



AN INITIATIVE OF THE ARNOLD P. GOLD FOUNDATION  
 GHHS Founders: The Russell Berrie Foundation – The Robert Wood Johnson Foundation – Anonymous

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# THE GOLD CONNECTION

Gold Humanism Honor Society — [www.humanism-in-medicine.org](http://www.humanism-in-medicine.org)

Cathy Lazarus, MD — Chair, GHHS Advisory Council  
 Jacqueline A. Mintz, PhD — Executive Director  
 Norma Wagoner, PhD — Director Emerita  
 & Consultant  
 Harriet Turner — Program Associate  
 Contact Us: [GHHS@gold-foundation.org](mailto:GHHS@gold-foundation.org)  
 Phone: 201-567-7999 Fax: 201-567-7880

## Through the Lens of a Doctor and Artist

*We invited Ana Blohm, M.D., Assistant Professor of Medicine, Mount Sinai School of Medicine; physician in Mount Sinai's Visiting Doctors Program; co-director, Humanities and Medicine Program in the Division of General Internal Medicine and GHHS Chapter Advisor at Mount Sinai, to contribute a piece for our newsletter in our ongoing exploration of how humanistic doctors fill and balance their lives.*

As a doctor with training in photography, it felt like a natural step to start photographing my patients. Images are an important part of what we do and how we learn in medicine. For me they are part of how I process the emotions that are part of daily clinical work. Caring for the homebound, elderly, and chronically ill can be sad and psychologically demanding, and through the photographic gaze I can "digest" some of the emotions that stem from my medical work. I find myself moved not so much by the human drama that we witness in medicine but by the sober beauty revealed in the ordinary moments of every day life.



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## The Arnold P. Gold Foundation Celebrates 20 Years

In April at Columbia University's Low Library, almost 400 celebrants honored founder, **Dr. Arnold P. Gold**, on the occasion of the Foundation's twentieth anniversary. Dr. Gold, joined by his wife Dr. Sandra Gold, was lauded for his vision, dedication—both personal and professional—and support of dozens of programs focused on *working to keep the care in healthcare*. View photos and video at <http://www.humanism-in-medicine.org> to share the excitement and pride in this milestone. In response to some queries regarding the celebration, donations are welcome. Perhaps \$20 for 20 years but any amount is greatly appreciated.



The Gold Humanism Honor Society, a signature program of the Arnold P. Gold Foundation, furthers Dr. Gold's belief in working within and beyond medical education to promote humanistic and compassionate patient care. Beginning with three medical schools in 2002, today we boast a total of 80 medical and osteopathic schools that daily celebrate and advance Arnold Gold's vision.

Some of the Gold Foundation Programs...

### LEONARD TOW HUMANISM IN MEDICINE PROGRAM

In 2009, 89 schools chose to participate in this prestigious award program presented by the Arnold P. Gold Foundation. One graduating medical student and one faculty member are selected at each of these institutions for their humanistic attributes in caring for patients. The Tow award recognizes integrity, excellence, compassion, altruism, respect, empathy and service in the medical field. The 20-year celebration provided the perfect opportunity to present this award to Dr. Gold for his extraordinary contributions.

The impact of this award on recipients is profound. Carrie Phillip, M.D., Ph.D., Oregon Health & Science University writes, "...I am a medical student clerkship director and the most rewarding part of my job is caring for patients alongside medical school students and residents. ...I also look forward to the daily commitment of attempting to live up to the manner in which I was described by this award. When the demands of the day are great and my administrative duties pile up, I hope to look up from time to time at my framed certificate and remember the reason why I am here."

Dr. Kenneth Olive, winner of the Leonard Tow Award this year at East Tennessee State University, James H. Quillen College of Medicine says, "The presentation of this award highlights to both students and other faculty members the high value placed on humanism. Now being a member of the Gold Humanism Honor Society will allow me to work more closely with students in this arena at our institution."

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## Photographing...

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Capturing this elusive quality on film helps elevate the patient beyond their illness: it turns them from someone who generates "stress" into an aesthetic force that I enjoy. In many ways, photography helps re-endorse me to my work.

The process of photographing patients in any context is fraught with ethical dilemmas that I discuss elsewhere.

<http://medhum.med.nyu.edu/blog/?p=160>

The bottom line is that patient photography, even for teaching purposes, should never be approached casually or without a complete awareness of the power dynamics in the doctor patient relationship. A signed HIPAA and a model release may be a starting point, but they are never enough to make the use of patient images acceptable in a moral context. However, once some form of consensual "artistic informed consent" is achieved, the road can be opened to a meaningful photographic collaboration with your patient.

While for me the medium has been photography, other physicians have found similar benefit from engaging in varied art forms: drawing, sculpture, film, poetry, and prose. Any artistic pursuit allows healthcare providers not just the opportunity to be creative, but also to process intense experiences and to contribute to the narrative of society in a positive way.

*Ana has been taking care of homebound people in upper Manhattan for five years. The patients are mostly elderly, frail or disabled due to complex medical problems. The Visiting Doctors Program at Mount Sinai prioritizes caring for patients in the home; the goal is to improve quality of life by preventing needless ER visits and stressful hospitalizations.*

PLEASE SHARE WITH US HOW YOU PROCESS YOUR INTENSE EXPERIENCES IN MEDICINE THROUGH ART AND OTHER CREATIVE OUTLETS IN YOUR LIFE.

## Connecting Makes the Difference

Many of you are in a new role and may be getting accustomed to new surroundings. Reach out to your GHHS chapter or find out where your closest chapter is. We can help you make connections. Contact Harriet Turner at [Harriet@gold-foundation.org](mailto:Harriet@gold-foundation.org).

## Leonard Tow Humanism in Medicine Program...

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Jefferson Medical College assessed the Tow award and reports, "This wonderful program has initiated more discussion regarding the inclusion of human qualities in medicine. Both the faculty and student body are more aware of the importance of the individual. It is now a part of the curriculum and thus recognizes the importance of the human quality in medicine."

### ESSAY CONTEST

Read the winning essays at [www.humanism-in-medicine.org](http://www.humanism-in-medicine.org).

### PHOTOGRAPHY CONTEST

#### "Images of Humanism in Medicine"



**1st Place Winner**  
**Photographer: Kyle Denison Martin**  
**1st year student**  
**Michigan State University COM**



**2nd Place Winner**  
**Photographer: Gabriela Martinez**  
**University of Texas Health Science Center at San Antonio SOM**



**3rd Place Winner**  
**Photographer: Heather Mikes**  
**Nova Southeastern U College of Osteopathic Medicine**

See honorable mention pictures on our website [www.humanism-in-medicine.org](http://www.humanism-in-medicine.org).

## GHHS Projects Ready to Go

Many have shared the desire to conduct a community project but don't have enough time to develop one for their chapter. No need to reinvent anything! The following projects are tried and true and you can do them with a little help from your friends at the national office. Jordan J. Cohen, MD, The Gold Foundation's board chairman, reminds us that society members become change agents. "...They... are developing programs and projects that will put into real terms – in real time – the values and attitudes that the Gold Foundation is working to foster."

- ❖ Mentor underserved, elder or youth populations, e.g., GHHS members connect with various populations on health and safety issues such as hypertension, diabetes, depression and substance abuse
- ❖ Art Cart – provide a mobile cart with materials and tools to take on rounds in hospital wards giving patients a creative break from TV
- ❖ No One Dies Alone – "Compassionate Companions" sit at the bedside of dying patients who have no one to be with them
- ❖ Rejuvenate a homeless shelter by organizing a clean up and paint project

See more under GHHS on our website [www.humanism-in-medicine.org](http://www.humanism-in-medicine.org). Write [Harriet@gold-foundaton.org](mailto:Harriet@gold-foundaton.org) for specific information.



## Seeking GHHS Members



**Only 2 steps to stay on the inside.  
Connect through the GHHS directory.**

Copy and paste <http://directory.ghhs-apgf.org/goldfoundation/Public/MemberList.aspx> to see if you are included in the membership list. Contact Harriet Turner at [harriet@goldfoundation.org](mailto:harriet@goldfoundation.org) for your login information so you can update your profile and current email address. If you are not listed, send an email to Harriet with your name, contact information, school where inducted, award and year inducted.

### STUDENTS OF THE CLASS OF 2009

Your school email address will likely have terminated. Be sure to update your profile with a current email address. Access your profile with this link:

<http://directory.ghhs-apgf.org/goldfoundation/Main.aspx>

### GHHS BIENNIAL 2010

We are already primed!  
Plans have begun for our fourth biennial meeting - October 2010.  
You'll want to be there.

- ❖ Connect with people at your own institution as well as others across roles and titles
- ❖ Get inspired and recharged
- ❖ Strengthen your GHHS chapter and your individual skills
- ❖ Get involved!

Watch for more information.

## Welcome New Chapters We Now Total 80!

UNIVERSITY OF CONNECTICUT SOM  
UNIVERSITY OF COLORADO, DENVER SOM  
UNIVERSITY OF LOUISVILLE SOM  
UNIVERSITY OF NORTH DAKOTA SOM  
AND HEALTH SCIENCES  
THE UNIVERSITY OF TENNESSEE COM

## Something New for the Classroom

Chapter Advisor **Nina Stoyan-Rosenzweig** at the University of Florida opened her classroom to ovarian cancer survivors recommended by the Ovarian Cancer National Alliance. The group helps medical students understand the symptoms and risk factors of this often misdiagnosed disease. Nina encouraged her students to journal their thoughts and feelings when they heard the woman speak. This exercise introduced students to another avenue of personal learning and healing for patients.

"Up until this patient narrative, I had never thought of one day offering a patient a pen and paper for him/her to write down their thoughts or questions. But after listening to this patient's journal excerpts, I feel as if writing can be another avenue for which to heal the entire patient...When we are able to fully connect with our patients and help them connect with themselves and their emotion, it is only then can we truly heal them."

"This patient narrative taught me that doctors need to be cognizant of the entire repertoire of modalities that can ultimately make a positive impact on healing the patient."

Another student wrote, "Her grace and seemingly very strong sense of inner peace really made me think about my own habits and attitudes about life. ...I decided then and there...to start a journal..."

"I don't think the patient knows how important and memorable her story is, and I wish she knew how much our class appreciated her sharing it...Her energy and perseverance is something that is inspiring to patients and physicians, and I hope she continues to share her diary with different groups of people."

**Dr. James Chengelis**, Chapter Advisor at Boston University Medical College asks his students to write their feelings during their third year psychiatry rotation. Students "easily understand the differential, the signs and symptoms, medications; but find what they feel the hardest." Using poetry, BU students have been able to share their feelings and enjoy a meaningful and unique interaction with a patient.

## Hawaiian Humanism

Excerpt from submission by GHHS member, **Justin Yamanuha, M.D.**, University of Hawaii.

Then that moment finally arrived  
The name we had been called for our entire lives  
Was now preceded by a special title and followed by a unique responsibility

Each graduate approached center stage  
Where the young doctor was met  
By a loved one – a parent, a sibling, a spouse, a supporter  
And then the exchange: the perpetuation of the Hawaiian tradition of lei giving

The new physician was given a Maile lei, a special garland made from the Maile vine  
This is a special lei, once reserved only for kings and chiefs  
A gift for a special day, for a celebration of shared struggles and celebrated successes

It was suspended on the neck,  
The one strengthened by the full pockets in the short coats  
It draped over the shoulders,  
Those that would now shoulder a special burden  
It hung proudly for all to see  
That this was now a class of doctors