

HEART

Humanism in Medicine



Dancing

Photo by Farrah Harden, Class of 2014

Following an afternoon of teaching proper hand-washing and hygiene practices, volunteers Kayla Sears and Sarah Rose dance with a group of children at an orphanage in Port au Prince, Haiti. Will Sears provided music on his fiddle.

During Spring Break 2011, a group of seven first year medical students at ULSOM traveled to Port au Prince, Haiti with the EDGE Outreach program. The group of students spent their week installing water filter manifolds, distributing medicines, and teaching health and hygiene lessons to children in schools and orphanages that remain damaged following the earthquakes in January 2010.

Music & Medicine

By Jessica Huber, Class of 2014

On two occasions this spring, Dean Edward Halperin of the School of Medicine collaborated with Dean Christopher Doane of the School of Music to organize a “Music & Medicine” luncheon at the Health Sciences Campus. Medical students, faculty, and staff gathered in the Kornhauser Auditorium to enjoy free classical music performances by members School of Music faculty and to discuss the social and medical relevance of the pieces.

When asked about his intentions for the program, Dean Halperin explained:

“Medical schools should participate fully in the lives of the university...Here at the University of

Louisville, we have a wonderful School of Music. For physicians, music can be a diversion from their daily activities, a way of connecting with their own inner lives, an entryway into thinking about the causes and implications of disease (such as Beethoven's deafness), or a clinical and research interest (such as the diseases to which musicians are subject or to understand the way the brain processes music). I simply thought that through a medicine and music program, our medical students and faculty would enjoy some beautiful music, partner with the music school faculty, and do something a little different from our daily routines - and that that was justification enough [for starting the program].”

Both performances were well received by students and faculty alike. The Health Sciences community looks forward to future “Music & Medicine” programs.

Letter from the Editors

"I will remember that there is art to medicine as well as science, and that warmth, sympathy, and understanding may outweigh the surgeon's knife or the chemist's drug."

Dr. Louis Lasagna created this line in 1964 in his modern adaptation of the Hippocratic Oath. The message communicated through this statement poignantly reflects the mission of HEART. It is powerful to realize that the significance of empathy and relationship-centeredness in medicine was recognized during a time when the culture of medical practice was still very paternalistic. While Dr. Lasagna may have been prescient for his time, his foresight that physicians' roles go beyond their medical expertise is still not always appreciated in today's medical communities.

Medical training is extremely effective at creating a scientific and clinical foundation for students and residents. We know the biochemical metabolism of glucose by heart; we could give a differential diagnosis for abdominal pain in our sleep; dermatomes, anti-hypertensive medications, and the review of systems elements are ingrained in our minds. When schools graduate physicians, the necessary qualifications for receiving the M.D. reflect the students' ability to pass their basic science and clinical exams

over their four years. Our medical school's program objectives state in the "Professionalism" theme that UofL students must master the behaviors associated with compassionate care; however, these important competencies are not as emphasized as the more clinical and scientific skills.

While perhaps not yet a core tenet of medical education, humanism in medicine is certainly at the forefront of new innovations in curriculum. As indicated in a recent article in the *Wall Street Journal*, many schools like Brown University and NYU have created new initiatives in which the *art* of medicine and the significance of appreciating the humanistic nature of the physician-patient relationship are introduced to students. In this edition of the HEART Newsletter, we highlight many of the new initiatives currently being carried out to give students and residents at UofL these same opportunities.

We all recite some version of the Hippocratic Oath when we receive our medical degree. We sincerely promise to uphold the principles of patient care contained in the Oath. Hopefully, we can also dedicate ourselves to the precept of warmth, understanding, and sympathy in medical practice.

**Trish Todd, Class of 2012,
Jessica Huber, Class of 2014, and
Pradip Patel, M.D., Co-Editors**

HOW TO GET INVOLVED WITH HEART

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

We look forward to new members of our team!

HEART Committee

Dr. Pradip Patel

HEART Newsletter

Trish Todd

Jessica Huber

Dr. Pradip Patel

HEART2Heart

Alex Bajorek

Amber Zimmer

Kosair Reading Program

Christine James

Karisa Grizzle

Gold Humanism Honor Society

Dr. Toni Ganzel

Systole Literary Magazine

Dr. Sarah Griffin

Honor and Professionalism Council

Rick Bowles

Patients as Teachers

Pradip D. Patel, MD

Members of the HEART: Humanism in Medicine group acknowledge that they continually learn from patients, gaining new insights that influence their practice. Although patients have always had a role in the education of doctors, we would like to see this opportunity shift to a more active role.

The Department of Pediatrics recently hosted the First Annual Thomas H. Pinkstaff, MD, Lectureship. Dr. Pinkstaff was a treasured member of the division of general pediatrics. His attributes included the roles of mentor, educator, humanistic physician, child advocate, role model, and friend. He garnered multiple teaching and advocacy awards including the University's Distinguished Teacher award. Dr. Pinkstaff was also a proud grandfather of a child with autism and he led many efforts to educate others about this disorder.



With the assistance of Dr. Pinkstaff's family, Ellen Notbohm, an award-winning author, was chosen as the first speaker in the lectureship series. Our goal was to choose a speaker who could reflect on the patient/parent's perspective of autism.



During her two-days at the medical school, she held a riveting 2-hour Q&A seminar at the Kentucky Autism Training Center for the staff and for families with

children with autism; she presented at the Pinkstaff Lectureship, which was described by many as thoughtful, excellent, and beautifully presented; and she spent time with the staff at the Home of the Innocents, sharing her expertise with them.

The HEART group hopes to unofficially use Ellen Notbohm's presentations as a kick-off point to formalize a **Patients as Teachers** series that will provide opportunities for learners throughout the School of Medicine. Patients are a valuable resource as potential teachers during all stages of medical education. If given appropriate support, patients can offer unique qualities that can change physician attitudes towards patients and create a more humanistic environment.

Kosair Reading Program: A New Venue For Patient Care

Interview with Christine James, Class of 2012

This spring, Christine James, a third year medical student, launched a project she's been planning for the past year. Her idea attracted many eager students. Over the past two months, they've been visiting families and children awaiting surgery or care in the Emergency Department at Kosair Children's Hospital. Volunteering students read to the kids to help make them feel more comfortable in what can be scary situations. We had a chance to talk to Christine about her idea and her goals for the Kosair Reading Program.

How did you develop the idea of the reading program?

It actually came from a program they had at Duke while I was an undergraduate student. It was called the Reading Buddies Program, and it was a fantastic way for pre-med students to volunteer, and students really enjoyed their time with the pediatric oncology patients. I've also always been a strong supporter of the humanities in medicine, and I think reading is one of the best ways to incorporate that into the hospital setting.

How many students are involved?

Currently, we have around 20 students signed up, but hopefully, it'll expand to more!

How many hours per week do they spend at the hospital and how many families do they get to work with on an average visit?

Since we're in the very beginning stages, it's hard to say how often students are there. What we've tried to emphasize is that any time, whether it be 1 hr or 4 hrs, would be helpful.

What is your vision for the future of the program?

Essentially, I want this program to be one that the students in the first and second-year classes use in the future for volunteering. It's an easy way to become exposed to the hospital environment and to understand how all the steps of care, from the waiting room to the hospital room, play an important part in a patient's experience. I also hope to expand the program to the pediatric oncology unit, similar to the one at Duke, as I think both the patients and the volunteers would benefit from this extended, one-on-one relationship.

Our New Big Thing

By Trish Todd, Class of 2012

Last spring, Alex Bajorek, an upcoming third year medical student, started brainstorming ways to make the HEART Committee more visible to the UofL medical community. He explained, "As a committee, we were doing a lot of great things, but people still didn't know who we were." At the same time, he was finishing up one of his dual degrees, a Masters in Bioethics. Having a sincere interest in the ethics of medical practice, he found a way to integrate this passion into a new venture for the HEART Committee that would aim to engage more students and faculty.

HEART2Heart is the title given to his initiative. Alex describes it as a dynamic student lecture and discussion series that brings students face-to-face with experts and physicians who deal with significant ethical situations in their medical and administrative roles. "I wanted it to be something that is both interesting and productive to students. There's a number of ethical issues that we will be exposed to as physicians, but which are not emphasized in our training. I wanted to give students the opportunity to speak with each other, physicians, and experts about these issues, to start recognizing and addressing them now, so we can be better prepared to deal with them in the future."

"I wanted it to be something that is both interesting and productive to students."

Alex has teamed up with another medical student, Amber Zimmer, to put on a HEART2Heart session once per semester. Each session keeps students integrally involved. Alex or Amber introduces the topic followed by a short presentation by the experts recruited to speak. The bulk of the session is dedicated to small group discussions moderated by physicians or other faculty/administrators.

The HEART2Heart series has tackled the topics of "Conflict-Resolution in Gross Anatomy and Beyond" as well as "Pharmaceutical Influence on Physician Treatment Choices." Alex and Amber brought in Steven Wright, Medical Director of Kosair Hospital, and Kristine Krueger, from the Division of Gastroenterology, Hepatology, and Nutrition at UofL to share their expertise on these areas, respectively. The leading idea for the next session involves issues physicians face in the management of chronic pain.

Overall, the newest HEART initiative has gotten off to a great start. Attracting students of all years to participate, the discussion series has hopefully given students an opportunity to start or continue building a foundation of ethical consideration and professionalism for their medical careers. Alex's final thoughts: "The project still has a lot of room to grow. However, it has gotten off to a more than better start. I think that it has definitely increased awareness of the HEART Committee on UofL's campus."

Class of 2012 Gold Humanism Honor Society Members

The newest members of the GHHS were selected by their peers this spring.



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