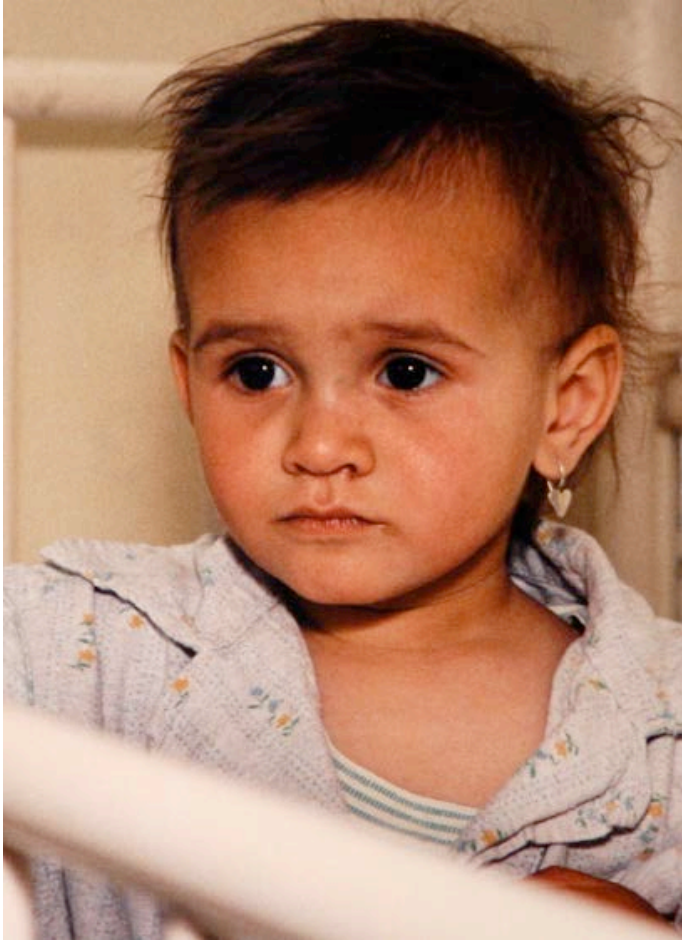


HEART

Humanistic, Empathetic, Altruistic, Relationship-Centered Team



IN NEED OF KINDNESS

Photo by Dick and Bert Wolf, Dr. Dick Wolf is a retired pediatrician and former Medical Director of Kosair Children's Hospital.

On a medical mission, we were overwhelmed by the melancholy in this child's eyes as she waited in her hospital bed...for what? The child was awaiting the comfort of the medical and support staff, who had bonded with her. Our guide indicated she was an orphan with a chronic illness who has no family to provide comfort. The loving care of medical and support staff was essential for her improved well-being, a perfect example of HEART in action.

A Cup of Water

By Christine James, 2nd Year Medical Student

As the car wound its way along the roads leading to Santo Domingo Pueblo Reservation, I felt the despondency that had been following me since the beginning of my internship.

My co-intern, Annie, and I had embarked on multiple projects that targeted some of the most

underserved populations within the community— a fitness group solely for women, a mentorship program between high school and middle school students, and an activities curriculum for the emergency youth shelter.

Yet, why did I feel as if I was stranded on a sinking ship, with only a cup to scoop water overboard? Because only four women attended our fitness group, far lower than the numbers we had expected. Because the students were struggling with the stress of high school. Because the children at the shelter were subject to the transience of a foster care system we knew so little about.

I confided in a minister, who had worked in far more desolate conditions, about my overwhelming sense of powerlessness. He then asked me, "Why do you feel the responsibility to change this entire community?"

* * * * *

Looking back, I realize that no matter how strong the desire, sometimes my dreams may fall short of what I originally imagined. But change is change, regardless of whether it affects one person or one thousand. Perhaps those four women who joined the fitness group will start their own. Maybe one middle school student will be inspired to follow his high school mentor's example by working towards college. Hopefully, those foster children will continue to create artwork that gives expression to their personal lives.

For even in a single cup of rescued water, there is a whole universe of teeming life, which, when it meets the sea again, may engender new life and hope of its own.

Letter from the Editors

Texts that reference physicians have throughout time recognized them as healers whose mastery was an art—less associated with science and more integrally aligned with vocational calling. A medical career meant adopting a new set of principles and values by which physicians would live their lives. Physicians' lives—not just their day jobs—were dedicated to healing the sick and prolonging life. This sentiment was not exclusive to physicians; midwives and others involved in treating patients just as ardently embraced their province. Illness, at that time, was understood to be under the power of more intangible and ethereal forces, but regardless of the cause of disease or the questionable methods of treatment, the patient was considered in need of complete healing. Physicians focused on the entire agent, not simply the affected system or anatomical part.

More recently, medicine has progressed into a science of assessment, diagnosis, and treatment. When Abraham Flexner revolutionized medical education in the 20th century, his educational philosophy led to more skilled and competent physicians. However, since the advent of scientific medicine, the trend of medical practice has been to emphasize science over the art and humanity of medicine. Many before us have recognized the social contract to which physicians and other healthcare professionals commit themselves when embarking upon their careers. This contract implies that our skills and knowledge will be utilized ethically, that we will be principled healers for our communities. This contract also necessitates the inclusion of ethics in medicine; however, it seems to neglect the principle that being a physician has social implications beyond being an ethical practitioner.

The role of the physician or healthcare provider is a relationship-centered profession. Yet, how often do we – as patients or providers – treat our engagements with healthcare as moving through a finely-tuned assembly line—scheduling appointments, filling out the appropriate forms, going through the steps of the exam, explaining a prescription or procedure, agreeing to treatment, fulfilling payment. Many times this suffices. As patients, we want to be cured of our ailment as quickly and painlessly as possible. As providers, we want to provide good treatment to as many patients as we can. A system is necessary. But what happens when the illness affects more than the physicality of the patient? Or when the disease has no cure? How, then, can the physician be both a scientist and a healer? The compassion of caregivers during such times can be therapeutic when drugs and procedures cannot provide alleviation for a patient's pain. These are the situations in medicine that we, both as providers and patients, remember; they affect the course of our lives and have the potential to negatively influence our ideas not only about the healthcare system, but the nature of people in general.

Recognizing that, at times, a disconnect occurs between what we aspire to do for our patients as providers and what ends up transpiring in each patient contact, the HEART group was created and charged with a mission to close the gap. The name, HEART, is an acronym for the themes that ground our work—themes that we work to integrate into all aspects of the University of Louisville medical community: Humanistic, Empathetic, Altruistic, Relationship-centered Team. Through the various HEART projects and enterprises, we hope to foster a medical community culture that embraces the humanistic component of the physician-patient interaction. Furthermore, we hope to provide those of us still in training with the tools we need to consistently practice medicine with empathy and altruism. We acknowledge that the current medical atmosphere encourages physicians and providers to focus on achieving scientific accuracy. HEART's goal is to promote the themes for which it is named, to make them more visible in the medical community so that healthcare professionals and patients alike are aware of the university's commitment to humanism in medicine.

Notably, the HEART group is not the only group dedicated to such efforts. Many students, professionals, administrators and organizations champion relationship-centered medicine. This newsletter represents one new approach to highlighting those groups and individuals, their ideas, and the work they've done in this area. We hope also to exemplify the art in medicine by including works of photography and prose and we encourage readers to submit the fruits of their labor in these areas. We hope that future editions of the HEART newsletter will engage providers and patients in pursuit of our mission, for it is our belief that all benefit when the skills and knowledge of compassionate physicians and other healthcare providers are employed to heal.

Trish Todd, Class of 2012 and Pradip D. Patel, MD

School of Medicine establishes Gold Humanism Honor Society Chapter and inducts its first 20 medical students

By Toni M. Ganzel, M.D., M.B.A.
Senior Associate Dean for Students and Academic Affairs

Twenty medical students were inducted into the Gold Humanism Honor Society (GHHS) on October 14, 2009 and we were privileged to have Arnold and Sandra Gold present at the induction ceremony to help us honor these students. The GHHS, an initiative of the Arnold P. Gold Foundation, began in 2002 with just five medical school chapters, and there are now chapters at nearly one third of US medical schools. The society's mission is to foster, recognize, and support the values of humanism and professionalism in medicine. Schools can select, for membership, up to 15% of rising fourth year students in recognition of their exemplary compassion, altruism, empathy, integrity and service. We applied for a grant from the Gold Foundation in 2009 to establish a chapter at UofL because we felt it was a good fit for our institution. We are committed to fostering a culture of professionalism and humanism and we already had in place a number of initiatives and activities related to professionalism and humanism, yet we did not have a formal mechanism to recognize and honor those students who served as true exemplars.



Dr. Pradip Patel, M.D., Chair of HEART, leads Gold Humanism Honor Society inductees in taking the GHHS oath.

Being awarded a GHHS chapter by the Gold Foundation now allows us to do so. It should be noted, however, that membership in the GHHS is not just about recognition, it is also about responsibility and students selected for membership are also expected to complete a service project together that reflects the mission of the society.

The selection process is peer based. Students are nominated by their classmates using a six question validated survey asking such things as who you would like to have work at your side in a medical emergency, who you would want as the doctor for yourself or loved one, and who has shown exceptional interest in serving his or her community. The HEART Committee, consisting of administrators, faculty and student representatives then makes the final selection.

The twenty students selected for membership indeed reflect GHHS qualities. Inaugural members are James Bell, Jonathan Casey, Amanda Chism, Jeremy Clark, Brian Coleman, Kyle Cothron, Stephen Dinetz, Emily Fentress, Charles Gibson, Troy Graybeal, Ganesh Kartha, Danniell Kischnick, Chester Mays, Sowmya Srinivasan, Monalisa Tailor, Clint Tucker, Anna Uebele, Gregory Wilson, Jonathan Witten, and Matthew Kelleher.

The group has chosen to develop a strategic alliance with the Louisville Metro Health Department as their service project. Their objectives are to educate medical students about services available, to organize community projects based on the health department's strategic priorities and student interest, and to create a longitudinal community health project with the next class of inductees.

Congratulations to all!

For more about the GHHS and its induction ceremony, please visit:

[GHHS Induction Article](#)

**A Word from the Dean
Edward C. Halperin, M.D.,
M.A.
Dean, School of Medicine
University of Louisville**

Among the most common complaints voiced by Americans about health care is an alleged lack of communication. This is articulated by comments such as: "My doctor doesn't talk to me," "My doctor doesn't get to know me as a person," and "My doctor never seems to have enough time to listen to me." There is a well-established technique for addressing this problem: the teaching of the liberal arts. As the former President of the University of Chicago, Robert Maynard Hutchings, once wrote: "We are all liberal artists. To live life is to be a liberal artist. The only question before us, therefore, is whether we shall be good ones or bad ones. "Physicians, I believe, must be good ones. The practice of medicine is, at its core, a social activity. It takes place within the context of culture and prevailing economic trends.

I believe that an appropriate way to improve the humanistic qualities of physicians is to require a core curriculum in the medical humanities. It is generally acknowledged that a well-informed citizen should have a passing knowledge of his/her state's and country's history. Similarly, I believe that a well-informed physician should have a fundamental knowledge of the history of medicine. To this end, a course in the history of medicine for undergraduate medical students has been made a requirement of the School of Medicine.

Many patients make crucial decisions about their health care in the context of their faith traditions. Physicians, therefore, must be comfortable communicating with their patients about these faith traditions as well as with the patient's spiritual advisors/ministers/chaplains. Another required course in the School of Medicine, The Intersection of Spirituality and Medicine, helps teach some of the necessary skills for this dialogue.

Images shape our understanding of the world. We have, therefore, also introduced an elective series about the portrayal of physicians in the movies. Films often give an insight into culture, changing societal views about ethical problems, and the impact of technology on society. In academic year 2009-2010 we are viewing the 1931 film Arrowsmith, the 1940 film Dr. Kildare's Strange Case, and the 1951 film People Will Talk. Each film is followed by a panel discussion.

The impact of these new courses on our graduates may not be appreciated for decades. Nonetheless, I believe that becoming is superior to being and that every great journey, in this case the journey towards becoming more humanistic physicians, must begin with a first step.

Movie Night with the Dean

4:00 – 6:30 p.m.

Baxter I Auditorium

Tuesday, February 16th

Dr. Kildare's Strange Case

Tuesday, March 23rd

People Will Talk

**HEART Committee
Members:**

Pradip Patel, MD, Chair
Professor of Pediatrics

David Wiegman, PhD
Vice Dean for Academic
Affairs

Toni Ganzel, MD
Sr. Associate Dean for
Students and Academic
Affairs

Ruth Greenberg, PhD
Associate Dean for Medical
Education

Jennifer Koch, MD
Assistant Professor of Internal
Medicine

David J. Doukas, MD
William Ray Moore Endowed
Chair, Department of Family
Medicine and Geriatrics

Ann Shaw, MD
Associate Professor of
Internal Medicine

Sarah Griffin, MD
Assistant Professor of
Pediatrics

Steve Dinetz
SOM Class of 2010

Trish Todd
SOM Class of 2012

Rick Bowles
SOM Class of 2012

Christine James
SOM Class of 2012

Alexander Bajorek
SOM Class of 2013

To learn more about *Systole*
and HEART, please visit:
[Systole and HEART Team](#).

A Note From Dr. David Doukas, Director of the Division of Medical Humanism and Ethics (DHME)

The mission of the Division of Medical Humanism and Ethics is to insure that the humanistic aspects of medicine become an integral part of all educational service and scholarly activities of UofL-HSC medical students, residents, and faculty physicians. Our activities take place in preclinical, inpatient, and outpatient settings. Our teaching venues now span years 1 through 3 of the medical school curriculum, with Professionalism in Year 1, Clinical Ethics in Year 2, and with rounding or teaching in four clerkships (Family Medicine, OB-GYN, Pediatrics, and Surgery). DMHE physically houses and co-directs the Interdisciplinary Master of Arts program in Bioethics and Medical Humanities. We now have two dual degree programs, an MD-MA, as well as a JD-MA with the Law School; so one can choose to complete a dual degree with only one additional calendar year of studies (for more, please see: <http://louisville.edu/bioethicsma>). This past year, we also successfully recruited a new faculty member, Winsor Schmidt, JD, LL.M., to fill the Endowed Chair in Urban Health Policy. His background in law will be helpful to our teaching efforts, and he has already initiated a new elective in Law and Medicine this semester at HSC.

Our Division hosts both the Gheens and Stambaugh Lecture series, and through a generous gift, we will soon initiate a new Cheng Lectureship in Medical Ethics, in remembrance of Dr.

Samuel Cheng, in collaboration with a series of lectures with UofL OB.

We hope that you will join us at these outstanding lectures, presented by some of the most prominent educators and scholars in the discipline. Also, all of our lectures are web-archived and streamed for your future enjoyment. They are housed at our webpage (see left column of web page for "Lecture Series" links):

<http://louisville.edu/medschool/familymedicine/humanism>

The long-term goal of our program is to be a national leader of original education and educational research in medical humanism and clinical ethics. To this end, we are leading a new national project "The Romanell Workshops and Symposium on New Innovations in Medical Ethics, Humanism, and Professionalism" sponsored by the Patrick and Edna Romanell Fund for Bioethics Pedagogy over the next three years. This project will culminate in a National Symposium on medical ethics and humanities education in 2012 here in Louisville with an eye toward setting the agenda for all ethics and humanities education in medical schools for the next 25 years.

Many thanks!

David J. Doukas, MD

Director, Division of Medical Humanism and Ethics

William Ray Moore Endowed Chair of Family Medicine and Medical Humanism

CALENDAR OF EVENTS

Gheen's Lecture Series Speakers:

January 27th

"Why Good Things Happen to Good People: the Biology and Ethics of Altruism"

Stephen Post, PhD Stonybrook University New York

February 23rd

Robert Klitzman, MD
Columbia University

April 23rd

Jeffrey Borkan, MD PhD Brown University

March 2010 (Deadline)

The Legible Script – USF COM is seeking talent in the areas of prose (to include essays and short fiction), poetry, personal statements, and art/photography for a national literary journal produced by USF COM. Cash prizes awarded. \$5 submission fee required. Submit to thelegiblescript@gmail.com.

April 1, 2010 (Deadline)

3rd annual Dr. Richard Spear Essay Contest for *Louisville Medicine* – open to members of GLMS, including medical students. Theme for this year: Lessons learned from an unforgettable patient. Submit to alecia.miller@glms.org.

CALL FOR WRITINGS

University of Louisville School of Medicine's *Systole*

In August 2009, the first annual edition of the U of L School of Medicine's literary magazine, *Systole*, was published. Medical students and residents, please join us in creating a new and expanded *Systole* in 2010.

WHAT: An invitation for medical students and residents to submit original poetry and short prose. A compilation of works will be chosen to be shared with the School of Medicine community.

WHY: To promote humanism in medicine by recognizing humanism on our medical campus.

WHEN: Deadline for submissions is April 30, 2010

HOW: Email Dr. Jennifer Koch at jennifer.koch@louisville.edu to request a submission form.

Entry forms and instructions for submission and the 2009 edition of *Systole* can be accessed online at <http://louisville.edu/medschool/curriculum/heart/systole>.



We welcome any submissions of photography, prose, or future calendar of events items for our next edition of the HEART Newsletter. Please email submissions to Trish Todd at: pstodd01@louisville.edu.

If this newsletter has piqued your interest, join our team by contacting Dr. Patel at pradip.patel@louisville.edu.

Please visit the H.E.A.R.T. online site at:
<http://louisville.edu/medschool/curriculum/heart>.