



HEART: Humanism in Medicine

UNIVERSITY OF
LOUISVILLE
SCHOOL OF MEDICINE

ULSB M'S MURPHY AN A CB LLEAGUE SEARCH FB R ARTBFACTS N NB RTHERN PB RTUGAL.

Digging Deeper

by Allison Wilcox, MS2

When Erin Murphy, Class of 2015, first took the Hippocratic oath last August, she knew that she would not be trading in her degree in Anthropology & Sociology for the exclusive study of medicine. Instead, she has gracefully found a way to continue pursuing both of her intellectual passions. This summer, in addition to working as a clinic director, Erin spent a month in Baleal, Portugal working on an archaeological dig. She and the UofL-based team excavated a 100,000-year-old site and uncovered Neanderthal artifacts.

First exposed to archaeology at Centre College, Erin remembers, "Learning about the evolution of early hominid anatomy and culture was fascinating, and I wanted to learn more about it." A cardiologist she had shadowed before medical school further inspired Erin. "He started going on archaeological digs in Italy when he was 40 years old, and studied the ancient Etruscan civilization of Italy for 25 years while practicing. He even wrote a book about the civilization. His drive to pursue outside interests while practicing medicine inspired me to go on a dig this summer."

When asked what it was like to spend 4 weeks digging in the sand, Erin responds that it gave her a new perspective on the world. "Remember when you were a kid, playing in the dirt, picking up rocks, and making up stories about where they'd been

(maybe this is just me)? Well we were doing the same thing, with the same fascination for dirt and rocks - now called sediment - and we actually have science backing [our stories] up. Pretty awesome if you ask me!" However, given her relative inexperience in archaeology, Erin also found her trip challenging. "Physical anthropology involves studying the bones and evolution of early hominids and humans, while archaeology involves studying their culture, their lifestyle. They are very different disciplines and I had a lot to catch up on."

Erin's trip thrilled her. She jumped into a unique adventure seemingly separate from her pursuit of medicine. Yet Erin is confident her dig will enhance her medical career. "Learning about what came before us teaches us more about ourselves." Getting through medical school requires dogged determination. In order to succeed, students often put our heads down, dig in, and push everything except our studies out of our lives. Yet, as Erin's summer adventures prove, there is only enrichment to gain by pursuing passions beyond the walls of the classroom and hospital. These experiences will undoubtedly help us in the practice of relationship-centered medicine, a calling that demands creativity, adaptability, and, as Erin gained on her trip, the ability to find a new perspective.



The Gold Foundation Humanism & Excellence in Teaching Awards

Each academic year, clinical students nominate six residents and one faculty member who demonstrate exemplary teaching skills and empathy towards patients. On July 25, the residents were inducted into the Gold Humanism Honor Society, along with the new cohort from the Class of 2013. Congratulations to the new inductees, pictured above with Dr. Mike Ostapchuk, Interim Associate Dean for Student Affairs. Thank you for your positive influences!

- Cristy Abreu, MD Family Medicine
- Neil Crittenden, MD Internal Medicine
- Andrew Moore, MD Obstetrics & Gynecology
- Canaan Herrygers, MD Pediatrics
- Jonathan Scarff, MD Psychiatry
- Noah Scherrer, MD Surgery
- The Leonard Tow Humanism in Medicine Award Lori Wagner, MD Internal Medicine

See pgs. 2 and 4 for more Induction photos!

HOW TO GET INVOLVED WITH HEART C

If you have questions about how 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!

HEART Committee C

- Dr. Pradip D. Patel, Chair C

HEART Newsletter C

- Jessica Huber C
- Allison Wilcox C
- Francesca Kingery C
- Dr. Pradip D. Patel C

HEART2Heart C

- Alex Ajorek C
- Dylan Rock C
- Allison Wilcox C
- Francesca Kingery C

Gold Humanism Honor Society C

- Dr. Pradip D. Patel C
- Dr. Olivia Mittel C

Humanities: Art in Medicine C

- Dylan Rock C

Systole Literary Magazine C

- Dr. Olivia Mittel C

Honor Council C

- Farah Nasraty C

Letter from the Editors C

Greetings from the HEART Newsletter Editorial Board, and welcome to the new members of the ULSOM Class of 2016! We fondly remember the excitement of beginning medical school, but as you, like Erin Murphy (pg 1.), put your heads down and dig in to your studies, do remember to take time for yourself and your interpersonal relationships, for only then will you be capable of forming positive relationships with your colleagues and future patients.

It is an exciting time for our HEART team, as well! In early October, a group of students, residents, and faculty from the HEART Committee will be traveling to Chicago to present a poster at the 5th Annual Gold Humanism Honor Society Biennial Conference. The Arnold P. Gold Foundation's mission is to perpetuate the tradition of the caring doctor by emphasizing the importance of the relationship between the practitioner and the patient. The objective is to help physicians-in-training become doctors who combine the high tech skills of cutting edge medicine with the high touch skills of effective communication, empathy and compassion. The University of Louisville already has an excellent reputation for training high-quality physicians, and this conference will be a wonderful opportunity for us to showcase our efforts to promote humanism within our medical community.

Our poster will feature four major projects of the HEART Committee: *Systole* literary magazine, HEART2Heart discussions, the HEART Newsletter, and the Gold Humanism Honor Society (a few of which are highlighted in this Volume of the Newsletter). It will describe each of the projects individually, and also illustrate how they work together. We look forward to sharing our ideas, and plan to bring back some new strategies for promoting humanism from other institutions. Look for updates from the conference in Volume 9 of the Newsletter this winter!

For more information on the Arnold P. Gold Foundation, visit <http://humanism-in-medicine.org/>

Jessica Huber, Class of 2014, Allison Wilcox, Class of 2015, Francesca Kingery, Class of 2016, and Pradip D. Patel, MD, Co-Editors C



Dr. Lori Wagner delivers the keynote address at the HHS induction ceremony.

HEART 2 Heart

Building Business Out of Medicine – Balancing Humanism and Practicality

by Francesca Kingery, MS

This spring, HEART2Heart hosted its third discussion, on balancing business and medicine. 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 that are rarely discussed in training. This session included panel participants Interim Dean Toni M. Ganzel, M.D., M.B.A. and Dr. Greg Robson, a local private practitioner in pediatrics. At the beginning of the talk, Dr. Ganzel stated that she was at first perplexed by the HEART2Heart committee’s decision to focus on business and medicine, however, after further consideration, she thought the conversation topic was perfect, as mixing business and medicine can many times pose ethical dilemmas for which current training under prepares us.

The main question posed to the panel was how do we balance the financial realities of private practice with the standards of high quality, patient-centered care?

In the past five years, the number of doctors leaving independently owned private practices has increased. Many are instead choosing to be employed by hospitals, which relieves some of the burdens of business, accounting, and Medicare and Medicaid losses. Those that choose to remain in small independent practices face difficult decisions regarding the percentage of patients on Medicare and Medicaid they can see, and what to do if patients don’t pay bills. Dr. Robson’s comments provided confirmation that seeing patients without regard to insurance status could lead to financial issues within a group practice.

After the panel participants shared insight on the topic, students divided into small discussion groups. They discussed the need for a requirement for private practices to allow a fixed percentage of patients with Medicaid, Medicare or no insurance access to their care. When discussing the prospect of concierge medical practices (practices created for patients who wish to pay physicians an annual retainer fee in exchange for improved access and services, e.g. same-day appointments, longer examination

times, home delivery of medications, physician coordination of specialty-care referrals, and around-the-clock telephone, pager, and e-mail access to physicians) many students expressed the possible implications of this growing trend. While concierge systems could improve the quality of care for those who can afford it, they could also increase health disparities among the population who cannot.

Additionally, the effects of programs like Pay for Performance (a payment model that rewards healthcare providers for meeting pre-established targets for delivery of healthcare services by financial incentives) were discussed. Students suggested that this program could negatively impact patient care, as physicians might pick and choose which patients to serve in order to increase financial incentives.

With the debt burden of modern medical education rising from year to year, it is speculated that medical students are incentivized to pursue financially lucrative careers in subspecialties. H2H participants proposed ideas to create a more balanced distribution between specialty practice and primary care, such as loan forgiveness programs for those who chose careers in primary care.

Many times students are fearful of asking questions about finances, salary and reimbursement, as these topics might seem insensitive and bill-focused while discussing the future of providing patient-centered care. This talk was well attended by students and faculty, and seemed to provide a safe environment for questions about a sensitive topic. The discussions illustrated that ethical and humanistic patient care can be directly related to business aspects of medicine. While we may often feel that the business of medicine and ethical care are separate entities, this H2H discussion revealed that the two overlap extensively.

The H2H group would like to encourage everyone to attend our upcoming meetings in the fall and spring. Our future topics will include domestic violence and child abuse.

How do we balance the financial realities of private practice with the standards of high quality, patient-centered care? C

Caring at the Cardinal Clinics

Student Reflections on Volunteer Experiences

by Allison Wilcox, MS2

Second year students at UofL have the unique opportunity to rotate through student-directed clinics in the Louisville community. Students who participate in the clinics earn elective credit for their second year. More importantly, they also gain invaluable experience serving as first-line care for patients, taking histories, performing physical exams, and working closely with attending physicians. The clinics serve high-need patient populations in Louisville—the uninsured, the formerly incarcerated, and those in drug and alcohol rehabilitation programs. The clinics aim to simultaneously serve the Louisville community and train compassionate, capable medical students.

Second year students Andrew Nguyen and Anna Cooper are Student Directors at Cardinal Clinic Iroquois. Andrew, originally from Iowa, California, previously worked in a student-run clinic at UCLA, while Anna, originally from Cynthia, Kentucky, interned in a clinical setting after college. When asked, Anna says that she applied to work as a clinic director so that she could learn more about the role of a physician, clinic volunteer work, and to reach out to an underserved area. She thinks this is a

special opportunity to be involved with the community, lend an ear for the hand, and learn about what this population needs from health professionals. Andrew describes Cardinal Clinic Iroquois as the quintessential low-cost clinic for all. They see patients with needs ranging from school physicals to the common old chronic health problems. Despite the great services they provide, both Anna and Andrew report fewer patients than expected. Andrew thinks the problems about communication, "it's quite difficult to get the information about this clinic to the people who need it most." It has also been challenging to coordinate physician supervisors, as their schedules make it hard to commit continually.

Despite challenges, there have been several meaningful learning experiences for the students. An orthopedic surgeon supervised one of Andrew's clinic shifts. Andrew remembers how, "He turned a patient-less night into a teaching opportunity by showing us how to diagnose acute knee pain in a fellow student." Andrew's experience has given him a new perspective on, "the work that is possible in a primary care environment." Anna also recalls a rewarding moment when the father of a young patient told her how thankful he is that the clinic is available.

Students need practice and exposure; patients from all walks of life need compassionate, quality health care. The Cardinal Clinics provide a safe clinical setting for students to learn and for patients to receive the care they need. This impressive, symbiotic relationship between the Louisville community and the School of Medicine is a worthy endeavor and one that will continue to evolve and grow to the benefit of all involved.

Gold Humanism Honor Society

by Jessica Huber, MS3



On Wednesday, July 25, the UofL GHHS Induction Ceremony was held at the Jewish Hospital Rudd Heart & Lung Center. Twenty-five student inductees (left) and their families were present for the occasion, along with the resident and faculty inductees listed on page 1. Dr. Lorif Wagner, pictured on pg. 2, delivered a keynote address about the importance of modeling humanism in medicine to colleagues.

Names of the GHHS Class of 2013 are listed in Volume 7 of the HEART Newsletter. Please visit the website below for more information on the GHHS!

The "Art" of Wellness Course

Summary and Purpose

by Lori Earnshaw, M.D., Department of Medicine

"The Louisville Programme Preventively Addresses the Tendency of Doctors to Overlook Their Own Physical and Emotional Needs." C C-D.J. Benor, psychiatric psychotherapist

I discovered this quote in a 1995 journal article in *Complementary Therapies in Medicine* when preparing for the revival of the original Physicians and the Arts course. The author was referring to the first wellness program at University of Louisville School of Medicine. Addressing physicians' quality of life was a novel concept in 1980, when Drs. Elkes and Dickstein started an elective course focused on self-care.

Carrying on their legacy, two of the six faculty members for the new "Art" of Wellness course are graduates of the original wellness program. The course will begin in the fall of 2012 and is being offered as an elective to 4th year medical students with the goal of cultivating personal wellness practices, which includes attention to mind, body, and spirit. They will accomplish their goals through general sessions and individual interactions with faculty mentors in a specific art.

The course is longitudinal and divided into four general sessions (Restoring self, Preventing and Recognizing Burnout, A Day of Mindfulness, and a final day of project sharing, yet to be named). The first three sessions will involve interactive instruction and personal exploration of the foundations of wellness. The last session will showcase the products of the students' exploration of an art form.

The students will be paired with a faculty mentor based on common interests in an area of artistic expression. This year's offerings, with lead

faculty mentors, include: Therapy and Patient Health (Dr. Sara Petruska, OB/GYN), Music and Physicians (Dr. Robert Caudill, Psychiatry), Physician as Author (Dr. Lori Earnshaw, Medicine), Physician as Painter (Dr. Tom Dues, Medicine), and Physician as Photographer (Dr. Pradip D. Patel, Pediatrics). The faculty mentors will assist students in the achievement of their personal wellness goals and oversee their projects. In addition to individual time with their mentors, the students will attend group outings related to the arts.

The faculty is pleased to have the assistance of Dr. John Patterson (visiting faculty and veteran instructor of The Healer's Art course founded by Dr. Rachel Naomi Remen) and Kentucky Poet Laureate, Maureen Morehead, in the development and implementation of the course.

