



The Arnold P. Gold Foundation

Fostering Humanism in Medicine

Summer 2003

Iowa Medical Students Help At-Risk Kids & Win Award

Imagine second graders murmuring excitedly "The doctors are here!" There are no tears or anxious faces. What is going on?

A unique community service project provides assistance and encouragement in reading to at-risk children at the Grant Wood Elementary School in Iowa City through one-on-one tutoring sessions with third year medical students from the University of Iowa, Carver College of Medicine.

Tom McNalley, an organizer of and participant in the "Read with the Doctors" program, explained that the project grew out of the *Student Clinician's Ceremony (SCC)*, a program supported by The Arnold P. Gold Foundation. The SCC helps beginning third year medical students transition from the lecture hall to the hospital.

At Iowa, each class is encouraged to devise a community service project. The Class of 2004 and their faculty advisor, pediatrics clerkship director, Dr. Jerold Woodhead, developed the "Read with the Doctors" program with the literacy team in 2002. Now, all third-year medical students spend an afternoon at the school. Every child is paired with a medical student. Together, they choose a book and take turns reading to one another.

PROGRAM BENEFITS

During their pediatric clerkship, medical students work mostly with sick children. Through the "Read with the Doctors" program (so named by the children), future doctors have the opportunity to work with and observe healthy children. Tom McNalley says: "We can better understand the role schools, community and society play in the nurturing of children, while also providing an important service." One boy told aspiring physician Felix Chau: "I hope you keep coming back!"



Iowa medical students Sadeghi and Chau with Grant Wood Elementary School children

For the children, "Read with the Doctors" emphasizes the importance of reading and reinforces their sense of self-worth. Children meet positive role models and experience commitment to schoolwork.

Sandy Lawrence, Principal of the Grant Wood Elementary School, praised the medical students and expressed appreciation on behalf of the children and school staff. "One first-grader even admitted, "You know, I like doctors now!"

This past May, the medical students and Dr. Woodhead won the Iowa City Chamber of Commerce Education Committee's "Partnership Showcase Award." We, at The Gold Foundation add our congratulations for a job well done.

Dear Reader,

This May, Arnold and I were extremely proud to represent The Foundation in accepting Honorary Doctorates of



Sacred Heart University President, Dr. Anthony J. Cernera, Ph.D. and Dr. Sandra O. Gold, May 2003.

Humane Letters from Sacred Heart University in Connecticut. Sitting alongside the other recipients, who were recognized for work on behalf of humanity in civil rights, finance and science, was a reaffirming and inspiring experience.

It is thanks to your contributions and advocacy for compassion and humanism in medicine that our small foundation has been able to become a major influence in medical education and healthcare in only 15 years. As we celebrate this milestone, we salute you - our supporters - for making possible The Foundation's 26 diverse and innovative international programs.

*Sandra O. Gold, Ed.D.
Executive Vice President*

DOC=DOCTORS OF COMPASSION



Practicing Humanism: A “Gold Doc” Leads Calvary Hospital

Dr. Michael Brescia with patient at Calvary Hospital.

We are pleased to introduce a very special “Gold Doc”: Dr. Michael J. Brescia, Executive Medical Director of Calvary Hospital in the Bronx. Renowned as a scientist for his pioneering work with the artificial kidney, in 1970, Dr. Brescia traded in a lucrative practice in nephrology for a life dedicated to providing palliative care to adults with advanced cancer. He is an honored role model, consistently demonstrating compassion and humanism in medicine.

DOC:
Why did you choose medicine as a career?

DR. BRESCIA:
When I was 6 or 7, one of my friends in our ghetto became very ill. I remember a big black car pulling up to his house and a man with a big black bag going upstairs to see him. When the man came down, he said: “Little Tommy will be okay.” From then on, I no longer worshipped baseball players. For me that man was the ultimate hero and I wanted to be like him - making “little Tommys” okay!

DOC:
How significant is humanism in medicine to the field of medicine? What should we hope for from our doctors?

DR. BRESCIA:
At Calvary we feel that every patient that comes to us is a jewel, a gift that gives back to us more than we can ever give them...

We have to hope for effective and early training for young doctors. When I was a medical student, we used to have mentors to emulate. I believe we must reinstate mentorship programs. You can teach and model suitable behavior.

DOC:
What are the biggest barriers to having a better quality doctor-patient relationship?

DR. BRESCIA:
Today’s time constraints inhibit building personal relationships. Insurance plans too often dictate which doctors can be seen by patients and how often. Huge malpractice payments are forcing doctors to practice ‘defensive’ medicine, resulting in a breakdown of trust between doctor and patient. Liability and legal issues also are barriers. We have to develop a fair and honest system of torts and work to find a better balance.

DOC:
What do you think the future holds for compassion in medicine in the age of managed care?

DR. BRESCIA:
People like you at The Foundation are the hope. You can define and find programs that demonstrate compassion. We must speak up and recognize the doctor that cradles the head of the patient, not just point out the doctor that operated on the wrong side.

Derek Jeter at “Take Time for Health Day”



Photo by: Beryl Goldberg

In recognition of his exemplary community service, Yankee star Derek Jeter received the “Community Service Award” in May at the annual *Take Time for Health Day, Celebrating Humanism and Community*, sponsored by New York Presbyterian Hospital, Columbia University Health Sciences, Community Board 12M, and The Arnold P. Gold Foundation Associates Committee. The event included a street fair with entertainment for thousands of area children, a variety of free health screenings for residents of all ages, and wellness activities for hospital staff and volunteers. Pictured is Derek Jeter signing autographs for Washington Heights neighborhood children and Dr. Arnold Gold.

**TO PRESERVE THE “CARE” IN
“HEALTHCARE,”
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