

HEART: Humanism in Medicine

UNIVERSITY OF
LOUISVILLE
SCHOOL OF MEDICINE



Wesley (second from R) with his family in Kenya. Photograph by Chana Gwynette.

HUMANISTIC, EMPATHETIC, ALTRUISTIC, RELATIONSHIP CENTERED TEAM

louisville.edu/medschool/curriculum/heart

Wesley Korir Member of Kenyan Parliament, Health Advocate, & Elite Runner

By Francesca Kingery, MS¹

Health in the developing world is often determined by factors other than access to care. In Kenya, many families live off less than \$2 a day and struggle to find clean water sources and affordable food. Access to education is limited as secondary school (high school) can cost up to \$350 per year. In areas where farming is a staple for families, the price of fertilizer and seeds can limit a family's only source of income.

Wesley Korir, a 2008 UofL graduate from rural Kenya aims to change his community's social determinants of health, and as a newly elected Member of Parliament in Kenya he now has a platform to seek the changes he wishes to see. When Wesley started his undergraduate career he had no idea what the future would hold for him. His running talent had landed him a scholarship and he chose to major in Biology - he even aspired to attend medical school. After his running career took off in 2008 he joined the ranks of elite runners, winning the LA marathon twice, in 2009 and 2010, and the Boston Marathon in 2012. With Wesley's newfound fame he never lost sight of his overall goal to help improve the lives

of the Kenyan people. To spearhead his plan he and his wife, Tarah, started the Kenyan Kids Foundation, which promotes education, access to healthcare, and farming. The foundation has provided high school scholarships for over 50 students and continues to expand their support to more villages in Wesley's constituency.

Wesley had always dreamed of bringing healthcare to his village. Wesley's brother died of a snake bite as a teenager, and Wesley knew that if a clinic had been close and affordable, it could have prevented his brother's death. In 2012, with the help of other partners, Wesley built a medical clinic in Biribiriet, his home village. Students from ULSOM were the first to work in the clinic in the summer of 2012 and with the help of WaterStep (formally Edge Outreach) installed a clean water system. The clinic continues to grow, with a surgery building currently under construction.

Last summer Wesley felt called to pursue a position in Kenya's Parliament and he dreams to one day be president of the country. While balancing training for the 2013 Boston Marathon he ran as an

independent candidate against an incumbent who had strong ties in his community. Wesley was elected in March 2013, making history as the first active athlete to be elected to Kenya's parliament. At the top of Wesley's political agenda is expanding access to clean water and affordable farming. He pledged to use his appearance fee at the Boston Marathon to jumpstart clean water projects.

As the Kenyan elections came to an end in March, I had the privilege to join Wesley leading up to they days when he was declared the winner. As I sat outside of a Kenyan polling station surrounded by a sea of children I asked them what they "wanted to be when they grow up," an English phrase they had learned at school. They were eager to respond with engineer, pilot, doctor, architect, teacher and farmer all making the list. I hoped that they would see their dreams come true one day and I knew that with Wesley's influence in their community they would have a better chance.

To learn more about Wesley and the Kenyan Kids Foundation visit:
<http://www.kenyankidsfoundation.org/> ■

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!

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Gold Humanism Honor Society

Dr. Pradip D. Patel
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Humanities: Art in Medicine

Dylan Brock, MS₂

Systol Literary magazine

Dr. Olivia Mittel
Dr. Pradip D. Patel



Letter from the Editors

Medicine is a field rich with inspiration, from fascinating patients and practitioners to impressive discoveries and advancements. Providers and patients alike must draw on sources of inspiration to motivate them through difficult days, at the same time often serving as an example for others to follow.

In this issue of HEART we celebrate exemplary members of our community and explore ways in which patients and providers among us seek inspiration in the health setting. We congratulate co-editor and regular contributor Francesca Kingery, MS₁, for recently earning a grant to spend the summer in conducting a Photovoice project in Kenya. Francesca helps us learn about the community where she will work this summer in her cover feature on Wesley Korir. We also celebrate the efforts put forth by students on Service Day, in the piece by Liz Veasy, MS₁, on page 3.

We explore some of the experiences and values that motivate health care providers in pieces by Ben Belknap, MS₁ and Daniel Roberts, MS₃. On page 4, Ben explores global sources of inspiration in his interview with a US Army Reservist who is stationed overseas. Back at home, Daniel reflects on a moving patient interaction he experienced during his rural family medicine rotation (page 5).

We also feature a piece by Amerisa Waters, recently awarded her MA in Interdisciplinary Studies-Bioethics & Medical Humanities from the School of Public Health. Amerisa writes about the recent events at UofL featuring Comics in Medicine. This weeklong event explored the ways in which patients and providers can and are harnessing graphic art as a means of expression. Thank you for your contributions, Amerisa, and best of luck next year!

Finally, this issue of HEART closes with a call for submissions to *Systole*, UofL SOM's literary journal. All members of the medical school community, from students to faculty, are invited to contribute their creative writing, including non-fiction, fiction, and poetry. *Systole* gives us the opportunity to channel our energies in a different medium outside of the realm of science, to share our unique experiences and, perhaps, to inspire each other.

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

UofL SO Students Spend Saturday in March giving back to the community

B Elizabeth Veasey, MS1

Saturday March 23, 2013 marked the second annual Outreach Day at UofL SOM. Outreach Day began last year to increase community service by medical students. With the help of the Gold Humanism Society, each College designed a unique project. Students then donated their time implementing these projects all across Louisville on Outreach Day. That night medical students and faculty celebrated at O'Shea's with a nail-biting basketball game.

Yandell College put on a Health Fair at the Americana Community Center. They had a blast teaching kids about healthy eating, germs, and exercising. It was also discovered that Yandell students have hidden talents such as animal balloon making and face painting. They put these talents to use making kids smile all day long.

Fitzbutler College took 18 high school-aged boys from Brooklawn on a Louisville Science Center adventure. Not only medical students, but spouses, fiancés, and even an infant came to enjoy the day with the kids.

Members of **Bodine College** also spent their day with kids from Brooklawn, but with a younger crowd. Children aged 8-11 learned why a healthy diet is important for their growth by doing puzzles, eating healthy snacks, and planting

their own carrots! Bodine finished up the day with a landscaping project on the grounds.

Moore college also had a fun day interacting with kids, this time from Bellewood Children's Home. They enjoyed cooking out and getting to know the kids at lunch then the students were challenged to intense basketball and kickball games. After the kids sufficiently wore out the medical students, it was time to call it a day. As the students were leaving, the children all asked if they could come back and play again and again.

Pickett College worked at Supplies over Seas (SOS). They sorted donated medical supplies that would otherwise end up as waste. They worked alongside physicians and pre-meds, making up one of the largest groups ever at SOS.

Gross College worked at the Rode's City Run in downtown Louisville. Students got up bright and early to start filling up water cups at the finish line. They finished the day by handling out fruit and snacks to the runners as they finished the race. A few Gross students even ran the 10K race!

All-in-all it was a great day of service to the Louisville community, and all involved enjoyed the day.

Below, students from Pickett College sorted medical supplies with SOS. Right, students from Bodine College helped spruce up the Brooklawn campus.



Francesca Kingery, MS₁, awarded Gold Foundation Grant



Francesca Kingery in Kenya, July 2012.
Photo credit: Rebecca Metry, MS₂.

The Gold Foundation has an annual Student Summer Fellowship program. The competitive Fellowship program offers opportunities for medical students to complete a research or service project related to community health. Projects are focused on studying cultural competency issues, developing skills to become relationship-centered physicians, and addressing a public health need in an underserved community or population. The grant is funded for up to \$4,000. Francesca Kingery, MS₁ recently became a successful recipient of the Fellowship for her proposal for the *University of Louisville School of Medicine and Biribiriet Community Photovoice Project*. This study will utilize Photovoice, a community based participatory research method, to provide information on the health-related needs of a small rural community in the Rift Valley Province of Kenya. Photovoice uses photography as a tool to empower communities to demonstrate the strengths and weaknesses of their surroundings, create an ongoing dialogue for improvement, and ultimately enact social change. There is a lot of excitement surrounding this project and a future issue of this newsletter will provide an update on the outcomes of this study. Good luck and congratulations Francesca.

Pradip D. Patel, MD
UofL SOM Gold Foundation Faculty Advisor ■

A Perspective from Baumholder

by Ben Belknap, MS₁

Dr. Geoffrey Ankeney is a family practitioner who decided to take a career path-less-travelled after completing his residency in 2009. He is both a US Army reservist and a contracted civilian physician at the garrison in Baumholder, Germany. Located in the Eastern state of Rhineland-Palatinate, this is one of the largest American military garrisons in Germany with a history dating back to the 1950s.

Dr. Ankeney became interested in career options with the Army when starting his residency at the University of Washington in Olympia. It was the attractive offer of loan repayment and a monthly stipend during his residency, providing his family a much more comfortable life, that first appealed to him. The wars in Iraq and Afghanistan left him with a final resolution that he should do something to help.

His patients are the soldiers and their families living, or temporarily recovering, on the base. Many of these soldiers have been severely injured in battle and for others the wounds are less visible but equally debilitating. The hurdles that he reports in getting patients back to a healthy lifestyle after sustaining the violence of war are often immense and provide frank insight into the physician's challenges.

"They're depressed," he states. "A good majority of these soldiers are guys and gals who spent their childhoods crawling around the woods. Many of them live to be outside, make fires, dig holes, and work on trucks. Walking around crippled and in constant pain, often disfigured, was never in the plan." Of his most difficult patients he says, "Often they have recalcitrant disorders or conditions that simply do not respond to any known therapies or treatments. It's difficult to see your best professional efforts fall flat, but it's truly heartbreaking to see a soldier suffer in an unstoppable downward spiral." However, Dr. Ankeney is quick to point out that his daily interactions with soldiers is also the most rewarding aspect of his job. "Some are so honorable, so incredibly cool. They're funny, honest, practical, and brave. They truly believe in America, believe in the Army, and believe in God. Whether or not you believe in any of that, or anything at all, it's inspiring to be around people who believe things and live by those beliefs."

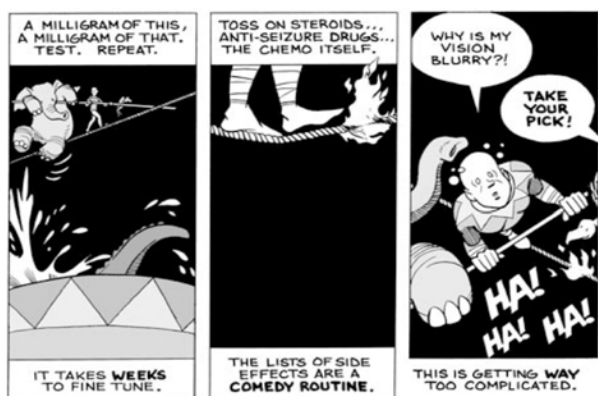
Another central reason for Dr. Ankeney's choice to sign a contract landing him in Germany was what he describes as his "wanderlust" for places around the World. And Baumholder's location, with Belgium, France and Luxemburg all within a one-hour drive, suits an avid traveller well. This same mindset led him to attending medical school in Be'er Sheva, Israel, at the esteemed Medical School for International Health. He says of his pursuit of a life abroad, "I have terminal wanderlust. I could never come back to the States and I wouldn't notice. This is not due to a certain dislike for my homeland. Simply put, there's just still so much to see, and experience. So many people to meet, so many strange foods to eat from strange living rooms in strange lands that I didn't even know existed."

On raising children abroad he continues, "The advantages are numerous. My kids are bilingual and they've seen sites that I only read about as a kid. (Continued on Page 5)

Comics in medicine at UofL

by Amerisa Waters, MA, Interdisciplinary Studies - Bioethics & Medical Humanities

As humans, we construct stories to understand the world and our place in it. Stories of illness are often confusing and hard to understand. By encompassing both the visual and literary realms in transmitting information, comics provide the tools necessary to allow for a more nuanced understanding of the experience with illness, one that acknowledges the impact of different perspectives on medical care and experience. *Mom's Cancer* (2006) by Brian Fies exemplifies the power of comics to facilitate understanding of



experience. The power of depicting metaphors through comics results from their dual transmission of information: through text and through images. Cancer treatment is like walking the tightrope; there is a constant danger in proceeding, it is a balancing act that gets more and more complicated to maintain with each step that is taken. By utilizing both images and text, Fies layers metaphors of the various aspects of the treatment, enabling a more nuanced understanding of the experience of receiving such treatment. The chemotherapy medication is like a vulture - serving the useful purpose of removing the bad, but serving that purpose by destruction: tearing apart flesh. Fine-tuning the medication is like balancing a bird and an elephant, and the side effects of that medication is comparable to walking on fire. The text presents the medical and more technical perspective of the process of treatment, while the images allow for an experiential understanding of it. Images allow for a medical description to be expressly connected with the emotional experience of illness and treatment.

Last month the University community had the opportunity to learn more about the incorporation of comics into health professional education and practice when Michael Green, MD, MS and MK Czerwiec, RN, MA visited Louisville and offered lectures and a workshop on the topic. Dr Green's lecture focused on the use of comics in medical education, pulling from his own experience teaching comics to this population at Penn State. Ms Czerwiec, of Northwestern University discussed reading and creating comics as a way to enable better caregiving. Dr Green and Ms Czerwiec also coled a workshop of health professionals, faculty, students, and staff on creating comics. Participants left empowered to begin creating comics as a way of reflecting and making meaning of their own experiences.

Graphicmedicine.org includes a catalog of medically relevant graphic works as well as podcasts of interviews and talks on the topic. View Dr Green's lecture and others from the Gheens lecture series at: <https://itunes.apple.com/us/itunes-u/james-l.-stambaugh-jr.-humanities/id431433773?mt=10>.

(Cartoon is an excerpt from *Mom's Cancer* (2006), Brian Fies) ■

The Simple Art of Listening

by Daniel Roberts, MS3

What do patients really want from doctors? Care is arguably the most universal answer, but in reality it is one met with wide subjectivity. At the same time, our care of patients is frequently pushed towards greater efficiency, a prominent topic in a system of rising costs and changing policies. Inevitably, we encounter patients who are frustrated by their experience with healthcare. Perhaps they might feel their voice is lost on deaf ears, their well-being trampled upon by giants.

I encountered one such frustrated patient recently in the setting of a rural free clinic for people with insufficient income to pay for health care. I introduced myself as a medical student and the patient introduced himself with enthusiasm and a bear-grip handshake. His chart listed that he had come to the clinic that night for checkup of his diabetes, bowel symptoms, and for medication refills.

He said, "doc, before you leave, can I ask you some things? I think I have parasites and the doc at the hospital wouldn't even look at my stool sample. My bowels are terrible. I lost my job because I just couldn't deal with the pain. I used to do voice-overs for commercials." He spoke with radio-clear diction and an urgent tone. "And the doc at the hospital - he just ignored me. He just walked right out and said he couldn't help me. And I want you to tell me if you can see a cataract in my eye. I looked in the mirror yesterday and I think I saw a cataract."

After explaining to the man that he had been diagnosed with irritable bowel syndrome previously and didn't have evidence of giardia or other parasitic infections, but that I wasn't quite a doctor yet, he very politely interrupted me. He proceeded to tell me that he was glad that I was letting him talk. He told me, "not to turn out like those docs who ignore you and tell you they don't have time." And he thanked me "for treating him like a person."

The man continued to talk, asking about his various diagnoses and emphatically expressing appreciation all the way until the nurse came to the room to check if I needed help, some 25 minutes later. As I exited the room, I thought about what he said about listening. Perhaps this patient was a manic hypochondriac, but he certainly made a valuable point about the simple art of listening. ■

Baumholder (continued from pg 4)

"More, they understand how big the world is, and take pride in all the places they've been. All four of them seem to have a truly global perspective on their worlds... the experience is priceless."

Dr. Ankeney's contract with the Army is expiring soon and he is looking at jobs from Peru to Beijing to New Zealand, showing us all how a life in medicine can take you almost anywhere. ■

A Look Back on H.E.A.R.T2HEART

2012-2013

Raising Awareness on Domestic Violence and Child Abuse

by Francesca Kingery, MS¹

Last fall H.E.A.R.T2Heart hosted its fourth discussion on the health practitioner's role in identifying and reporting domestic violence. The talk was held in October during Domestic Violence Awareness Month and featured speakers with diverse backgrounds in advocacy, law enforcement and healthcare. Dr. William Smock, an E.R. trained physician and LMP police surgeon, spoke on the importance of screening for domestic violence in all healthcare settings. Jessy Haywood, from The Center for Women and Families, trains healthcare professionals on how to identify signs of domestic violence. Haywood emphasized the importance of questioning patients on how safe they feel in their relationships. She said that even giving a patient a business card and letting them know you are always there if they need help can be one way to gain trust and help the patient reach out in a time of need. Student led small groups then participated in a discussion on the usefulness of routine domestic violence screening in primary care settings as well as techniques through which to unveil violence in homes.

April marked Child Abuse Awareness Month and to follow with the theme of identifying family violence H.E.A.R.T2Heart invited child abuse experts to share their insight. Our speakers included Dr. Melissa Currie of the Division of Pediatric Forensic Medicine and Brenda Clark & Laura Johnson, CPS Investigators for the Cabinet for Health and Family Services. Kentucky has one of the highest rates of child abuse and neglect in the nation. Dr. Currie stressed the importance of reporting bruises that appear in odd places, like the face, ear, and back of the legs. Both CPS investigators spoke about the variety of roles that CPS can take on. They stated that if children are not in imminent danger, their goal is to keep the children with their families. Other than investigating cases, CPS provides parenting resources to improve home life. The session ended with students discussing cases in which health care professionals might question the need to report poor parenting skills.

What is HEART2Heart? The HEART2Heart discussion series provides a chance for students to create a dialogue with peers and expert physicians about significant ethical situations that will impact their future, but are rarely discussed in training. ■

SYSTOLE 2013

Call for Submissions

Systole is a literary journal committed to providing a creative outlet for the University of Louisville's medical students, residents and faculty, with the mission of promoting humanism on the Health Sciences Campus. We are inviting submissions of original, unpublished short stories, poetry and nonfiction for publication. Additionally, we are welcoming submission of original photos or drawings for cover art.

We are currently accepting electronic submissions for the 2013 issue. **The deadline for this issue is Saturday, June 15, 2013.**

The editorial committee, a mixture of students and faculty, will review and select works based on craftsmanship, originality and content. Please note that all rights revert to author after first publication.

SUBMISSION GUIDELINES:

- Each entry MUST include an entry form in order to be considered.
- Only students, residents and faculty from the University of Louisville School of Medicine may submit work.
- Entries need not be related to medicine.
- All work must be original work by the listed author.
- You may submit a maximum of five (5) entries each of poetry or prose.
- You may submit your work elsewhere at the same time, however, please let us know immediately if it is accepted by another journal.
- Entries and entry forms must be received by June 15, 2013.
- We are accepting ONLY electronic versions of your work.
- Entries must be submitted via email (.doc, .txt, jpeg, or photoshop only) to Dr. Olivia Mittel at olivia.mittel@louisville.edu
- Emails must include a completed entry form, and have in the subject line "Submission for Systole." Each submission needs a separate entry form.
- Poems should be less than 750 words, and prose pieces no more than 2500 words.
- Those whose work has been accepted will be notified in July.

To find the entry form, please check for an email from your class president and/or email Dr. Mittel. To view past issues of *Systole*, visit: <http://louisville.edu/medschool/curriculum/heart/systole> ■