



The Arnold P. Gold Foundation

Fostering Humanism in Medicine

Fall 2006

Dear Friends,

The second biennial meeting of The Gold Humanism Honor Society (GHHS) generated great excitement and a lively exchange of ideas. The meetings are designed to build and nurture a corps of like-minded change agents and to provide opportunities for personal development.

Since the initial three pilot chapters were established in 2001-2002, we now have 60 chapters, including 44% of the 125 U.S. schools of medicine. (See map on page 2.) This impressive growth illustrates that the GHHS is igniting the imagination of medical school leaders as a force for humanism on medical school campuses.

Such progress would not have been possible without the loyal support of people like you and the founders of the GHHS – The Robert Wood Johnson Foundation and The Russell Berrie Foundation and an anonymous donor. We are proud to count you as our partners in shaping the future of patient care.

Sandra O. Gold, Ed.D.
President and CEO

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The Gold Humanism Honor Society Biennial 2006: Uniting Hearts and Minds in Medicine

Presentations of research and best practices stimulated discussions and debate among the 209 participants convened for the Second Biennial Meeting of The Gold Humanism Honor Society (GHHS) in Chicago, September 7-9, 2006. Representatives of 46 of the then 58 chapters attended *Humanism 2006: Setting the Professional Compass*.

There were 166 Society delegates from GHHS chapters across the U.S., Israel, Canada and the West Indies. They included 49 medical students, 25 residents, and 92 faculty and administrative personnel. Biennial 2006 also attracted 26 faculty from non-chapter institutions interested in becoming affiliated with the GHHS.



Dr. Risa Lavizzo-Mourey is inducted by Dr. Jordan Cohen into the GHHS.

HEADS, HANDS AND HEARTS DELIVER CARE

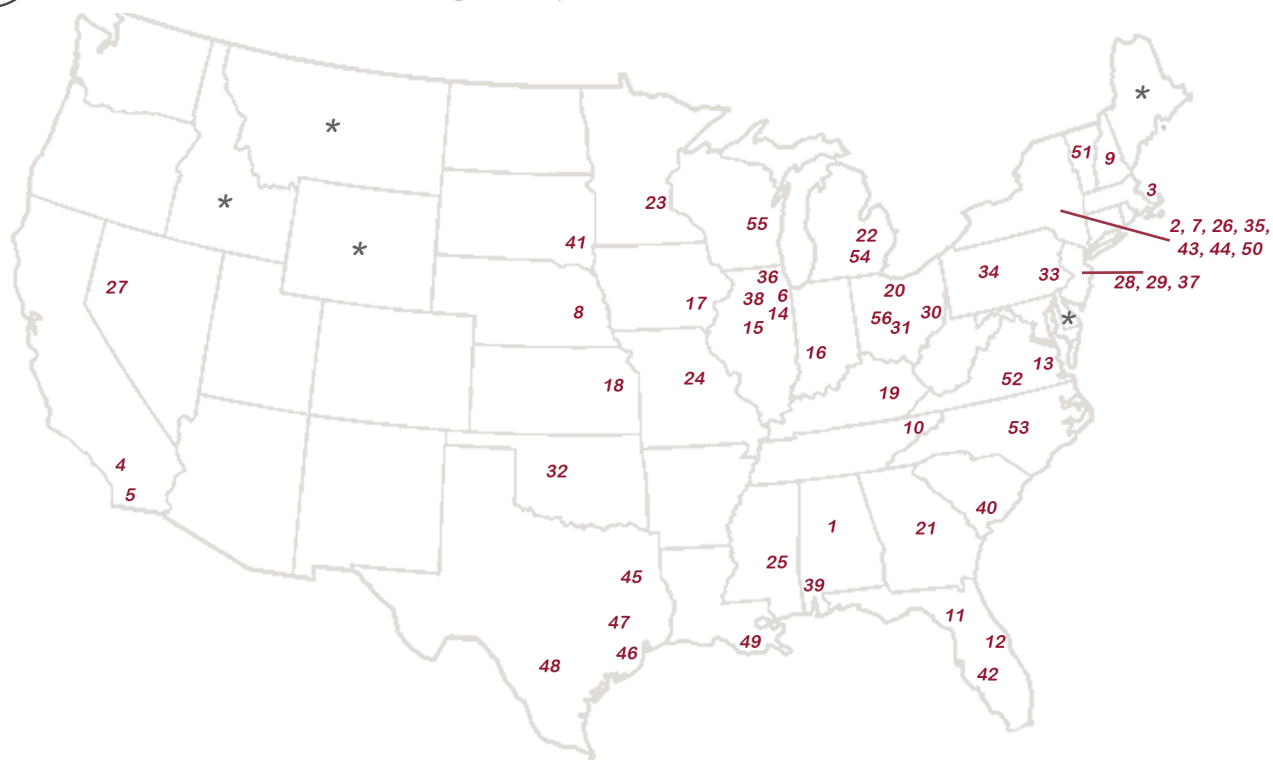
Dr. Risa Lavizzo-Mourey, President and CEO of The Robert Wood Johnson Foundation, opened the biennial conference with her keynote address, *Leading the Charge for Social Justice in Today's Medicine*. She discussed the importance of humanism to the medical profession, citing examples of several personal role models along her own journey towards becoming a humanistic physician. Dr. Lavizzo-Mourey called for doctors to use their "heads, hands and hearts" to deliver healthcare at the bedside that is as compassionate as it is technically competent. (See page 3 for excerpts).

PROTECTING PATIENTS

Dr. Jordan Cohen, Chairman of the Arnold P. Gold Foundation's Board of Trustees, and President Emeritus, Association of American Medical Colleges (AAMC) began his presentation by defining the characteristics of today's virtuous physician as centered on the concept of care. He asserted that doctors committed to humanism are essential to protect patient safety and to ensure high quality care. Dr. Cohen concluded his presentation by citing the GHHS as a powerful resource for helping students and faculty raise awareness of humanistic ideas within their institutions of learning.



Chapters of the Gold Humanism Honor Society – Schools or Colleges of Medicine



- | | | |
|---|---|--------------------------------|
| 1. U. of Alabama | 24. U. of Missouri, Kansas City | 45. Texas A&M |
| 2. Albany Medical College | 25. U. of Mississippi | 46. U. of Texas at Galveston |
| 3. Boston U. | 26. Mount Sinai | 47. U. of Texas at Houston |
| 4. U. of California, Irvine | 27. U. of Nevada | 48. U. of Texas at San Antonio |
| 5. U. of California, San Diego | 28. New Jersey Medical School | 49. Tulane U. |
| 6. U. of Chicago, Pritzker | 29. UMDNJ Osteopathic | 50. Upstate Medical U. |
| 7. Columbia U. College of Physicians and Surgeons | 30. Northeastern Ohio Universities (NEOUCOM) | 51. U. of Vermont |
| 8. Creighton U. | 31. Ohio State U. | 52. U. of Virginia |
| 9. Dartmouth, Thomas Almy Chapter | 32. U. of Oklahoma | 53. Wake Forest U. |
| 10. East Tenn. State U. | 33. Penn State U., Kienle Chapter | 54. Wayne State U. |
| 11. Florida State U. | 34. U. of Pittsburgh | 55. U. of Wisconsin |
| 12. U. of Florida, Chapman Chapter | 35. U. of Rochester | 56. Wright State U. |
| 13. George Washington U. | 36. Rosalind Franklin U. | |
| 14. U. of Illinois at Chicago | 37. Robert Wood Johnson | |
| 15. U. of Illinois at Rockford | 38. Rush | |
| 16. Indiana U. | 39. U. of South Alabama | |
| 17. U. of Iowa Carver | 40. Medical U. of South Carolina | |
| 18. U. of Kansas | 41. U. of South Dakota | |
| 19. U. of Kentucky | 42. U. of South Florida, Barnes/Behnke Chapter | |
| 20. Medical U. of Ohio | 43. SUNY Buffalo, Richard Sarkin/Faculty Emeritus Chapter | |
| 21. Mercer U. | 44. Stony Brook U. | |
| 22. Michigan State U. | | |
| 23. U. of Minnesota—Twin Cities | | |

INTERNATIONAL CHAPTERS

U. of Alberta at Edmonton
Ben-Gurion U./Columbia U. Medical Center
Memorial U. of Newfoundland
St. George's U. (Grenada)

* States without medical schools

Turning Medicine into A Warm and Healing Art

Excerpts from Dr. Risa Lavizzo-Mourey's
GHHS Biennial 2006 Keynote Address

Just looking at you tells me the future of medicine is secure with physicians who're compassionate and patient-centered, who without compromise and without condition always put the patient first, especially when it comes to the most vulnerable among us....

Few things fulfill me more than pulling on my white coat, picking up a stethoscope, sitting down in front of a real patient, and asking, "OK, so tell me what's bothering you."

We all know what its like, don't we? Observing, sensing, listening to our patients and feeling deep down the tightening of all that training, all our experience, all the intuitive conditioning that powers up and focuses like a laser on that single human being before you.

In that shared instant your one patient is the most important person in your universe – and you realize that you will do anything within your power to help them – one patient at a time.

PARTNERS ON THE SAME PATH

I've had to learn that in our practice of philanthropy that one patient is part of a larger population of many, maybe even millions of patients. In your work, that patient is singular – while in our work, the patient is plural. It's what ails this larger population that we seek to diagnose, to treat, and, yes, to cure. I have learned that philanthropy and medicine, in our twinned loves for their art and for humankind are reflections from the same mirror. Indeed, we are partners on the same path.

And it's here, on ground level, that we fully feel the profoundest truths of this noble profession, like the grace of medicine's precision, the sophistication of the science, the simplicity of the art, the elegance, actually, of healing and our un-remitting quest to overcome our imperfections through discovery, knowledge, and, yes, humility.

But wait – there's one more profound truth, isn't there? It's what brings us together tonight. It's the truth each of us is reaching toward. It's the "humanism" that we hold in our



Drs. Arnold Gold and Risa Lavizzo-Mourey, President and CEO of The Robert Wood Johnson Foundation, with Biennial 2006 Planning Committee Co-Chair Dr. Roger Brumback.

professional and our personal hearts, the "humanism" that elevates the cold, cold science of medicine into a warm and healing art.

It's been said that "humanism, is, simply, "devotion to human welfare" and realizing our "responsibility" for the "kind of world we live in."

I see it this way: "Humanism" in medicine is the practice of compassion. It's a way of life for those in love with life, a way that charges us to work for the greater good of our patients and the common good of humanity.

Celebrating Humanism in Medicine



On Friday night of Biennial 2006, we celebrated the second National Induction of the GHHS. Foundation co-founders Drs. Arnold P. Gold and Sandra Gold, together with Dr. Jordan Cohen, Dr. Norma Wagoner, Director of GHHS, and Allison Sole, Associate Director, GHHS, presided over the ceremony during which 30 exemplars dedicated to compassionate care were formally inducted into the Society. Each one pledged to be "a force for better healthcare for all."

Heartfelt Thanks

On behalf of Daniele Favre-Panayotatos, Director of Development, the board and the rest of the staff of The Gold Foundation, we extend our heartfelt thanks to the sponsors of the GHHS Biennial 2006, including: Elaine and Myron Adler, The American College of Surgeons, The AMA Foundation, The Harold Grinspoon Foundation and the Josiah Macy, Jr. Foundation. Additional support was provided by Neuberger Berman, The Owens Group, Pearl and Michael Bergstein, Sandra and Arnold Gold, William Lippman, Barry Waldorf and The Anita Kaufman Foundation.



Comments from GHHS Biennial 2006 Participants

Faculty member (Leonard Tow awardee)

It was a very inspiring meeting. I had no idea of the value of this conference. I will do my best to start a chapter at [Duke].



Resident member

Well done, great messaging, gave me new or allowed a rebuilding of the values we all need to continue as humanistic doctors.

Faculty member

I feel grateful to have been invited into this wonderful community. It is truly a window that allows light and fresh air into the healing professions.



University of Iowa's GHHS medical student, resident and faculty team with Sandra and Arnold Gold.

Non-member Faculty

Just an extraordinary, exciting experience for me!! The best part was to hear and discuss many different ideas from different people....

GHHS administrator

Excellent attendee participation in discussion; well worth the time; outstanding conference.

Medical student member

I'm just elated to be on this side of an upcoming, exhilarating revolution in the medical profession which will clearly have a much greater impact on the greater society—thanks for all your enthusiasm, insight and vision.

Medical Student Member

Thank you for making such a great conference possible.

Non-member Faculty

The sense of community is wonderful. The relaxed ambience, much chance to talk and meet like-minded people—all superb. Just do it again!

Opportunity for Charitable Giving

Last August, President Bush signed the Pension Protection Act of 2006 that provides the limited-time opportunity to make charitable contributions directly from Individual Retirement Accounts to qualified charitable organizations such as the Arnold P. Gold Foundation. Those contributions are commonly known as "Charitable IRA Rollovers." Between now and December 31, 2007, you may take advantage of this unique opportunity to support the Gold Foundation. Here are the basics:

- Individuals aged 70 ½ and older may transfer up to \$100,000 per year directly from an IRA (traditional or Roth) to a qualified charity;
- The charitable distribution may be applied toward your annual Required Minimum Distribution;
- Even if you plan other charitable gifts that will fully utilize your allowable federal income tax charitable deduction (50% of your adjusted gross income for cash gifts to public charities), you can take advantage of this legislation.

This legislation does include some limitations. We recommend you consult your tax professional if you are contemplating a gift to the Arnold P. Gold Foundation under this new law. If you wish to make such a gift, please call Daniele at (201) 567-7999.

From Stats to Stories: Meet Two Leonard Tow Awardees

This is the first in a series that will profile some of our Leonard Tow Humanism in Medicine Awardees. Now in its ninth year, these awards were presented to one graduating medical student and one faculty member at a record 83 schools of medicine in 2006. The winners demonstrate the Gold Foundation ideals of outstanding compassion in the delivery of patient care and respect for patients, their families and colleagues. They are nominated and selected by each participating school based on a set of Gold Foundation criteria. Highly coveted and widely publicized on participating campuses, there are now over 1000 Leonard Tow Awardees. By virtue of their selection, they are inducted as members of the GHHS.

UC SAN DIEGO'S 2006 STUDENT AWARDEE



Dzovag Minassian earned her Bachelor of Arts degree from the University of California San Diego (UCSD) in 1994, graduating Magna Cum Laude as

a Biological Anthropology major. She then completed a Master of Public Health degree in 1997 at UC Berkeley's School of Public Health. She entered UCSD School of Medicine in the fall of 2002. While in medical school, Dzovag has served faithfully as Clinic Manager at the student-run free clinic in downtown San Diego. She also co-authored "Maternal Nutrition," a chapter in the book, *Maternal-Fetal Medicine: Principles and Practice*, 5th edition, which was published in 2004. Last year, Dzovag was elected to UCSD's chapter of the Gold Humanism Honor Society. In nominating Dzovag for the Tow Award, one of her classmates wrote, "Dzovag has been the rock of our class" and "a friend to everyone, someone to look up to." Another classmate said, "Dzovag has, from day one of medical school, embodied what medicine is about in terms of sincerely caring about and for others.... She will continue to serve as a patient advocate throughout her life due to her good personal balance and genuine love of all people." Dzovag will begin her residency in Internal Medicine at UC San Francisco Medical Center.

HARVARD MEDICAL SCHOOL'S 2006 FACULTY AWARDEE

Katharine Treadway, MD is Assistant Professor of Medicine at the Massachusetts General Hospital and an Associate Master of the Holmes Society of the Harvard



Medical School is divided. She graduated from the University of Pennsylvania (BA and MD) and did her medicine residency at the MGH. She is a committed teacher and educator, co-director of Patient-Doctor II at the MGH, a series of small group sessions focusing on the development of clinical skills and professional behavior essential to students entering their clerkship. Dr. Treadway has been instrumental in developing a pilot HMS initiative, entitled the Mentored Casebook Project. The project pairs students with a faculty member with whom they follow a patient over the course of a year. The students chronicle what they've learned about the patient, the practice of medicine and themselves.

More recently, Dr. Treadway was asked to help develop a new course for entering students entitled "Introduction to the Profession." To quote from a recent article in the *Boston Globe* (6/14/05) "[Kate's] special quality [is to] talk to somebody on a personal level about her experiences as a physician and not just say: 'This is the coursework we need to cover.' She feels it's a personal responsibility to share her passion and her commitment with the student.... Kate Treadway is a teacher's teacher, whose dedication, compassion, and passion, for her patients and for her students, are recognized by all...."

"The idea isn't just to give students the tools to practice medicine, but also the capacity to be emotionally present and to care – not just the first time with a patient but the 100th time, too."

~ Katharine Treadway, MD

The Gold Foundation Counts

The Foundation's ceremonies, awards and programs elevate and extol the importance of humanistic patient care and exemplary role models. Our 2006 year-to-date awards and projects include:

- 60 chapters of The Gold Humanism Honor Society
- 182 Leonard Tow Humanism in Medicine Awards
- 45 Student Clinician Ceremonies;
- 240 Humanism & Excellence in Teaching Awards;
- 82 student and/or faculty project grants to advance humanism.



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Making a Difference with Named Funds

A bequest from long-time donor, Carol Ledeen, and an endowment gift in memory of Kenneth Adler support grants for innovative medical student-initiated projects. These grants offer students hands-on experiences to communicate and connect with patients of all ages and cultures. Medical students often work in communities in the United States or abroad that are underserved by the healthcare system.

CAROL AND DEBI LEDEEN STUDENT GRANTS



Debi (left) and Carol

- Medical students at Philadelphia's Jefferson Medical College did their part to help stem the obesity crisis by initiating an exercise program for inner-city obese and diabetic patients who would not otherwise have access to such a program.

- A medical student at the University of Arkansas created a program to reduce the spread of HIV/AIDS and other STDs among newly released inmates. She

helped to develop an interactive, non-judgmental DVD that simulates trigger situations around drug use and sexual encounters often encountered by new probationers as they reintegrate into society.

KENNETH ADLER MEMORIAL FUND



A medical student from the Univ. of Illinois College of Medicine at Urbana-Champaign, responded to a potential crisis in a local school district in which hundreds of school children were in danger of being removed from classrooms due to the lack of required school physicals. In partnership with the school district and the public health department, he arranged for fellow students and practicing physicians to provide physicals to over 300 needy children.

If you wish to learn more about named funds, please call Daniele Favre-Panayotatos at 201-567-7999.

The Arnold P. Gold Foundation

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please contribute to
The Arnold P. Gold Foundation.*