



The Arnold P. Gold Foundation Fostering Humanism in Medicine

Summer 2006

Side-By-Side Advocates for Patient Care



On behalf of the Board, I am delighted to announce that Dr. Jordan J. Cohen, President Emeritus of the Association of American Medical Colleges, was elected Chairman of The Arnold P. Gold Foundation as of July 1st. I am eager to continue to serve as a Trustee and Chair Emeritus under Jordan's able leadership.

It has been my great privilege and pleasure to have served as founding chairman since 1988. As I pass the leadership baton to Jordan, I reflect on our progress and on the traditions we have created in medicine. I am proud that The Gold Foundation is now known for its innovative programs and consistent advocacy on behalf of compassionate care.

As you come to know Jordan, I am confident that you will understand why I am so pleased and honored that he has agreed to serve as Chairman. On medical issues, Jordan is a recognized and respectful voice for what is best in medicine. His creativity and vision, combined with his vast and outstanding experience, will significantly elevate and expand our current scope.

I look forward to working hand-in-hand with Jordan to continue to advance our mission to insure that you and your loved ones receive competent and compassionate medical care.

Arnold P. Gold, M.D., Chairman Emeritus and Trustee



It is a great honor to have been asked to succeed Arnold Gold as Chair of the foundation that so proudly bears his name. I have been one of Arnold's countless

admirers for over a decade and have witnessed firsthand the profound impact that The Gold Foundation has had in reawakening American medicine to its fundamental commitment to the humanistic care of patients. I am excited by the opportunity to build on the legacy that Arnold has created and am looking forward eagerly to working directly with him, Sandra and the Board to advance the foundation's critically important mission.

Jordan J. Cohen, M.D.
Chairman

The Power of the Patient As Educator

The language of illness as shared by patients is a powerful vehicle to develop awareness and promote the alleviation of suffering. That was why The Gold Foundation was excited to partner with the Healthcare Foundation of New Jersey to provide seed funding for an innovative patient-educator teaching program at Overlook and Morristown Memorial Hospitals. The program was devel-

oped in 2004 by Stuart Green, MSW, a psychotherapist and residency director at Overlook. Green's idea: to train women with breast cancer to teach resident physicians effective communication and empathy skills. Now, two years later, the program is continuing and has recruited about 30 patient educators who have coached 130 resident physicians and 30 medical students.

TWO ON ONE

The training focuses on the experience of illness as voiced by the patients. Initially, residents meet in group sessions in which patient-educators describe their personal experience with breast cancer. The patients talk about their initial diagnoses, quality of life issues, and interactions with physicians and the healthcare system.

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Humanism on the Move this Summer...

The Gold Foundation service grants help to heighten awareness of the human condition. International work exposes students to experiences with severely limited medical resources. Without modern medicine, students and residents rely on their hands and hearts to deliver patient care. Domestically, students work in nearby communities, positively impacting the lives of their patients.



Mission to Uganda

Jennifer Goralski

*New Jersey Medical School
Gold Humanism Honor Society member
2004 winner of the Foundation's
Humanism and Excellence in
Teaching Award*

Jennifer Goralski, a third-year resident in internal medicine/pediatrics, spent a month in Uganda working at the Mulago Hospital. In her grant application, Jennifer wrote: "No longer are we as physicians only responsible to that with which we come into contact on a regular basis, but rather, as the global community grows, we have the responsibility to learn about different cultures, to understand religious and ethnic differences, and to apply these differences to the world in which we live...."



*Left: Playing in Kampala, Uganda
Below: Not enough beds in Mulago*



Artists Against Breast Cancer

Medical Students

University of South Carolina School of Medicine

Medical students will teach African-American high school students about the epidemiology, trends, screening and risks associated with breast cancer in the African-American community. Students will bring this information home to discuss with their families and to collect family stories. They will create artworks to express their experiences, which will be displayed at a community breast cancer awareness event.

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The Power of the Patient As Educator

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Subsequently, in a 40-minute individual session, each resident interviews the patient-educator who role plays the "patient." The pair is simultaneously observed by a second patient-educator who provides immediate feedback about the quality of the interview.



While medical training often includes simulated doctor-patient interviews, these encounters are generally with actors "playing" patients. This patient-educator approach has the distinct advantage of exposing doctors to the physical and emotional experience of actual patients.

Residents practice what they might say or do in an encounter with a breast-cancer patient, and thereby discover what is most relevant.

PROGRAM OUTCOME:: A WIN-WIN

Stuart Green describes the lessons learned by the residents, "The essential element in physician work with patients is empathy - the ability and desire to understand the patient's perspective and needs. Patient-educator teaching sessions provide a highly relevant emotionally-intensive means for deepening physician understanding, not only of the patient populations from which the educators come but all patients."

And, in an unplanned "win-win," patient-educators report several personal benefits, including feeling more empowered to interact with their physicians and finding fulfillment in their contribution.

The Gold Foundation strongly believes that these powerful workshops build effective communication techniques and expand a physician's empathy — interpersonal skills that are essential for the humanistic practitioner.

Casting Bread Upon the Water

In 1991, the Gold Foundation began an awards program to recognize a faculty member and a graduating medical student who demonstrate excellence in patient care. We hoped that this award would elevate the value and importance of humanism. Now named the Leonard Tow Humanism in Medicine Awards, after the program's benefactor, these awards are bestowed at 84 schools of medicine. Rafael Benaroya, a long-time supporter of humanism in medicine, describes one example of how our hope is being realized.

I am involved in many charities. Normally, you cast your bread upon the water and hope that eventually it will make a difference for someone. Not once did one come back and affect a family member, recounted Rafael Benaroya, whose family learned first-hand the wisdom of King Solomon's words.

Jacob Benaroya, Rafael's beloved father and the pillar of the Benaroya family, was diagnosed with pancreatic cancer that would eventually take his life. He was cared for by an incredible medical team that included a young

surgical resident, Dr. Pippa Newell. Rafael shared his family's anxiety waiting in the hospital while his dad spent nine hours in surgery. Rafael described Dr. Newell's calming presence.

Several times during surgery, she came out to report to us. Dr. Newell sat beside my mother and spent 45 minutes explaining the entire process in Spanish. Spanish is my mother's native tongue but not the primary language of this young doctor. Pippa so comforted my mom that she was able to sleep for the first time in weeks.

Dr. Newell also spoke in Spanish with my dad when he awoke groggily from the surgery. Whatever she said reassured him, and after 20 minutes, he fell asleep. When he woke again, he asked me to 'get the young Spanish doctor.'

My entire family was so comforted by her. At the end of the ordeal, I said to her, 'You are an angel; you deserve an award for humanism.'

She said, 'As a matter of fact, I got one.'

I replied, not from the Gold Foundation?



Jacob Benaroya with Dr. Pippa Newell

And she said, 'Yes, I received the foundation's Humanism in Medicine Award in 2003 when I graduated from the University of Arizona.'

Pippa told Rafael that receiving the award was "the proudest moment of my life," and she had vowed to always merit the honor in her practice of medicine. The Benaroya family's experience affirms that Dr. Newell is delivering on her promise.

And we are pleased to report that Rafael and his family are still casting bread to advance humanistic patient care with their \$20,000 contribution to the Gold Foundation in support of other excellent role models.

Gold Foundation Exports White Coat Ceremony to Japan



On April 1st, Sandra and Arnold Gold traveled to Keio University School of Medicine in Tokyo for the first White Coat Ceremony in Japan. According to Keio's Dean and Professor of Medicine, Dr. Yasuo Ikeda, "We seek to graduate students committed to medical professionalism and capable of ethical humanistic leadership in medicine. We believe that Keio's White Coat Ceremony will become a national model for teaching medical professionalism."

Humanism 2006: Setting the Professional Compass

The Gold Humanism Honor Society (GHHS) anticipates close to 300 medical students, residents, faculty and other Society members to attend the second Biennial Conference which will be held from September 7-9, 2006 at the Hyatt Chicago O'Hare. Dr. Risa Lavizzo-Mourey, President of The Robert Wood Johnson Foundation, and Dr. Jordan Cohen, Chairman of the Gold Foundation and President Emeritus of the Association of American Medical Colleges, will provide keynote addresses. We expect each of the current 58 GHHS chapters will be represented. For more information, visit our website: www.humanism-in-medicine.org.



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Humanism on the Move this Summer...

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Rwanda Health and Healing Assessment

A Team Project

Jefferson Medical College

A team of three medical students, a resident, a physician and a public health nursing student are in Survivors Village in Rwanda helping to identify the health needs of a village for genocide survivors. Their long-term objective is to help establish a sustainable health infrastructure and to train community members in basic health education. The group plans to recruit students annually to continue this work and provide students with "skills that will make them more culturally competent and sensitive doctors, better public health practitioners, and more educated advocates for community health issues."

Helping Children to Heal

Medical Students, Residents and Faculty

Tulane University School of Medicine

Medical students, residents and faculty assist in the post-Katrina disaster mental health recovery of children from New Orleans, who now live in Houston. New Orleans West (NOW), a charter elementary school, serves a population, nearly all of whom were relocated from historically impoverished areas of New Orleans. Tulane medical students, residents and faculty volunteers assess and treat the students for post-traumatic stress syndrome.

Save the Date

Saturday, November 18, 2006

Associates' Committee Annual Gala

The Prince George Ballroom - New York City

Proceeds sponsor programs for compassionate patient care.

For information, contact: Daniele Favre-Panayotatos

201-567-7999 or dfp@gold-foundation.org

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