



AN INITIATIVE OF THE ARNOLD P. GOLD FOUNDATION
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THE GOLD CONNECTION

Gold Humanism Honor Society — www.humanism-in-medicine.org

Fond Farewell & Welcome: GHHS National Chairs

After five years of energetic and dedicated service and oversight of GHHS chapter growth to 91 from 35, Dr. Cathy Lazarus, Senior Associate Dean for Student Affairs, Rosalind Franklin University of Medicine and Science, has handed the leadership of GHHS to Dr. Maria Savoia, Dean for Medical Education, University of California, San Diego, School of Medicine.



Drs. Cathy Lazarus, Sandra Gold and Maria Savoia

Dr. Sandra Gold, President/CEO of the Arnold P. Gold Foundation praised Dr. Lazarus for her “wisdom, foresight, and the ability to inspire and motivate others to advance and spread the Society’s goals and vision.” GHHS and Foundation staff, together with biennial attendees, applauded her many accomplishments. Cathy will continue working with us in the capacity of immediate past chair.

Dr. Savoia becomes the second GHHS National Chair. Welcome! Formally assuming her responsibilities of the Advisory Council Meeting during the recent AAMC, she announced a small group retreat in January to discuss future GHHS directions.

Biennial 2010: GHHS Members Celebrate Home Coming

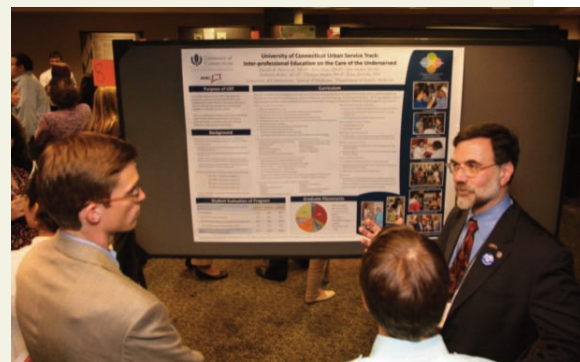
Approximately 215 students, residents, chapter advisors, faculty, administrators and Tow Winners — 77% of member chapters — were welcomed “home” by biennial conference chair Dr. Linda Stone in Dallas on October 7-9.

Attendees, who rated the quality of the conference 4.7 on a 5 point Likert scale, raved about the opportunity to learn, work and share information and projects with colleagues from all over North America. *The Power of Humanism: Transforming Our System, Renewing Ourselves* featured keynote addresses by Dr. Wiley “Chip” Souba the newly welcomed Dean of Dartmouth Medical School, and Dr. Gretchen Berland, Yale Medical School and winner of the MacArthur Award, who uses digital technology to advocate for patient care.

In his opening speech and follow-up workshop, Souba emphasized the importance of language and awareness of one’s “way of being” in each context to become effective leaders. Berland showed, *Rolling*, her collaboration with three patients who agreed to mount video equipment onto their wheelchairs and to share their lives over time. In an interactive session, she highlighted the difficulties they confront within the medical system and emphasized that patient advocates need to find new strategies in the future.

Eight highly rated workshops offered attendees two extended opportunities to learn about self and patient care through writing, creating safe places, mindfulness, using strategies to achieve professionalism against the background of the hidden curriculum, intercultural competencies, and student, and entire medical school, projects that foster humanism.

Poster sessions prepared by GHHS members and chapters, in addition to Gold-Mining roundtable discussions of myriad projects and topics, added new and very enthusiastically received components to the biennial, as did wellness activities, such as yoga and meditation. Texas line dancing and an evening with a great local DJ promoted the networking and friendships that support and enrich our work.



Dr. Bruce Gould, Leonard Tow Humanism in Medicine Award recipient, explains U Connecticut SOM poster at conference reception.

The biennial was “A+ Both inspirational and practical, fabulous networking opportunities, wonderful mingling... challenging, fun, healthy. I will do my best to bring the lessons learned to my work in concrete ways in the coming year.”



Welcome

New GHHS Chapters!

Meharry Medical College
Temple University School of Medicine
Medical College of Georgia
Oregon Health and Science University
School of Medicine

A Two-For-One:

How Do You Find GHHS Member Residents & Faculty on Your Campus?

How Does GHHS Become Known on Your Campus?

In conversations leading up to the biennial many chapter advisors shared the frustration of not knowing who at their schools or hospitals belong to GHHS. Similarly, residents called to see if their school had a chapter. Chapter Advisor, Dr. Christine Peterson, University of Virginia School of Medicine has a wonderful idea to remedy this problem that some of you may already have implemented. In addition to members finding the chapter and each other, Peterson, writes: "A GHHS chapter website can provide both practical and intangible benefits. It can serve as a place for members and others to find announcements about upcoming local and national humanism-in-medicine-related events; it can provide reliable links to electronic, print and video resources about humanism in medicine; and it can serve as a site for members' reflections on their own growth as humanistic practitioners of medicine and medical education. It also signals that the institution nurtures the growth of humanistic qualities in its faculty, residents, students, and staff, and celebrates when those qualities flourish in interactions and activities."

If chapter advisors have other ideas about finding GHHS members on your campus, please write to Verna Yiu for our listserv, and share it.

Biennial Banquet: Free Holiday Gifts that Keep Giving

Rolling Dr. Gretchen Berland has kindly agreed to allow GHHS chapters to show her acclaimed and moving video for free showing on their campuses. Please make a request to harriet@gold-foundation.org. We will lend you a copy for your event. Combine it with a grant request to us for pizza, or coffee and cookies.

Dr. Berland suggests applying what we learned on a daily basis. Think how to incorporate humanism in patient care. Explore how to know your patients, how to be change agents.

IDEAS FOR YOUR CHAPTERS

Jefferson has a Humanism Café open to everyone where they have biweekly dinners and readings.

SUNY Buffalo has MOJO Mondays when residents and students gather to reflect on experiences and share their person views. A typical discussion topic was: Are we living up to the standards we had when we applied to med school?

LOCAL TO NATIONAL

Scott Shaffer, currently a resident fellow, NYU, who began a chapter at Brown, urged residents to create GHHS chapters where none exist.

Howard Silverman, U Arizona, Phoenix, is thinking about how to extend what we get at the biennial into regional activities.

Joe O'Donnell, Dartmouth, suggests a "Make a Difference Gold Day" as a national project. How about April 15? Let's hear what you think.

U of West Virginia will introduce a Humanism Week the week of Valentine's Day to include lunch time lectures, a panel discussion and a showing of the film *Rolling*.*

HUMANISM IS MEDICINE: "TAKE-AWAYS" FROM THE BIENNIAL

Dr. David Hirsh, Cambridge Health Alliance, and member of the GHHS Planning Committee, skillfully wove the speakers' messages into practical tasks, discussions and Q&A sessions. At the conference closing, he asked attendees what they are taking away.

Here are some responses:

- We need to stay connected and reach out to all GHHS and share the spirit of this conference.
- Share what you are doing on your campus (chapter advisors use the listserv; students and residents Facebook - accessible by "residents GHHS"); cc the Foundation (as above) and will we post your activities on the upcoming new GHHS website
- Create chapter projects that provide evidence to prove GHHS value.
- Look at health policies and programs that do not promote humanism in medicine and speak out against them for change.

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** GHHS holiday special: The first 10 schools to successfully apply by December 17th for a humanism day or week grant to be held in 2011 will receive a pizza night for their next chapter meeting courtesy of GHHS. See the GHHS website for grant instructions and apply now.*

GHHS News

Dr. Arnold P. Gold will be honored on December 8, 2010 as a recipient of the 2010 Picker Awards for Excellence in the Advancement of Patient-Centered Care for "his lifelong dedication to the advancement of patient-centered care by preserving the tradition of the caring physician and emphasizing the crucial need for humanism in medicine."

Fred J. Schiffman, M.D., GHHS Chapter Advisor at The Warren Alpert Medical School of Brown University and Associate Physician-in-Chief and Director of Medical Education at The Miriam Hospital and Vice Chairman of Medicine at Alpert Medical School, has been named the inaugural Sigal Family Professor of Humanistic Medicine. (see article "When Medicine Failed, The Doctor Did Not").

Mario Martinez (GHHS 2010) of UIC Peoria won the national Jefferson Award for Public Service also known as the "Nobel Prize for Public Service." Additionally, he was recognized with **John Barton Rose** (GHHS 2009) and **Michael Lintner** by the Red Cross of Central Illinois for establishing a community outreach program Health Education Awareness & Resources Teams (HEART).

Dr. George R. Buchanan, 2010 winner of the Arnold P. Gold Humanism in Medicine Award and speaker at the luncheon in his honor at the AAMC, was inducted into the GHHS on the occasion of the Gold Foundation's annual lecture featuring Dr. Jonathan Woodson, last year's winner of the Arnold P. Gold Humanism in Medicine Award.

GHHS at AAMC

Harold Pincus, Vice Chair, Psychiatry, Columbia University Medical Center, spoke on "Considering Quality in Medical Education" at a GHHS co-sponsored session at the recent AAMC meeting. Dr. Jonathan Amiel, Chief Resident, Psychiatry at Columbia, and GHHS Advisory Council member, introduced the discussion groups that followed.

Tow faculty award winner Dr. James H. Shropshire has become an active member of the University of Wisconsin's GHHS chapter. Dr. Shropshire attends GHHS meetings and serves as a mentor for students.

Biennial Banquet *Cont'd from page 2*

- Dr. Berland: "Fight for making sure your patient has the best care. Take on the fight...even if it is uncomfortable. Confrontation is necessary to get things done for the better....Humanism is spending extra time with patients. Go back at night to see a patient."

Dr. Arnold Gold: "I'm often asked why I love medicine. It's about the patient not the diagnosis....What prevents burnout is humanism You (GHHS members) are my future."



Line dancing Texas style.

Demand for Facebook

GHHS happily announces that students and residents at Biennial 2010 asked for access to a shared Facebook page. Dr. Novie Sroa, our host, a busy fellow and GHHS Advisory Council member welcomes everyone to our page. Simply type in "**GHHS residents**" in the search box and request to be friends. Jump right in and invite your friends—student and resident members—to join!

National Inductions

Dr. Jordan Cohen, Chairman of the Board of the Arnold P. Gold Foundation, along with outgoing GHHS National Chair, Dr. Cathy Lazarus, and Dr. Sandra Gold, President and CEO of the Foundation inducted twenty-nine members across the medical spectrum into the GHHS at the recent biennial. We welcome and congratulate them all!



Drs. Cathy Lazarus, Jordan Cohen (second row, far right), Sandra Gold (first row, center) with national inductees.

Tackling Real-Life Communication

By Margret Chang, Resident, Warren Alpert Medical School of Brown University

Pharmacists, nurses, social workers, physical therapists, case managers—the list of professionals working in the hospital seems endless. Learning to communicate with so many different professions is no easy task. However, efforts by a group of GHHS members have allowed a class of medical students to get a head start.

The Alpert Medical School GHHS Chapter, led by Dylan Dean, Mary Beth Sutter and Margret Chang, organized a panel comprised of a multidisciplinary group of health professionals to discuss communication issues in the hospital environment. The event took place during a traditional orientation week designed to introduce rising-third year medical students to the start of their clinical clerkships.

“Part of the communication problem in the hospitals is due to not knowing the roles of everyone on the healthcare team,” said Chang, one of the organizers. “We hoped to address this by allowing medical students to meet the people they’d be working with during their experience on the wards.”

Panelists included a social worker, a nurse, a pharmacist, and a resident doctor. Students heard from each member regarding their perspective on barriers to good communication, as well as potential solutions. Following the panel discussion, the audience was invited to participate in an interactive question and answer session.

Approximately 100 medical students attended the panel discussion, which covered topics ranging from specific examples of medical mishaps due to poor communication to clinical pearls for interacting with other health professionals on the wards. The panel was well-received, as seen in formal evaluation surveys distributed following the event.

“It really struck me how important communication is in real-life medicine,” wrote one student in his evaluation. “I wish we had more events along these lines during our pre-clinical years so we can get used to thinking in terms of communicating within a large interdisciplinary team.”

Given its success, the Alpert Medical School GHHS chapter hopes to replicate the event in future years as a way to introduce subsequent classes of medical students to effective communication techniques that will ultimately empower them to become better doctors. This project was partially funded by a GHHS chapter-initiated grant. Contact Jacqueline Mintz or Harriet Turner for assistance with your project.

When Medicine Failed, The Doctor Did Not

A professorship dedicated to the field of humanistic medicine and the practice of empathetic relationships with patients and caregivers was recently established at The Miriam Hospital and Brown University by the family of Phyllis and Irving Sigal. The purpose is to support a distinguished and compassionate physician providing medical treatment with an emphasis on teaching, research and training in humanistic medicine. The first distinguished physician selected is none other than Brown University’s GHHS chapter advisor Fred Schiffman, who cared for Irving Sigal during his final illness. “He guided our family from hope to inevitable loss,” remarked Sigal’s son Andrew. “When medicine failed, the doctor did not...We are grateful our parents’ legacy is in his loving and inspired hands.”

Dr. Schiffman has been a hematologist and oncologist at The Miriam Hospital since 1983. Peers speak of him as “world class in his treatment of patients” and an “impeccable physician who promotes excellence in patient care.”

Dr. Schiffman made his final house call to Sigal’s Rhode Island home. “...There he was, my Jewish patient serenading his...doctor with ‘Danny Boy.’ It was a luminous moment of enlightenment. I’m glad I was there. You have to be there.”



Balancing doctoring and dancing. Dr. Fred Schiffman (standing right) was among the GHHS participants at the biennial who danced until the end of the evening.

Maria Savoia, MD — Chair, GHHS Advisory Council
 Cathy Lazarus, MD — Immediate Past Chair, GHHS Advisory Council
 Jacqueline A. Mintz, PhD — Executive Director
 Norma Wagoner, PhD — Director Emerita
 Harriet Turner — Program Associate
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