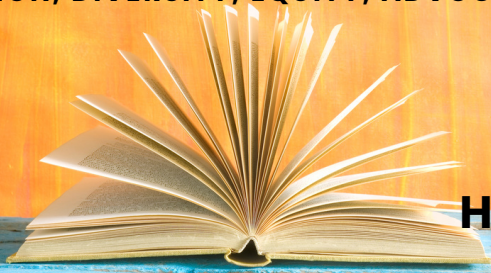


IDEAS

INCLUSION, DIVERSITY, EQUITY, ADVOCACY, SUPPORT



HSC ODI QUARTERLY NEWSLETTER
WINTER 2024

SHPEP 2024! Inspiring Future Health Professionals!

Tonia D. Thomas (she/her)

Program Director, Post-bac Pre-med Program

The University of Louisville has been one of twelve sites for the **S**ummer **H**ealth **P**rofessions **E**ducation **P**rogram (SHPEP) for almost two decades. SHPEP is a FREE six-week summer program that offers health career exploration for pre-health students. Our site is a collaborative effort between the HSC Office of Diversity and Inclusion; the Schools of Dentistry, Medicine, Nursing, and Public Health & Information Sciences at UofL; and Sullivan University College of Pharmacy. Together, we've created an exciting and impactful experience for 80 scholars from Kentucky and throughout the United States!

For six weeks our students receive academic enrichment in non-credit upper-level science courses taught by faculty from the UofL Department of Physiology, Jefferson Community and Technical College, and Sullivan University to prepare them for the rigorous science coursework that awaits them. The Scholars get to see the best that we have to offer through our health professional programs on the HSC Campus and Sullivan University College of Pharmacy. The School of Public Health & Information Sciences educates our Scholars on issues that impact the quality of care that patients receive and the importance of serving all communities equitably. Scholars participate in hands-on activities and visit the interactive simulation centers at HSC and Sullivan University. Scholars network with health sciences administrators, faculty, staff, and students. They spend six weeks with Student Development Assistants (SDAs) who reside in the dorm with them and serve as resourceful mentors. As a side note, we are currently hiring SDAs! First year dental, medical, nursing, or pharmacy students seeking summer employment and interested in making a positive impact on pre-health students should complete the [interest form](#) on our website.

Scholars serve the community through service projects and participate in teambuilding activities to help with bonding and engaging with the community. Scholars shadow health professionals to see health care in action. There are personal and professional development seminars and workshops that cover numerous topics ranging from mental health to time management. Applicant development is important and each school provides a wealth of knowledge about the application process and how to prepare for the competitive application cycle.



2023 SHPEP participants after completion of the program

SHPEP 2024! (continued)

Our goal is for these scholars to continue their pre-health journey and matriculate to professional programs to become health professionals. Not only that, we want this program to make an impact and provide support that they choose our schools to attain their professional degrees and practice in Kentucky! It's a win/win for everyone! The 2024 SHPEP dates are Monday, June 3 – Friday, July 12, 2024. Scholars receive housing, meals, and stipends! It is a hybrid program with virtual attendance for the first two weeks and the remaining four weeks at the UofL Belknap Campus. The application cycle is open through February 5, 2024. This program is designed for rising sophomores and rising juniors. Visit the [SHPEP website](#) to apply. For information specifically about our program, go to the [UofL SHPEP site](#). Share SHPEP with your pre-health, undecided and exploratory students, and other contacts who may be interested and eligible to apply. Hear experiences from some of our 2023 alumni below (and read their full comments [here](#)).



"Hi, my name is Ruby Nwosu. I am a sophomore at UofL studying nursing but still figuring out if I want to go pre-med. I am a Porter Scholar and partake in their E-board as an event coordinator as well as an honor student. Right now I am looking at a nurse practitioner, MD, or CRNA. I found out about this program through my sister, when she was in college she did this program and encouraged me last year to apply for it. She said it was a great way to learn more about the healthcare field and figure out the pathway I wanted to take. This program confirmed my interest in healthcare because it allowed me to gain insight on how my career path would actually be. Being able to shadow and ask those important questions helped me confirm what I already knew I was going to do. Students should apply to SHPEP because they gain clinical exposure, networking with admissions and staff, and a chance to develop their healthcare skills plus you get to make the best friendships that will last a lifetime."

"Hello, my name is Ghadir Habeeb! My family and I immigrated to the U.S. from Iraq in 2011. I speak both Arabic and English. I am currently a University of Louisville sophomore majoring in psychology with a biology minor on the pre-dental track. I am passionate about oral health and specifically its impact on an individual's overall mental health and confidence. What interested me [in SHPEP] is the idea of bringing students from all around the country together in order to learn from each other and figure out how to tackle serious health equity problems. This program solidified my decision to choose dentistry. I have always known I wanted to pursue dentistry since I was young but SHPEP allowed me to get exposed to all of the different parts of dentistry that I have never seen before. The volunteering and shadowing opportunities were amazing and so helpful. One of the best opportunities that we received was being able to shadow University of Louisville dental students during their rotations. I learned so much from the dental students and I now know it's 100% what I enjoy doing and why."



"My name is Bidhu Sharma, and I'm a second-year undergraduate student at the University of Louisville. I'm pursuing an individualized major with minors in biology and philosophy, along with concentrations in ethics and chemistry. In my free time, I conduct research in Dr. Running's lab and lead HumTum, an organization which seeks to teach Hindi to pre-health students to better prepare them for treating Hindi speaking patients. I am interested in a career in medicine as a physician. I found out about SHPEP through my introductory Biology class in my first semester. I loved the opportunity to connect with students with similar interests as me, and I was blown away by the opportunities for mentorship through the program. With regard to the programming, I appreciated the scope of topics within medicine that were discussed, as well as the emphasis on public health and health equity. Attending SHPEP further confirmed my interest in healthcare, and I wholeheartedly recommend all pre-health students to apply. The program will provide fantastic insights into several aspects of healthcare, and it will open countless doors for invaluable connections and mentorship."

For more information, please contact Tonia D. Thomas, tonia.thomas@louisville.edu, or Jessi Duff Lord, jessica.duff@louisville.edu

The 2024 African American History Film Series

Karen Krigger, MD, MEd, FFAFP, AAHIV(S)

Professor, Family and Geriatric Medicine; Director of Health Equity, HSC ODI; Endowed Chair, Urban Policy Fdn. for Healthy KY

Our country has recently experienced a phase of divisive polarization of ideas and beliefs. Differences in opinions and convictions are not new in this country and are indeed protected by the First Amendment. Institutions such as churches, community forums, and political arenas that were once historical places for seeking the mutual establishment of opportunities for respectful listening and acceptance of varying views and opinions, have seen fewer opportunities for peaceful engagement of ideas. These institutions formerly brought people of diverse opinions together to create the common good, not for their own agendas. The African American History Film Series (AAHFS), intentionally created in 2018, aims to promote respectful listening and sharing of ideas with the goal of creating a better society for everyone.

The African American History Film Series (AAHFS), or Black History Film Series as known by some, provides a safe and colloquial space for the sharing of ideas and information amongst academics, community leaders, and lay community. Perspectives, and information are shared through the examination of current events and Black history through film. This collaboration is celebrating its 7th year partnership with the Health Science Center Office of Diversity and Inclusion, the Louisville Free Public Library, and the mayor's office "Lean into Louisville" to foster this intentional community exchange. The film series provides weekly films during February, Black History Month, on literature, medicine, social justice, LGBTQ+, and culture. Films are shown each Sunday in the Centennial Room at the main branch of the Louisville Free Public Library 301 York Street Louisville, Kentucky 40202. The films start at 1:30 pm, followed by the panel and community discussion, with each event generally ending at 4:30 pm.

Attendees represent more than 90% of Jefferson County zip codes, as well as, surrounding counties, states, and occasionally visitors to Louisville from outside the US. While the majority of the advertising is through the library system, 50% of the event attendees in 2023 cited word of mouth as their primary notification of the event. Attendees represent all ages, genders, races, ethnicities, religions, and political affiliations. The moderator circulates among the attendees prior to the start of the event to create a welcoming environment for all attendees. At the conclusion of the film, a panel of academic and community leaders each have five minutes to give their unique perspectives of the films. Afterwards, the microphone is open to attendees' questions to the panelists. Attendees are given the opportunity to express their ideas and opinions about the films from their own personal frames of reference for exploration by the group. Remarkably, people listen, respond, and support each other's rights to dissimilar opinions. Anonymous surveys distributed to the audience for programmatic quality evaluation have received, overwhelmingly, positive responses in choice of films, venue, and panelists. The returned surveys serve as drawing tickets for "giveaways" pertaining to the film of the week.

The films are free, and while registration is encouraged, walk-ins are accepted. The films are closed captioned, and hearing-assistant devices are available. Accessible parking spots are available at the library. Registration is via www.LFPL.org/BHFilms or 502-574-1623.

The films for the 2024 series are as follows:

- Feb. 4: *Maya Angelou: And Still I Rise* (theme: literature) – biographical documentary about the writer, poet, and activist.
- Feb. 11: *The Power to Heal: Medicare and the Civil Rights Revolution* and *The Deadliest Disease in America* (theme: medicine) – these films showcase how Medicare desegregated US hospitals and highlights racism as a disease.
- Feb. 18: *Rustin* (theme: LGBTQ+/social justice) – documentary about Bayard Rustin orchestrating the 1963 March on Washington in 1963, the site of Martin Luther King's I Have a Dream speech, highlights historical homophobia, racism, and subsequent political change.
- Feb. 25: *Black Panther: Wakanda Forever* (theme: culture) – The first Black Panther film had over 100 attendees in the AAHFS series. Academic panelists discussed African Diaspora, the American culture of comics, and the roles/dress / and hair portrayals of the female actors in the film. Surveys will be collected at 4:45 pm.

I sincerely hope you are available to join the series this year and share your thoughts with us. We welcome new participants, as well as our devoted alumni. All the best for you in 2024.

LGBTQ+ Affirming Healthcare Series



LGBTQ+ Affirming Healthcare Series, Session Five **The BURNOUT EPIDEMIC in HEALTHCARE: Are the effects distributed equally among us?**

Facilitated by Abbie O. Beacham, PhD (she/her)

Date: Tuesday, February 20

Time: 12:00-1:00 PM

Format: Hybrid - Zoom link and in-person location emailed on February 19

More: Online registration will CLOSE on Friday, February 16.

Registration (Required): <https://forms.office.com/r/SG00Y3kW5g>

Abbie O. Beacham, PhD (she/her)

Abbie Beacham, PhD (she/her), is a Clinical Psychologist who has spent her career working in healthcare and medical settings. She has her PhD in Clinical Psychology from the University of Louisville. Dr. Beacham also completed her internship in Clinical Health Psychology at the University of Florida Health Sciences Center and Post-doctoral Fellowship at the University of Kentucky Colleges of Medicine and Dentistry. Dr. Beacham is currently the Director of Behavioral Sciences at the University of Louisville School of Dentistry in Louisville, KY. Over the past seven years she has worked extensively with healthcare professionals and students across the Rocky Mountain Region and Midwest addressing their stress, burnout and well-being. As part of this work, she collaborated with colleagues to develop and implement evidence-based well-being programs for health professionals. Her most recent trainings "Cultivating Personal Resilience" and "Life Balance in 5 Minutes a Day" have been presented to hundreds of professionals in both in-person and online formats.

LGBTQ+ Affirming Healthcare Series, Session Six (FINAL) **Sexual History Should Not Be a Mystery: Empowering Queer Sexual Health**

Facilitated by Bridget Pitcock, MSN, FNP-C, AAHIVS (they/she)

Date: Thursday, March 21

Time: 12:00-1:00 PM

Format: Hybrid - Zoom link and in-person location emailed on February 19

More: Online registration will CLOSE on Friday, March 19.

Registration (Required): <https://forms.office.com/r/8UxvDyk3BK>



Bridget Pitcock, MSN, FNP-C, AAHIVS (they/she)

Bridget Pitcock, MSN, FNP-C, AAHIVS (they/she) is a Nurse Practitioner, HIV Specialist, and owner of BP the Queer NP, LLC. Bridget provides HIV care, primary care with emphasis in queer health, gender affirming care as well as sexual health services. In addition to patient care, Bridget provides training, consulting, and advocacy to center LGBTQIA+ identities for practitioners to combat and prevent healthcare disparities and create equitable and safe environments for all. Bridget has presented gender affirming care sessions on improving LGBTQ+ care for local and regional healthcare education programs and medical practices. She has served as a board member for the ACLU of Kentucky and was a member of the University of Louisville eQuality Community Advisory Board during the integration of the LGBTQ+ curriculum in the School of Medicine at UofL. When not working as a nurse practitioner and educator, they enjoy mountain biking, running, and hiking with her pitbulls and wife.

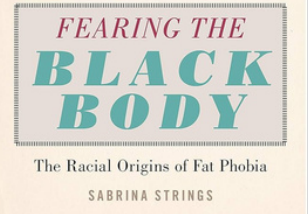
HSC ODI Book Club

Tuesday, February 13

12:00-1:00 p.m. on Teams

Calling all book worms! Join the HSC Office of Diversity and Inclusion for our new book club! This group is open to all students, staff, faculty, residents, fellows, and alumni at UofL. Hurry - space is limited and registration is required. Sign up [here](#)! For more information, email hscodi@louisville.edu.

**Fearing the Black Body: The
Racial Origins of Fat Phobia**
by Sabrina Strings



The Post-Bac Pre-Med Application Cycle is Underway!

December 1, 2023 - February 15, 2024 is the application window for Career Changers wanting to enter the Post-Baccalaureate Pre-Medical Program and become the physician they always wanted to be! Career Changers is a two-year pre-med preparation program can offer assured admission into the UofL School of Medicine. Program outcomes, student spotlights, links to information sessions, and more can be found at <https://louisville.edu/postbacpremed>.



**WE WANT YOUR
FEEDBACK**

Questions, comments, praise, criticism, corrections,
submissions, or general conversation?

**WE WOULD LOVE TO HEAR
FROM YOU!**

Contact us at hscodi@louisville.edu