where she completed an undergraduate degree in Psychology, a Medical Degree and a Certificate in Global Health. She moved to Calgary in 2017 to complete her Postgraduate residency training in Psychiatry, where she is now in her fourth year of training.

Jaylynn is completing her Master's Degree in Community Health Sciences, Health Services Research, through the Clinician Investigator Program at the University of Calgary.

Jaylynn's research interests include Functional Somatic Disorders and physician communication skills. In her free time, Jaylynn most enjoys spending time in the mountains, particularly skiing.

Project Summary

“Functional Somatic Disorders” is a term used to describe similarities between many different conditions where patients have symptoms where blood tests or scans do not pick up the illness. Examples of these conditions are Functional Neurological Disorder, Chronic Fatigue Syndrome, Fibromyalgia, ‘Medically Unexplained Symptoms’, among others. There is a high rate of communication breaking down between patients and doctors when they discuss these conditions.

This results in patients not receiving the treatments they need. In order to reduce this, we must understand how patients with Functional Somatic Disorder are impacted by the way physicians communicate with them. My thesis project has two components which aim to explore the



patient's perspective of how physicians are communicating to patients with Functional Somatic Disorders. First, a review will be created, summarizing all the research that has already been done that looks at the patient's perspective of how physicians are communicating to patients with FSDs. This will help create a map of what is known and what still needs to be better understood. Then one-on-one interviews with patients who live with these conditions will take place, exploring the areas which were not covered in detail by previous research projects. Together, these findings will help healthcare professionals to understand how the way they communicate may be impacting the experience of their patients with Functional Somatic Disorders. This will open new opportunities in research and clinical work to identify ways to optimize physician communication by targeting the parts of clinical communication which most negatively impact patients.

