

# HEART: Humanism in Medicine

UNIVERSITY OF  
**LOUISVILLE**  
SCHOOL OF MEDICINE



*Mustard Seed.* Photograph by Eva Simone Capozzola in Nepal. © Eva Simone Photography

HUMANISTIC, EMPATHETIC, ALTRUISTIC, RELATIONSHIP CENTERED TEAM

[louisville.edu/medschool/curriculum/heart](http://louisville.edu/medschool/curriculum/heart)

## Integrating Care a comprehensive approach to healing

B Alliso Wilcox, MS<sup>2</sup> and Ben Belknap, MS<sup>1</sup>

Andy Luckett, class of 2013 and leader of the UofL Integrative Medicine Interest Group, is part of a growing movement in healthcare to bring together different healing traditions in the pursuit of wellness.

“I first became interested in Integrative Medicine before I knew it was called such. I began my own yoga and meditation practice in college, and loved the centering qualities and stress-reduction they offered. During second year [of medical school] I heard Dr. Adewale Troutman, former Director of Health and Wellness for the City of Louisville, speak on health disparities and poverty. He emphasized the relationship between the increased physiologic stress-response of people in poverty and higher rates of disease. I knew some great stress reduction techniques, like meditation and yoga, and wondered why I wasn’t learning to teach my patients about these practices.”

The following year, upon learning that integrative medicine is a growing part of allopathic education in the US, Andy took the initiative to attend the Leadership and Education Program for Students in Integrative Medicine (LEAPS in IM) put on by the American Medical Student Association, as well as initial training at the Center for Mind-Body Medicine, in Washington, DC.

In 2012 Andy used a grant from LEAPS in IM to start the Integrative Medicine Interest Group at UofL, bringing together students and professionals from the greater university community with a common interest in holistic, comprehensive care. The group has welcomed pioneers in integrative medicine in Kentucky, including Drs. John Patterson and Peter Buecker, to speak to the group and share their experiences. Dr. Patterson is planning a mini-retreat for medical students this spring to expose them to mindfulness practices in their own lives.

Another stand-out leader in integrative medicine in Louisville is Dr. Mark McDonald. Dr. McDonald is an Associate Professor in the Department of Pediatrics at UofL, but also has a unique specialty in pediatric acupuncture. Students may know of Dr. McDonald through his presentations at Cultural Competency Day, yet most do not know his story.

Dr. McDonald’s daughter began having abdominal migraines at 18 months old. The Western medical tradition had been unable to help her. As the young girl was about to be admitted for the second time in a week, he received a recommendation to see a pediatric emergency medicine physician who was trained in acupuncture, Dr. Ron Fuerst, based in South Carolina. “He [Dr. Fuerst] does auricular acupuncture. So he did electrical stimulation and some spots on her ear and then put one ear dart in and her pain was gone,” Dr. McDonald recalled. (continued on page 5)

## HOW TO GET INVOLVED WITH HEART

If you have questions about or wish to participate in any of HEART's projects or initiatives, please contact the designated representatives below.

We look forward to welcoming new members to our team!

### HEAR Committee

Dr. Pradip D. Patel, Chair

### HEART Newsletter

Jessica Huber, MS<sub>3</sub>  
Alliso Wilcox, MS<sub>2</sub>  
Francesca Kingery, MS<sub>1</sub>  
Ben Belknap, MS<sub>1</sub>  
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Sean Warren, MS<sub>2</sub>  
Sara Woodring, MS<sub>3</sub>  
Cory France, MS<sub>3</sub>

### Gold Humanism Honor Society

Dr. Pradip D. Patel  
Dr. Olivia Mittel

### Humanities: Art in Medicine

Dylan Brock, MS<sub>2</sub>

### Systol Literary magazine

Dr. Olivia Mittel  
Dr. Pradip D. Patel



## Letter from the Editors

Happy New Year! Last month we welcomed the start of 2013. This month many around the world are also celebrating the Chinese New Year, ushering in the year of the Snake. These closely related occasions, in spirit and time, are a fitting metaphor to the themes explored in this issue of the HEART Newsletter. Our contributors explore the concept of wellness throughout this issue, a concept that often incorporates Eastern traditions in its approach to health and healing. Wellness speaks to total health and includes familial and communal dynamics in individuals' lives, including times of health and times of illness.

In "Integrative Care: a comprehensive approach to healing," we highlight integrative medicine in Louisville, what it means and why it is an increasingly popular approach to wellness and healthcare. The other side of wellness, of course, is illness, and in Ben Belknap's piece on traumatic brain injury he explores the dynamic of families and health care providers coordinating care for a patient who is unable to participate in the coordination herself.

In the midst of busy school calendars, many students continue to find ways to promote the wellness of those in need in the greater Louisville community. Francesca Kingery highlights the generosity of countless UofL students this holiday season, providing gifts to teen mothers and the homeless. We also highlight the tremendous spirit and altruism of the students who participated in the St. Baldrick's Day fundraiser this year.

The Gold Humanism Honor Society has been active around the University and some of their recent and upcoming activities are listed on page 4. In addition, we are thrilled to feature a submission by Amerisa Waters, a student in the School of Interdisciplinary and Graduate Studies working towards her Masters in Interdisciplinary Studies, with a concentration in Bioethics and Medical Humanities, previewing upcoming events at UofL in the engagement of art, specifically cartooning, in medicine.

We hope you are all successfully beating the winter blues and tending to the wellness of those around you, as well as nurturing your own.

**Allison Wilcox, Jessica Huber, Francesca Kingery, Ben Belknap, & Pradip D. Patel, MD, Co-Editors ■**

# Giving back through community engagement

by Francesca Kingery, MS1

As we dash across campus in our preclinical years we may pass a variety of patients with various backgrounds and complex social histories. When we encounter patients during our clerkship experience we may learn more about patient groups than what meets the eye. However, even the best patient histories may not unveil the complex factors that ultimately affect the health and well being of our patients. After seeing a soon-to-be teen mom in the prenatal clinic, will we ask ourselves what life is like after she leaves the building? As we rotate through the University ER we may come across numerous homeless patients. Their chart might display an extensive history of addiction and psychiatric illness, yet will we reflect on the multifaceted dimensions that affect the development of these diseases? Asking these questions about our patient's experience reflects the basic tenets of humanistic medicine, yet taking the time to do so is commonly undervalued in mainstream medical education.

Community engagement is a valuable tool for learning about people from different backgrounds than one's own and it's a tool that a handful of students at ULSOM are using to make an impact in the Louisville area. The last HEART issue highlighted the work of the service group ECHO (Empowering Communities through Helping Others) at the Nativity School, Adelante Hispanic Achievers and Family Scholar house. While these projects are still ongoing, two projects independent from ECHO emerged from both student interest groups and individuals.

In December the Family Medicine Interest Group (FMIG) provided 104 scarves to give as holiday presents to students that attend Jefferson County Public Schools Teenage Parent Program (TAPP). TAPP enables teenage mothers to

attend school while providing on-site childcare and services such as medical care and career and employment education. According to Anna Cooper (MS2), one of the FMIG coordinators, the TAPP students rarely received holiday gifts as most of their resources go to providing gifts to their children during the holidays. Anna stated that FMIG wanted to help show support for the ladies at TAPP as the program is designed to prevent teenagers from giving up hope when faced with difficult circumstances. Anna was also informed that up to seventy-five percent of TAPP students have been sexually abused. After learning more about issues faced by TAPP students, the FMIG decided to set up mentorship opportunities for interested medical students and the young mothers. If you are interested in learning more about this opportunity, contact Jessica Wood (MS2) at [jewood10@louisville.edu](mailto:jewood10@louisville.edu).

Another ongoing project spearheaded by Helen Pruitt (MS2) aims to collect needed items for Jefferson Street Baptist Mission, which offers assistance to over 150 men and women every day by providing them with a drug-free, safe environment with laundry facilities, showers, storage for belongings, mail and phone services and daily coffee and breakfast. Helen is partnering with Goshen Elementary, which began the project earlier last year. Items donated to the Mission will change every month. (continued on page 4)



Jessica Wood, MS2, wrapping one of the 104 scarves that were donated to TAPP

## Comics and Medicine

by Amerisa Waters, Masters Candidate, Interdisciplinary Studies - Bioethics & Medical Humanities

As a kid I spent hours reading and rereading Bill Watterson's comics of Calvin and Hobbes. I loved reading about the adventures of the smart, critical, and often trouble-causing Calvin and his wise, observant tiger Hobbes. The two would take me with them on their adventures in suburbia, adventures that included snow art creation, space travel, alien and dinosaur encounters. I didn't just go on adventures with Calvin and Hobbes, I also learned with and from them. I pondered philosophical dilemmas with them, critiqued art, and thought about the questions they raised. I learned with Calvin and Hobbes through the comics created by Bill Watterson.

Clinicians and students of the health professions can also learn through comics with the growing increase of medically themed comics and graphic novels. MK Czerwiec, RN, MA and Michael Green, MD, MS, two medical educators who specialize in comics and medicine will be coming to the University of Louisville Health Sciences Campus on April 11<sup>th</sup> and 12<sup>th</sup>. The Medical Humanities & Social Justice in Health Care Student group has partnered with the Division of Humanism and Ethics at the University of Louisville and the Stambaugh Lecture series in Medical Humanities to bring these two to provide a series of workshops and lectures focused on comics and medicine. Learn more about the intersection of comics and medicine at the following events:

- Thursday, April 11<sup>th</sup> 12-1pm: Comics and Care giving with MK Czerwiec, RN, MA
- Thursday, April 11<sup>th</sup> 3:30pm- 5pm: Workshop on creating comics with Michael Green, MD, MS & MK Czerwiec, RN, MA
- Friday, April 12<sup>th</sup>, 7:30-8:30: Department of Family & Geriatric Medicine Grand Rounds with Michael Green, MD, MS
- Friday April 12<sup>th</sup>, 12-1pm Stambaugh Lecture on the Use of Comics in Medical Education and Practice with Michael Green, MD, MS

Visit <http://uoflstudentactivities.orgsync.com/org/medicalhumanitiesandsocialjusticeinhealthcare54526/Events> for more information! ■

# ULSOM Students go bald on St. Baldrick's Day!

by Whitney Ward, MS2

On February 6, 2012, ULSOM hosted its 2<sup>nd</sup> annual St. Baldrick's Day, an event where students volunteer to shave their head in exchange for donations to St. Baldrick's, the #1 funder of grant-based childhood cancer research (excluding federal grants). The event has grown since last year from three shaves to ten, including four women across the two years, plus a number of participants who chopped off 8+ inches of hair. Spending time with brave children fighting cancer inspired many of the volunteers to participate, including Chris Arbonies (MS1) who was motivated by a child he met through the Make-A-Wish Foundation. After three years, the young boy lost his battle against cancer, so Arbonies believes that his shaved head is "a symbolic gesture," and hopes the money raised will support cancer research's work towards a cure. Going bald is an even bigger commitment for a woman, but Kelsey Field (MS1) found the courage to participate after volunteering at Kosair Children's Hospital through the SMILE program. She envisioned, "it will be hard, but when I think of these children who didn't have a choice, who lost their hair to the treatments they needed to live, it won't be a difficult decision." The event raised over \$10,000 and donations can be made year-round at <http://www.stbaldricks.org/teams/ulsom2013> ■



## St. Baldrick's Day Shavees:

Front row, from L: Kelsey Field, MS1, Whitney Ward, MS2 (author)

Back row, from L: Nick Derfler, MS1, Alex Thomas, MS2, James Schack, MS1, James Baker, MS1, Lee Richardson, MS1, Chris Arbonies, MS1, & Eric Oberst, MS1.



## Updates from Gold Humanism Honor Society

- The GHHS promoted Solidarity Day on February 14 by encouraging medical students to take at least five minutes during the day to show compassionate patient care – by getting to know their patients better, assisting support staff in the clinic or hospital, engaging in conversations with others or performing random acts of kindness.
- The PR Committee attended the 2nd year Town Hall meeting on February 11, and introduced GHHS to 2nd year medical students.
- The GHHS-sponsored Toiletry Drive will continue through February. GHHS asks that any students who are traveling bring their complimentary hotel toiletries to the donation box in Tony Simms' office. GHHS has teamed up with Goshen Elementary and these toiletries will benefit the Jefferson Street Baptist Mission and the homeless population in Louisville.
- Spring Service day is March 23! More details to come! ■

## Community Engagement (Continued from page 3)

Throughout February you can drop off scarves, gloves, and hats in the lobby of the medical school instructional building. In March you can drop off baseball caps and coffee in April. If you are interested in helping Helen she can be contacted at [hfrui01@louisville.edu](mailto:hfrui01@louisville.edu).

Dr. Paul Farmer, an advocate for promoting social justice and health among the world's underserved, states that when medical professionals observe issues within the community they serve they should "*Observe, Judge, Act*" in a way to promote the best interest of the population. ULSOM students have demonstrated the ability to act when observing a community need. Community engagement and charity are two of many ways in which we can learn about the needs of our patient base but they provide only a starting place to act in ways to promote social change. It is possible that the relationship ULSOM students are building within the community will serve as a springboard for discussion for our roles in enacting tangible changes. For instance, engaging in a dialogue on why Kentucky teen pregnancy rates are among the nation's highest or asking why homelessness still plagues our streets, can challenge us to consider the roles that we as future physicians can have in addressing these issues. ■

# Traumatic Brain Injury as a Daughter, Wife, and Friend

by Ben Belknap, MS1

The resident had come in to the SICU family room to paint the bleakest of pictures. He said that Jen would never return to the woman she had been yesterday, that she was likely to live a life dependent upon machines, if she survived at all. He said that the car accident had fractured her skull in multiple places and that considerable areas of her frontal lobe were “devastated.” That was a word the young doctor used repeatedly, almost too much, but the word was apt. It fit right in with the huddled group in that small, bright room.

In the days that followed, there were so many questions that hung in the air, oppressive and ominous. Often unable to answer them definitively, the clinicians and family spent long minutes in silence. The best doctors understood this and had been here before. They did not force themselves to speak, but instead resigned to simply being present to share the family’s burden.

Jen’s brother had decided that he wasn’t going to listen to any prognosis delivered at this point. He maintained that there was no way the doctors could know how this injury would manifest itself while Jen still lay unconscious, nor could any of them account for the uncanny abilities of his sister. They just didn’t know her like he did. It was this defiance that held him together; he found strength in the hope that uncertainty had granted.

Her husband sat stoically by her bed, holding her hand over the rail and quietly whispering to his new bride. David’s whispers were a measured and unaddressed appeal to fix what had been broken. This was his worst nightmare, but he remained calm and noble in his grief. He had also decided that Jen’s fate would not be dictated by a prognosis, but instead determined by her will to fight.

The process of resolving issues with the insurance companies was a responsibility that Jen’s mother had the strength to undertake. No one could be sure if Jen would qualify for therapy at the city’s top rehabilitation facility, nor what her health insurance company would agree to cover if she did. The family sat confounded as the progress of Jen’s condition and the amount of care she could receive was applied to the company’s criteria. She needed to wake up, and this is what her mother prayed for as the rosary pulsed through her fingers.

As the days blurred together, the family’s coping was aided by the kindness of those taking care of their loved one. Many of the nurses took care of Jen as if she was their sister and provided a calming shoulder to cry on when that was all that was wanted of them. The family desperately needed this solidarity.

Gradually, encouraging signs emerged and Jen became increasingly reactive to physical stimuli. In the second week, she opened her eyes, at first keeping them fixed on the wall opposite her bed. She then began to breathe over the ventilator, and it was promptly removed from the room to everyone’s great joy. Soon thereafter, her consciousness strengthened and in the fourth week, still unable to speak, she was handed a pen and began to write. Though rebuilding what has been lost will be a long and arduous road, Jen continues to defy the odds that she was given and her fight continues. ■

## Integrative Medicine (continued from page 1)

“Rather than getting admitted to the hospital where she had been on a morphine drip, we took her home. I realized that Western medicine doesn’t know everything about medicine. That kind of enlightened me, because I thought I could do everything with Western medicine. After that I decided to go for training in the Acupuncture for Physicians course at the Harvard Medical School.”

Today, Dr. McDonald is one of the only physicians in Louisville certified in and practicing acupuncture. He thinks that Western medicine and Eastern medicine can complement each other in primary care. Dr. McDonald added that while there are many problems that Western medicine is better at treating there are other problems where Eastern medicine is more effective, notably certain neurological problems, such as complex regional pain syndrome.

Regarding coverage for acupuncture, Dr. McDonald says, “Insurance, in general, will not cover it, but flexible spending accounts will. And Medicaid will pay for it as long as the correct forms are submitted after the patient’s first visit. It is interesting to me that Medicaid is more progressive than the insurance companies, who pay out lots of money for patients to have long hospital stays for a condition that could have been treated as an outpatient with acupuncture.”

Dr. McDonald and Andy are leading by example. Andy, heading off to a Family Medicine residency next year, plans to focus on wellness and prevention, and hopes to be trained in acupuncture and basic manipulation therapies at some point in his career. “I will be familiar with herbal therapies and supplements, energy medicine and homeopathy, and will be able to refer patients to “alternative” practitioners when I and they see fit. To me, integrative medicine is just good medicine” ■

### Wellness in Louisville (and beyond):

- Dalai Lama Public Talk - May 19, 2013  
[www.dalailamalouisville.com](http://www.dalailamalouisville.com)
- Shine Wellness Studio  
[www.shinelouisville.com](http://www.shinelouisville.com)
- Deprung Gomang Institute  
[www.deprunggomang.com](http://www.deprunggomang.com)
- Earth and Spirit Center  
[www.earthandspiritcenter.org](http://www.earthandspiritcenter.org)
- Wellness 360 Studio  
<http://www.wellness360studio.com/>
- Kentucky Holistic Nursing Association  
[http://www.khna.net/Home\\_Page.html](http://www.khna.net/Home_Page.html)
- National Center for Complementary and Alternative Medicine  
<http://nccam.nih.gov/>