

# HEART

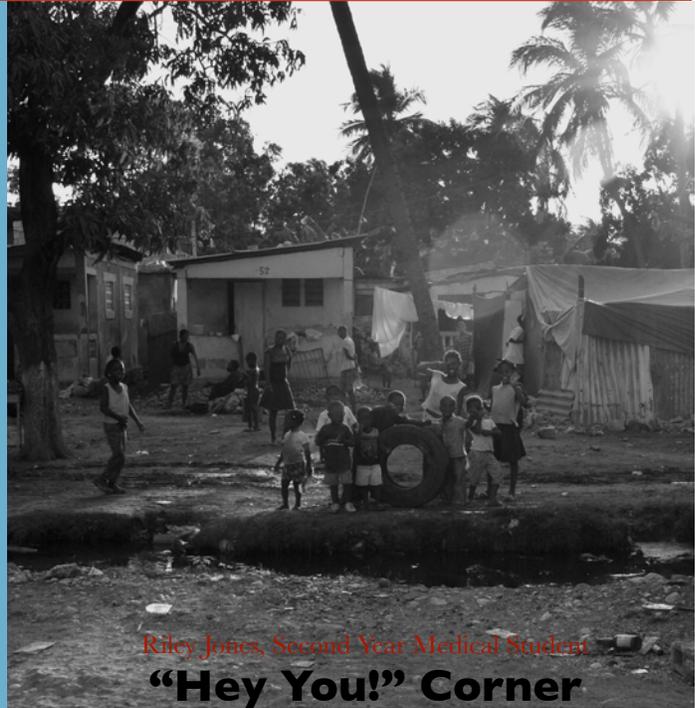
Humanistic, Empathetic, Altruistic, Relationship-Centered Team

## “HEY YOU!” CORNER

**RILEY JONES, CLASS OF 2012**

“God has blessed us because our children were out of the school buildings playing futbol on the pitches when the earth began to shake.”

Futbol fields have become home to tens of thousands of people living in massive labyrinths of plastic sheeting and cardboard shelters, collectively known as “tent cities” because the few structures still standing in Port-au-Prince, Haiti are unsafe to enter. With no where else to play, many children entertain themselves by shouting “hey you!” and waving to the steady stream of aid workers and military personnel as they pass. Responding to them with the same “hey you!” sends them into a frenzy of giggles and laughter and elicits contagious smiles.



Riley Jones, Second Year Medical Student

## “Hey You!” Corner

Sara Gleason, GEMS Program Student

### **Whisper - In memory of Christopher**

1st Place Submission, Systole 2009

Close your eyes.  
 Scrunch them tightly so the world won't see the longing  
 behind them.  
 Fill your dying lungs  
 with the breath of life. Blow out  
 four  
 lonely candles.  
 Don't wonder if there will ever be  
 five.  
 Remember these trembling lips  
 that brush the top of your smooth head.  
 Consider the healing in their touch.  
 What did you wish for?  
 Wash the icing from your wan face.  
 Brush your teeth 'til they match your skin.  
 Stop.  
 Stare  
 at the frail image in the mirror.  
 Look deep into those large, dancing eyes.

*What do they hope for?*

Wrap yourself in  
 cotton train-sets.  
 Crawl into bed and stare out the window.  
 Pick a star.  
 Close your eyes.  
 Slow  
 your  
 racing  
 heart.  
 What did it pray for?  
 Wake up!  
 Look out the window!  
 The dark is gone!  
 Let's search for a pot of gold and...  
 Mommy said, Wake up!  
 Don't just lie there:  
 Turn your head,  
 open your eyes,  
 breathe my name ...  
 Please...

Lie there  
 in peace.

*Is this what you wished for?*

## Letter from the Editors



# MEDALS4METTLE:

## STUDENTS RUN FOR PATIENTS

*Sarah Todd, Class of 2011*

Over the past 10 years or so, running has become a passion of mine, a daily activity that allows me time to myself, time to think, time to vent, and time to have fun. So when I was presented with the opportunity to share this favorite activity with someone else, I was more than thrilled! For the past two years, I have participated in the

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## PHYSICIANS IN THE ARTS

### FOURTH YEAR MEDICAL SCHOOL ELECTIVE

At the U of L School of Medicine, fourth year students are offered an elective titled, "Physicians in the Arts." Through the elective they engage in a project of their choosing with the goal of developing their creativity, versatility or artistic selves. Here we highlight the experiences of two recently graduated physicians, Benny Klausing and Julie Carroll.

#### Benny Klausing

Benny Klausing is starting his Internal Medicine residency at the University of Alabama Medical Center in Birmingham.

I decided to focus my project on healthy cooking part out of necessity and part out of desire. My undergraduate degree was in chemistry, which in many ways is a lot like cooking, in the chemistry lab, I followed a recipe. Add a few grams of salicylic acid, throw in a little acetic anhydride and a pinch of phosphoric acid, heat for a while and you have aspirin. It was a blast-- and following a recipe in the kitchen (I figured) would be too.

Also I had counseled numerous patients to make healthier diets, but really didn't know what it entailed. This project would help me understand what it meant to eat healthy.

I grabbed a couple of cookbooks from the library. I especially liked two: the Mayo Clinic cookbook and the American Heart Association's recipes. Every other night or so, I would pick a couple of entrees, sides, and salad, etc. and make a meal.

I learned that is cheaper and more convenient to go through the drive through, pop a dish in the microwave than it is to cook healthy. Knowing the complexities of healthy eating allows me to better empathize and counsel future patients. Finally, I learned another outlet to relieve stress. Preparing and eating a good meal goes a long way towards liberating the burdens of the day and renewing one's energy.



#### Julie Carroll

Julie Carroll will be starting her Pediatrics residency at the University of Pittsburgh Medical Center in July.

While in college I double majored in French and Pre-medicine, and I had the opportunity to study abroad in Paris my junior year in college. As much as I loved learning French, I soon realized that it would have been more advantageous for me to have learned Spanish. I had the opportunity to go on two service trips in college. On my first trip I went to Guatemala. Although some of the people were able to speak some English, I feel as though the experience would have been more complete if I had spoken Spanish. This point became blatantly clear on my trip to Ecuador the following year. While in Ecuador, I stayed with a local family while working on rehabbing a school. The family spoke no English and I spoke no Spanish.

As fate would have it I once again visited a Spanish speaking country when I lead a Medical Brigade to Ecuador at the end of my first year of medical school. I returned more determined than ever to work on my goal, that I enrolled in a community Spanish Class after I returned. Unfortunately, the course moved very slowly. After this class I realized that I had no real time to formally learn the language. I became dishearten and decided to suspend my goal.

I learned about the Physicians in the Arts during my third year. I remembered my failed Spanish Class and instantly wanted a better experience. I realized that I would get more out of the experience if I received individual attention. I started researching different community programs and came across the Cincinnati Spanish Academy. I set up private lessons with Maria who was a native of Colombia. She helped tailor my lessons to focus on medical Spanish and things that I would need to know while talking to a patient. She also gave me insight into subtle culture differences between Spanish speaking people from Spain and those from Central and South America. I found this experience very rewarding and gave me a jump start in my Spanish communication skills.

As a Physician, I believe that it is important to relate to your patients. It is extremely difficult to build a trusting relationship if you are unable to communicate with them in their native language. In the future, I would like to integrate international medicine into my career. I believe that these experiences will help shape me as a doctor and remind me why I pursued a career in medicine in the first place. I am very grateful to have this dedicated time to study Spanish and pursue an interest of mine that is beyond the scope of the medical school curriculum.



### THE FIRE

The eyes reveal the fire that burns within their heart. These are a few of the many delightful children we encountered on our medical mission trip to Belize.

*Photo and  
Caption by:*

*Pradip D. Patel,  
M.D.*

## Case Proves Need for Health Reform

By Clint Morehead, Internal Medicine Resident

One evening last month I received a phone call from a colleague, who told me that a patient I'd discharged to an inpatient facility for physical therapy earlier that day had returned. The facility had realized that she didn't have insurance, and they called the ambulance driver en route to instruct him to turn around and head back to Louisville. The patient's parents, never contacted, were left waiting all night at the front door of the facility. The patient, whom we'll call Jessica, was 21 years old and uninsured.

Two months after delivering a baby girl, she suddenly developed a serious neurological condition that paralyzed her legs and diaphragm, making it impossible for her to walk and breathe. She spent three weeks in the ICU on a ventilator. By the time I began taking care of her, she'd been transferred out of the ICU, was breathing on her own, but her speech was slurred and she was hardly able to move her legs. It was clear that Jessica needed aggressive physical therapy.

But because she lacked insurance, no rehab facility would take her and the hospital could not keep her. The dilemma was this: If Jessica went home and got minimal or

no physical therapy, she could be disabled her whole life and require expensive medical care and equipment for possibly the next 60 years; if she received specialized physical therapy in the inpatient setting, which could take only weeks, she would regain her strength completely and return to her family and her daughter. Her future remains elusive.

Stories like Jessica's are common. At University Hospital, we have thousands of them, each as moving as the next. When President Obama signed the health care reform bill, health insurance became a basic right for all Americans. Eventually, people like Jessica will get their rehab; others won't be denied coverage for pre-existing conditions.

In my experience, breaking bad news has not been limited to telling a patient that she has cancer. I have also told patients facing mortality and death that we can't take care of them because the system doesn't allow it, that they may be forgotten and lost forever. From my perspective as a doctor, I'm not sure which is more difficult. I hope that sometime during my career, America's health care system will refocus on the good of the patient, not only on his or her health insurance plan.

## **Building a Relationship between the Medical School and the Public Health Department**

*A Fourth Year Medical Student's Perspective By Ganesh Kartha*

As medical students, most of our education centers on identification and treatment of various pathologies and diseases within a clinic or classroom setting. However, we have very little education regarding the initiatives within our own community that support our efforts to educate, manage, and prevent many of these same pathologies and diseases. In fact, the Louisville Metro Health Department offers many initiatives that help our community live with the health problems we face. Together, the Louisville Metro Health Department and the Gold Humanism Honor Society have been working towards introducing community and public health issues into the medical student curriculum.

With the help of Dr. Matt Zahn (Medical Director), steps were taken to increase student awareness of the Metro Health Department and the health initiatives and services it provides. Dr. Zahn and GHHS co-hosted a lunch session outreach program; we also are working on a web page for medical students that will contain pertinent information about Metro Health Department services. The ultimate goal of this relationship is to involve medical students in the various public health services and take an active role in educating the community about the many preventable and manageable diseases prevalent in Greater Louisville.

We also believe that proper counseling of patients will make them fully aware of their disease and that treatment will ultimately lead to better patient care. The medical student has the opportunity and time to educate hospitalized patients. Providing students opportunities to educate the public about health issues like asthma and diabetes will lead to better patient education. The partnership being developed by GHHS and the Metro Health Department will produce medical students with stronger patient education and counseling skills which supports our ultimate mission: to better serve the medical needs of the Louisville community. We believe that a better understanding of community health initiatives and services at the student level will lead to better management and treatment practices as medical professionals.

We welcome any submissions of photography, prose, or calendar events for our next edition of the HEART newsletter. Please email submissions to Trish Todd at: