



A D V I S O R

A NEWSLETTER FROM PHILADELPHIA PHYSICIANS FOR SOCIAL RESPONSIBILITY

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A True Soul of Medicine Experience Rebuilding New Orleans

From the Director's Desk



Common Ground Health Clinic, Algiers. Student Gayle Matthews, far left.

In the wake of Katrina, filling vacant supreme court seats and the 380 deaths of youth between 7 and 24 in Philadelphia in 2005, there is a moment of heightened awareness of our collective responsibility in this country. It is my hope that we can direct this awareness to bring national, state and local focus to stem the tide of youth violence in Philadelphia. The forecast is bright. Congressman Chaka Fattah, honored at the PSR dinner, is working to direct Federal 'earmarked' funds to Philadelphia. Many groups are indicating a willingness to collaborate under the Blueprint for a Safer Philadelphia spearheaded at the state level by Representative Dwight Evans.

The Blueprint for a Safer Philadelphia is a 10-Year campaign with \$16 million in state funding. Key components of the initiative include: integrated data collection and analysis that helps neighborhoods organize violence prevention efforts; a social marketing campaign to promote collaboration and individual involvement; a community resource center, managed by Public/Private Ventures, to connect communities, parents and youth with city, state and national anti-violence resources; a think tank comprised of a multidisciplinary team of national experts to help direct local efforts.

The Mayor has directed state and city funds to expand the effective Youth Violence Reduction Partnership (YVRP) to 19th, 25th & 35th Districts. Based on the success of the YVRP now in the 12th District, monies have identified to initiate an Adolescent Violence Reduction Partnership (AVRP) to target the cohort of children from 10 to 14 yrs. I am confident that we will finally coalesce the incredible energy, experience and resources that already exist in Philadelphia to put an end to youth violence. The talent is here, we just need the willingness and resources to work together. **THE MOMENT IS NOW!**

PSR is an advisory member to the Blueprint for a Safer Philadelphia and Ted Corbin, MD, our Soros Physician Advocacy Fellow, is the physician spokesperson for the Blueprint. Under the Blueprint, PSR hopes to bring an integrated Bullying Prevention and Peaceful Posse program to several schools to create a climate more conducive to learning and build the social capital necessary to sustain community life in our distressed urban neighborhoods. Let's seize this moment of a heightened sense of social responsibility and create a truly safer climate for our children, schools and communities. Let's work together, the future of Philadelphia's children and communities hangs in the balance. **THE MOMENT IS HERE, THE MOMENT IS NOW!**

Pat Harner

Beverly left her Uptown New Orleans home two days ahead of the storm, fleeing north to Shreveport. She drove out on Route 10 that day, late in August, uncertain as to whether she would return at all. Over the subsequent weeks and months, as the flood waters receded and the city's wounds were exposed, Beverly discovered that the natural pull to return home had been compounded by a greater concern. When it became apparent that rebuilding New Orleans was not merely a matter of repairing homes, but of re-establishing a way of life, Beverly decided to return and stay because she feared that the cultural losses following Hurricane Katrina would far outweigh the physical devastation which the city now faces. In another New Orleanian's words, "the chance for cultural extinction is extremely high."

Beverly chose to come back and work towards reestablishing the sense of community she once felt. She came back with the hope that others would follow- not just native New Orleanians, but anyone willing to contribute to the strength of the city.

And they have.

Across the river from the flattened city blocks of the lower 9th ward is Algiers, the original home of the Common Ground Clinic. Several people sit on a patterned thrift shop couch under the corner stop sign. Four fold out tables are set up on the sidewalk, overflowing with intake sheets, nitrile gloves, blood pressure cuffs, and glucose check kits. Sitting in chairs at each of these tables are medical students, among them Ejiro Eduvie, busily scribbling notes as patients, 50-60 each day, enter the neighborhood clinic.

The day after Christmas, Ejiro and nine other medical students from Temple University School of

Medicine flew from Philadelphia to Baton Rouge and then drove to New Orleans, fueled by a desire to donate time and effort. The dream of this trip began in early September. Motivated to action by the days of media frenzy and public outcry, the students began planning for a trip in the future. After securing funds through the Arnold P. Gold Foundation and the Temple University School of Medicine Alumni Association, the students contacted the Common Ground Clinic and booked flights so they could volunteer for the week between Christmas and New Year's.

During their six days in New Orleans they met and worked with members of the community, among them Beverly, and out-of-town volunteers like themselves. Mornings began with a daily staff meeting, during which time members of the clinic staff, including the medical students, accepted a work assignment. Medical students were able to interview patients, administer immunizations, and physically assess patients at the Algiers clinic. Across the river, in the upper 9th ward mobile clinic, students were also needed to fill many of the same roles. This work was punctuated by the time they spent hearing patient's stories.

Mildred came to the clinic for a prescription to refill her blood pressure medication. As a retired public school teacher, she still has health insurance. But what she doesn't have is a doctor. Mildred, like many people who came back to New Orleans, has no idea where her doctor has gone. Her doctor may have left the city, as many have, never to return.

Nurses, herbalists, massage therapists, and doctors from around the country have been migrating to the clinic for four months now. Some stay a week, while others, like nurse Sharon Circle, are busy selling their homes and moving to New Orleans. (continued on pg 3)

6th Annual Soul of Medicine Brunch

"For a long time, I had carried the belief that as a physician my love didn't matter and the only thing of value I had to offer was my knowledge and skill. My training had argued me out of my truth. Medicine is as close to love as it is to science, and its relationships matter even at the edge of life itself." - Rachel Naomi Remen, MD

On a sun-filled October morning, physicians and medical students, nurses, and other health care professionals gathered at the College of Physicians for the Soul of Medicine brunch. For the past 6 years, PSR and Philadelphia medical schools have sponsored this event in which medical students and physicians meet to discuss the challenges of contemporary medicine and to reaffirm their convictions in the role of the physician as healer.

The theme of this year's brunch: what role does emotion play in the physician-patient relationship? As an art and a science, the practice of medicine is invested with emotion. How can a clinician's emotional response assist in the healing encounter? How can a doctor successfully navigate the emotionally-charged situation that so frequently arises in patient care? As PSR president, Ken Ginsburg, affirmed in his introductory remarks at the brunch, "Love is the key to healing."

Dr. Rushani Saltzman, a first-year pediatrics resident at CHOP, offered her reflections on the emotion-laden interactions evident in patient care. Recounting her recent interactions with parents of chronically ill children, she emphasized the need to work with the families of the ill and the shared rewards of engaging in their emotional responses to illness.

Continuing the theme of the emotional component of the doctor-patient relationship, Dr. Kevin Fosnocht addressed the challenges raised by the "difficult patient." He focused on how physicians can improve their interactions with patients by taking the time to

understand a patient's background and to actively demonstrate empathy during the encounter.

For first and fourth-year medical students alike, the annual Soul of Medicine brunch offers the opportunity to acknowledge the challenges of training to be a



Students and faculty break off into groups to discuss Soul of Medicine issues

physician and to reflect on the challenges that lie ahead. This year, as in the past, the support, encouragement, and experience of those clinicians present at the brunch offer incomparable assistance to students, as they continue to navigate the process of becoming a physician.

The table discussions that followed allowed participants to explore the ideas expressed in both Dr. Saltzman and Dr. Fosnocht's speeches. With a mixture of practicing physicians and medical students at each of the ten tables, participants engaged in these

questions from diverse perspectives. Key reflections included:

"When a patient appears to be angry, take the time to determine what is causing the anger."

"Allow yourself to be transformed by your interactions with your patients."

"Patient care can be emotionally-draining; physicians must learn how to cope with these experiences."

"Medical school training is not successful at addressing the emotional component in patient care."

"Patients' needs are diverse; physicians must be willing to adapt to each individual situation in order to meet patients' needs."

"Physicians must CARE: that is the emotion that must underlie all therapeutic interactions."

Thanks to the generosity of the brunch's co-sponsor, Dansko, 10 ten pairs of Dansko shoes or "soles for medicine" were given to lucky raffle winners. Many thanks to PSR and the co-sponsors for the Soul of Medicine brunch: Dansko, Delaware Valley Healthcare Council, Drexel University College of Medicine, Jefferson Medical College, Philadelphia College of Osteopathic Medicine, Temple University School of Medicine, and the University of Pennsylvania School of Medicine.

In the coming months, PSR is initiating a call to action to address the problem of youth violence in Philadelphia. A leadership meeting will be held at the PSR Office on Wednesday, November 9th at 6pm for those medical students interested in helping to organize these efforts.

By Emily Hyle, Penn Medical Student '06

2005 PSR Achievement Awards Dinner



Vern Trent (School District of Philadelphia, Office of School Climate and Safety), Congressman Chaka Fattah, 2005 PSR Honoree and Award Recipient, and Pat Harner (PSR Executive Director)

On Monday, September 19, 2005, Physicians for Social Responsibility hosted its 16th annual achievement awards dinner. This year's award recipient was Congressman Chaka Fattah, who was being honored for his continuing commitment to improving the lives of children through educational reform, more stringent gun legislation, and alternatives to sentencing and prosecuting juveniles. Congressman Fattah commended the role of PSR as a catalyst for social change and shared with us his vision for a society where every child will have access to higher education so that they can look forward to a future filled with hope and opportunity instead

of despair and violence. Pennsylvania Secretary of Health, Dr. Calvin Johnson, our keynote speaker for the evening, spoke about the youth violence epidemic from a public health perspective, citing the cost of interpersonal violence in terms of lives and dollars, which we all end up paying whether we realize it or not. Wouldn't it be better to direct our money and efforts towards initiatives to help prevent violence in the first place? Pat Harner further reinforced the need for individuals and organizations to come together over the issue of youth violence in a spirit of cooperation and collaboration, urging us all that "the moment is now."

Sabra Mazzaferro



The Little School that Could

".... Courage is only an accumulation of small steps." -George Konrad

This quote captures the spirit of one of our bullying prevention schools, a school that had the courage to face the bullying issues head on. It took three years of consistent hard work, but step-by-step, they built a solid prevention program that caters to their specific needs. As a result of their many efforts, the school climate is changing for the better. According to recent survey results, there is a 30% reduction in students who report being bullied once a week or more, and a 24% reduction in students who were bullied for a year or more. In addition, the data shows a 93% reduction in observable bullying incidents in the lunchroom, one of the main "hotspots" for bullying. Certainly, we know that full implementation can lead to positive results, but we decided to let the school's principal have the final word...

"The Anti-Bullying program has been a tremendous asset as we embarked on our goal of decreasing the amount of bullying in and outside of our school. We have been impressed with the ownership our students have taken and it has been supported by our overall community. We thank PSR for their guidance, support, and professional development."

Jessica Begley

Kaua'i Peace Project



Brian Gallagher and Cecilia Arce of Peaceful Posse (left), at the Kahuna Valley home and Chi Gong Training Center of Francesco and Daisy Lee-Garripoli (right)

This past November, Peaceful Posse Program Coordinator Brian Gallagher and Trainer Cecilia Arce were invited to present at the second annual Kaua'i Peace Project in beautiful Hawaii. This project, organized by internationally renowned Chi Gong masters Francesco and Daisy Lee-Garripoli who are currently spearheading the Mentor Ohana program on the island of Kaua'i, invited peacemakers, health care professionals, and healing artists from both Hawaii and the mainland to share their knowledge with each other and the general public.

Brian and Cecilia were able to share a recently

created animated presentation on the Peaceful Posse Model. They also gave brief speeches at a luncheon that included the mayor of Kauai, and Miss Hawaii 2005, who recently won the "Miss Congeniality" award at the Miss America contest last weekend. All were impressed with our presentation and we are in the midst of discussing two possible future projects: 1) to help create a curriculum that would infuse Peaceful Posse practices into the Kauai island school system, 2) to train Malika Dudley (Miss Hawaii) and several other dedicated mentors from various islands in the Peaceful Posse Model.

Brian Gallagher

Peaceful Posse Girls in Southwest Philadelphia

This summer, staff from Shaw Middle School, Turner Middle School and Turner Beacon came together to complete Peaceful Posse's group mentor training as a first step in implementing this Pilot program in Southwest Philadelphia. The goal was to set up 2 Peaceful Posse Girl's Groups, one in Shaw Middle School and the second in the Turner Beacon to begin to address the increase in violent behavior exhibited by girls. What made this project unique was that Turner Middle School and Shaw Middle School are two of PSR's Bullying Prevention Schools. The pilot was designed to build on each school's skill set of addressing and reducing bullying behavior. Participants in the training were given an overview of Peaceful Posse's group mentoring model and learned strategies for how to develop empowering mentoring relationships. Potential group participants were invited to attend a focus group to get a better understanding of what Peaceful Posse was about. Both schools now have active Peaceful Posse group for 7th grade girls.

An old African proverb says, "A person is a person because there are people". Communities thrive when they are able to care and support one another. Chronic community violence disrupts these caring connections, creating feelings of isolation, mistrust and hopelessness. Edalga Street, school social worker and Alicia Smith, a

PSR trainer and consultant, lead Shaw's Peaceful Posse group. Alycia Canada, a Turner Beacon program staff and Zyhkeya Waller-Young, Turner Beacon program director lead the Turner's Peaceful Posse Group. These women are committed to giving these girls an opportunity to come together each week and talk about their life experiences in a safe and non-judgmental environment. By learning to listen to each other and support one another, these girls discover things about themselves that promote "caring connections" within the group. The group leaders facilitate discussions and activities that encourage the girls to express their feelings and begin their own healing process.

What do these girls like about Peaceful Posse?

"Having a place where you can close the door and talk, no boys allowed."

"This is our group and our group leaders really listen to what we have to say."

"I want to learn how to be more respectful".

"I would like to be a better friend and have a better attitude".

"I hope I won't be in trouble so much".

Kay Brennan

Rebuilding New Orleans (continued)

The addition of these healthcare professionals is welcomed. Many patients seen at the clinic had health insurance and a primary care physician just a few months ago. But with the extensive damage to the city and efflux of 80% of New Orleans residents, many schools, businesses, and medical offices have been forced to close. With employers shutting doors, many residents are without jobs and without health insurance.

There is a growing sense at the clinic that those who are from New Orleans, who call it home, and who have returned, like Beverly, will soon have regained their footing, allowing them to take over many of the duties that medical students like Ejiro have filled in recent months. With this shift comes hope that the sense of community anchored by the clinic will no longer change every time a new group of volunteers arrives, and again when they depart.

By Zoë Maher
Temple University School of Medicine 08'



A street in the lower 9th ward.



Temple Medical students at Camp Algiers, from left: Monica Dhand, Eric Burlingame, Arati Karnik, Ejiro Eduvie, Cecilia Trydestam, Dr. Paul Lyons (faculty advisor), Zoë Maher, Alex Hamling, Gayle Matthews, Raghu Ranganathan, Kevin Krauland

Please consider supporting the work of PSR through United Way Donor Choice Option #7198. Donations of stocks, bonds, or *in memorium* gifts are welcome. Thank you.



Physicians for Social Responsibility
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Overheard at a recent Peaceful Posse group...

At a recent Peaceful Posse group of middle school children, the topic was their dissatisfaction with their recent report cards. After discussion they themselves realized that one of the reasons for bad grades might be the disrespectful way that they treat the teachers. The initial baseline surveys supported that girls felt they were often disrespectful to adults. The girls are now formulating ways to be more respectful.

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More Compassionate Souls in Medicine

Jeff Medical Students Support Ugandan Burn Victim

When Jennifer Anyayo was 9 years old, rebels from the Lords Resistance Army in Northern Uganda set her home on fire - with her inside. She was left with severe disfiguring scars of the face, arm and chest - unable to smile or close her eyes.

After an extraordinarily complicated set of circumstances and aided by many people, including Carolyn Davis from the Philadelphia Inquirer Editorial Board, who has chronicled Jennifer's journey (go.philly.com/jennifer), she is now in the United States. She is living in Philadelphia and beginning a series of plastic surgical procedures at Fairfax Hospital in Virginia.

At Thomas Jefferson University, first and second year medical students from PSR and Jeff HEALTH (Helping Africans Link to Health) have raised nearly \$200 dollars by passing around an African basket in class. The funds are being used to help with Jennifer's pre and post-operative medication costs. For further information about how you can help, contact Ellen Plumb at ellen.plumb@jefferson.edu or Carolyn Davis at cdavis@phillynews.com