



# Confronting Trauma

*Trauma injuries cross all socioeconomic lines and impact everyone, in every community.*

A car traveling on the Palisades Interstate Parkway had gone out of control, hit the median and rolled over several times. Despite wearing a seat belt, an eight-year-old boy had been ejected from the back seat window of the vehicle, landing on the grass approximately



PHOTO: CARLOS RENE PEREZ

*Dr. Steven Stylianos, Director of the Pediatric Trauma Program at Babies and Children's Hospital in New York, comforts a patient.*

15 feet away. Shortly after, the car exploded in flames.

The boy was rushed by ambulance to the Emergency Department (ED) at Babies and Children's Hospital in New York. Within five minutes of the beepers sounding, nine members of the pediatric trauma response team had assembled in the ED.

Instantly, the mobilized team performed a 90-second examination of the

young boy. The initial check given all new patients was put into motion. Called the "ABCD & E" exam, it consists of scrutiny of: airway, breathing, circulation, disability and exposure. Then the team did a thorough head to toe examination. Next came a CT scan to rule out the presence of internal injuries.

The little boy was very lucky. His scalp and lip lacerations were treated immediately in the pediatric emergency room, and a small skull fracture was noted. Just two days later, he was declared stable enough to go home.

Jeanne Rubsam, RN, coordinator of the Pediatric Trauma Program, serves as patient advocate throughout the hospitalization and follow-up care, which are unique aspects of this program. At Columbia, the program's mission includes teaching caregivers how to treat injured children.

According to Dr. Steven Stylianos, Director of the Pediatric Trauma Program, "Prevention is the key! Through effective injury prevention and training programs, we can reach out to thousands of children and hope they never even get in the hospital door."

Training workshops are important for all community caregivers including paramedics and EMT workers, teachers, nurses, social workers and camp counselors. Prevention programs also involve networking with local schools and injury prevention agencies, such as

*(continued on page 2)*

## *"The Big Picture" Attracts Big Names!*

*The Big Picture...Daily Message* portion of our humanism-in-medicine web site, which provides stimulating and refreshing stories for medical professionals and others throughout the world, has recently featured some well-known leaders in the field of compassionate care. Rachel Naomi Remen, M.D., counselor, author and speaker about relationship-centered care, has provided speech excerpts, articles and poems. Kenneth Shine, M.D., President of the Institute of Medicine of the National Academy of Sciences, made available excerpts from his keynote speech at last summer's White Coat Ceremony at Columbia University. And the inimitable Patch Adams, M.D., offers our site a bimonthly feature of assignments for medical students.

Selections from a database of fine art accompany each daily message. There are among the Degas, Bierstadts, Constables, Vermeers, Gauguins, and other  
*(continued on page 3)*



*"Barbara H.," one of the portraits featured on our website by Dr. Siegel.*

## Prevention is the Key!

(continued from page 1)

the new “Safety City” traffic program being developed with the New York City Department of Transportation.

One of the reasons for the success of this trauma program is the energy, talent and empathy of Dr. Stylianos, the Director of the Pediatric Trauma Program. He is a recipient of a Gold Foundation Assistant Professorship, because he has demonstrated creative and compassionate abilities in working



Dr. Stylianos and members of the Pediatric Trauma Response Team in action at Babies and Children's Hospital.

with people and also possesses thorough scientific and technical knowledge. From The Foundation's perspective, Dr. Stylianos is an ideal role model physician and teacher.

The Foundation, through your contributions, is committed to creating opportunities for caregivers to work with recognized experts like Dr. Stylianos. Under his leadership this program, founded in 1997 and one of only two in the tri-state area, offers a much needed and vital service, one which can become a model for other medical centers throughout the country.

### DOC's Angels

This issue of DOC is made possible by the support of Milton and Shirley Gralla, Thomas and Judith Livingston Moore, Norman and Barbara Seiden and Stanley and Sylvia Shirvan.

## Caregivers: Tommy, who is now running, climbing, talking, singing and hugging, is counting on you!

I'm sharing my story in the hope that it helps people seeking the right medical care to feel confident in pushing for the difference that humanism makes. Through my experience in working with Dr. Gold, who embodies humanism in medicine, I have learned so much about how to choose and what to expect (and demand!) from health care providers.

Through various medical diagnostic tests, it was determined that our son Tommy had experienced one or more strokes, probably prenatally, resulting in extensive damage to the brain. We sought the opinion of several neurologists, each of whom spent much more time reviewing the films than with our son. Despite what Tommy was doing at the time: sitting up, eating solids, cooing happily; the doctors offered us little hope or specific advice.

Luckily for us, we continued to push for more. We were searching for someone who had the medical expertise to understand the test results but who



Tommy Pelletier

would also take the time to get to know our son, to look at him as an individual, not as just a statistic or an illness.

We found Dr. Gold, and our lives have been enriched as a result. He gave us realistic hope, concerns to watch for, and strategies to focus on so we can move forward. He never rushed us through an appointment and is always available by phone, to this day.

I now seek this same sort of partnership and discourse with all of Tommy's caregivers – and there are many! I no longer retain any doctor, reputation notwithstanding, who does not try to reach inside of my child to truly understand him.

For physicians, humanism in medicine may not be an easy goal. It takes hard work, empathy, compassion, an organized office, a willingness to give an opinion and advice, and a desire to slow down enough to really take a look at the individual in front of you and to listen carefully to that person.

This may seem difficult in the face of the managed care pressures of today. But those doctors who truly exemplify humanism in medicine will not have to worry about managed care pressures. I, and many others like me, will be looking for caring individuals, regardless of what managed care instructs.

Remember, current and future caregivers, Tommy, who is now running, climbing, talking, singing and hugging, is counting on you!

*Jane Pelletier*

*Foundation Supporter*



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## The Big Picture

(continued from page 1)

masterpieces of the past several centuries, some inspiring new images. The faces of breast cancer survivors, from a series of portraits by Wilma Bulkin Siegel, M.D., are being regularly featured on *The Big Picture*.

An oncologist practicing chemotherapy and a hospice physician specializing in pain relief and AIDS terminal care, Dr. Siegel learned to read faces to understand each patient and to “observe the soul through the looking glass of the eyes.”

*The Big Picture* section is expanding rapidly thanks to the participation of students from several medical schools. Initially, the project was developed with medical students from Columbia University College of Physicians and Surgeons, who select the daily messages. The P & S students have been joined by students from the University of Chicago, the University of Arizona, the University of California at San Francisco, and New Jersey Medical School. In addition, representatives from several other schools have expressed interest in this project.

Another exciting recent development is the opening of the *Bulletin Board*, on our website, a 24-hour-a-day interactive forum for people to post comments by topic. We welcome comments from all supporters of The Gold Foundation and hope you will participate.

The Foundation is extremely grateful to The Healthcare Foundation of New Jersey for their support of the humanism-in-medicine web site.

### Let's Share

Thanks to *DOC's* new quarterly format, we look forward to sharing with our readers many more extraordinary personal stories our supporters and friends have to tell. If you, or someone you know, have a story of interest, please send it to The Foundation office.

## “Medicine is a human endeavor—human in its goals, its methods, and its tools...”

The humanistic doctor listens to his or her patients in a simultaneity of expert diagnosis and empathetic recognition, never allowing the story of a disease to be rent from the story of an ill human being and knowing that at the core of healing lies affirmation of the patient – of self, of worth, of a future, of the presence of caring.”

So begins the new series, “Humanism and Medicine,” being published in the prestigious journal, *Academic Medicine (AM)* with support from The Arnold P. Gold Foundation. *AM's* Associate Editor, Rita Charon, M.D., Ph.D., Associate Professor of Clinical Medicine, Columbia University, conceived the idea and helped to organize and select the articles for the series which began with the January 1999 issue.

These and other essays will be collated into a new textbook focusing on humanism in medicine. Several of the writers in the series have national reputations, including Mary Gordon, Robert Pollack and Deborah Tannen, among others, who are well-known outside of medical circles.

The series was conceived to serve as a forum for generating discussion about humanism in medicine. The contributing writers reflect a wide spectrum of experience and approach, from biology and communications to poetry and spirituality. The final piece in the series, by Drs. Charon and Richard Frankel, will feature observations about The Gold Foundation’s first national symposium, which addressed the barriers to sustaining humanism in medicine.

For a complete list of the “Humanism and Medicine” articles to be published this year in *Academic Medicine*, please contact The Foundation office.

## Distinguished Service and Dedication

The 1999 Columbia University College of Physicians and Surgeons *Distinguished Service Award* was given to our own Dr. Arnold P. Gold at the May 19 Commencement Ceremony. Dr. Gold was recognized for his lifetime of dedication to his patients and their families, to his colleagues, to Columbia, and to the entire medical field through the inspiration and programs of The Arnold P. Gold Foundation.

On May 14 Dr. Gold was officially appointed as one of 13 members of the Board of Directors of the American Medical Association (AMA) Foundation, the philanthropic arm of the AMA. This Board assists in overseeing a broad range of programs for the medical community.

### Charter Members of The Golden Circle



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*The Golden Circle recognizes those donors who have increased their annual gifts by \$25,000 or more in any one year.*

## Associates Assemble in SoHo

On April 17th, the new Associates Committee held its first fund raiser at the Steinbaum Krauss Gallery in SoHo. Gold Foundation Board Member Brian Benson and Amelia Gold co-chaired the event, which featured the artwork of Ken Apteкар, with coverage by a TV crew from E!'s *Fashion Emergency* with the model Emme. The new committee's mission is to interest a new generation of leaders and supporters in fostering humanism in medicine. Congratulations to everyone involved in making "An Evening at the Gallery" such a success!



*Pictured above (l. to r.): Noah Perlman, Garen Keurtz, Alex Goodman, Dr. Sander Connolly, Kendall Genre and Stephanie Perlman.*



*Ken Apteкар discussed his work with 150 Associates and their guests.*



*Co-Chairs Amelia Gold and Brian Benson at the gallery.*



*The Associates Committee enjoying an enlightening and lively evening with the Golds in SoHo.*

## Remembering the McCalls

We express our deepest sympathies to our friends and supporters, Dorothy and her son George Mills, and to the McCall and Mills families at the tragic loss of their much loved Penny Mills McCall and David McCall.

During their site visit to Albania working with *Refugees International*, a fatal automobile accident took their lives. We shall remember them as crusaders for justice, humanism and good will.

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COMMEMORATING  
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 YEAR