

HEARTBEAT

News from the Medical Humanities Program at Baylor University

Spring 2016

Retreat	2
Family Community Medicine	3
Visit to Rice	4
Dr. Courneya	5
DeBaKey Scholars	6
Dr. Hoy	7
AmeriCorps	8
Honors Thesis	9
Visual Arts	10
Graduation	13

GREETINGS FROM MEDICAL HUMANITIES!

We've had another wonderful year and it's hard to believe the semester has come to a close! Highlights of our year always include the Medical Humanities Retreat and this year we were thrilled to have Dr. Helio Angotti Neto with us. Dr. Neto is an ophthalmologist & Dean of UNESC Medicine School in Brazil. Dr. Neto speaks and writes extensively about the intersection of Christianity and medicine and it was an honor to have him with us at Baylor University. As always, returning alumni for the medical student panel Q&A was a true highlight of the weekend. Many thanks to Mark Dimski, Ann Dyer, Laura White, Jacob Maher, and Robert Guidangen for taking time out to come back to Baylor and share your experience and hard earned wisdom!

In the Fall 2015 newsletter, I told you about my trip to Padua, Italy for the Medical Humanities course sponsored by Fondazione Lanza in Padua, Italy. (Put this conference on your bucket list! Find out more at: <http://www.fondazioneanza.it/it/>) I'm delighted to say that I have since been able to connect with new colleagues I met while there: Dr. Carol-Ann Courneya and Dr. Susan Ball.


Be sure to read about Dr. Courneya and her creative work with Heartfelt, an art contest for medical students. It was a pleasure to sponsor Dr. Carol-Ann Courneya's first visit to Baylor to talk about "Creativity in Clinical Medicine"—two concepts that do not overlap enough in medical education and training. Check out the amazing gallery of Heartfelt images at: <http://heartfelt.med.ubc.ca/>

In April, at the invitation of Dr. Susan Ball, I attended a symposium in Narrative Ethics sponsored by Columbia's Program in Narrative Medicine in New York City, directed by the renowned Dr. Rita Charon. It was a great privilege to meet Dr. Charon and her colleagues, to hear moving and meaningful presentations about the power of listening attentively to patient stories and to learn more about the narrative medicine program at Columbia. Check out their upcoming conference for medical students in June of 2016 at <http://www.narrativemedicine.org/index.html> and be sure to watch Dr. Rita Charon's TED talk, "Honoring the Stories of Illness" at <http://tedxtalks.ted.com/video/TEDxAtlanta-Dr-Rita-Charon-Hono>

Here at home, we are celebrating the graduation of our 37 majors at commencement this year. We hosted our graduates and their families at our lovely luncheon in the atrium of the Baylor Science Building to celebrate and to send our graduates out with our blessings—which we send to all of you as well.

Lauren Barron, MD



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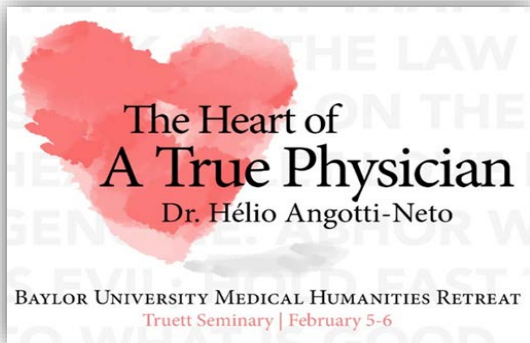
**[www.baylor.edu/
medical_humanities](http://www.baylor.edu/medical_humanities)**



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2016 Medical Humanities Retreat by Dr. Lauren Barron

The 17th Annual Medical Humanities Retreat was held February 5th and 6th at Baylor University's Truett Seminary. Dr. Helio Angotti-Neto, our keynote speaker, has written extensively about the intersection of Christianity and medicine. He is an ophthalmologist & dean of UNESC Medical School in Colatina, Brazil as well as the editor of the journal *Mirabilia Medicinae*. Dr. Angotti spoke eloquently about "The Heart of a True Physician", examining passages from Romans and combining them with his expertise in philosophy and his experience as a physician. In Dr. Angotti's view, true medicine must include showing respect for human life, an appreciation for human dignity, benevolence and love for our neighbors and continuous improvement of ourselves as caregivers.



This year, worship was led by Wes Cunningham, a local musician, filmmaker and all around fascinating guy from Waco, Texas. Wes's music has been described as "quirky enough to stand out but accessible enough to whistle along to after the first listen". For those students who asked about where they could find Wes Cunningham's music, check out his Facebook page.

In addition to time for reflection, the schedule also included conversation and community building among students and faculty, a Q&A session with Baylor alumni now in medical school, and much more.

We were delighted to have Dr. Angotti and Wes Cunningham with us and our students could not say enough about how much they enjoyed it! Be on the lookout for information about our next retreat in February of 2017...



Family Community Medicine by Maggie O'Brien

CCS 1100, Family Community Medicine is undoubtedly one of Baylor's best kept secrets. The class is open to all and subsequently attracts a wide variety of majors and pre-health designations, providing an opportunity for students to volunteer weekly in one of many Family Health Center clinics around Waco and then meet as a class to discuss their experiences and learn more about issues in primary care. (And it counts as a Lifetime Fitness credit!)

The class is taught by practicing FHC physician, Dr. Jeremy Korteweg. When approached to teach the class, Dr. Jeremy Korteweg immediately recognized the class as a "great way to connect the volunteers with some more tangible knowledge of what went on behind the scenes." Celysa Garza, student of CCS 1100 and volunteer at MLK Clinic, was excited to take the class for this very reason. "I loved shadowing [Dr. Korteweg] and thought being in a classroom with him would give me a little more insight about the clinic and his endeavors" said Garza.

The class works to indoctrinate students into the complicated realm of primary care with a patient base often below the poverty line. Students gain first hand exposure to the realities and difficulties of primary care and then reflect on and discuss their experiences through the provided structure of the class.



Dr. Korteweg describes the weekly class meeting as a place that has "helped give space for more questions for students." Questions stretch from such topics as the increasing shortage of primary care physicians to the challenges of providing care to an impoverished patient population. Allowing the students the space to analyze these factors enriches the volunteering experience itself, as students are better informed to interpret what they observe in the clinics.

Garza described her "biggest take away" as the discovery that "a scheduled patient list, really isn't a scheduled patient list. Walk-ins, no shows, patients showing up late, etc., really have an impact on your schedule. And how critical it is to have such a great staff!" Volunteers have the opportunity to interact with professionals in all areas of the clinic, giving them valuable insights into the daily functioning of a primary care clinic. "They do a lot of background work that not everyone thinks about at first. Without them, honestly there wouldn't be a running clinic."

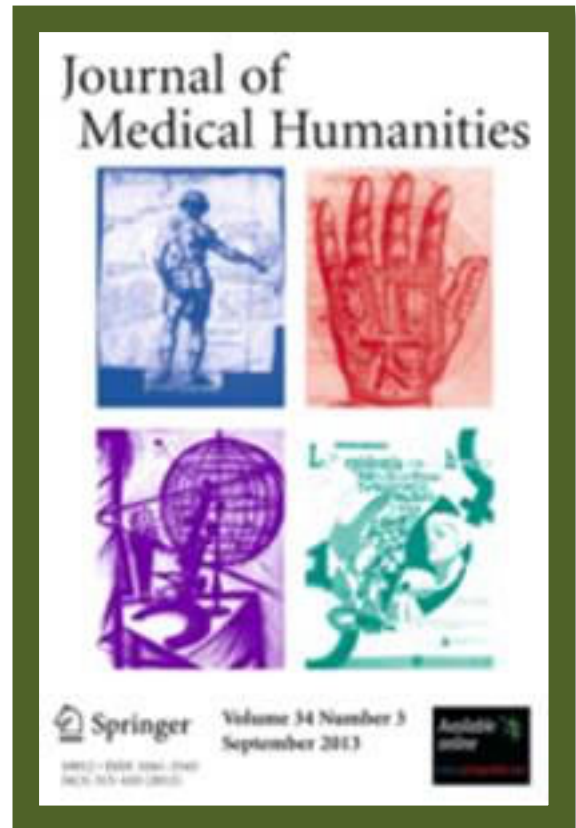
Family Community Medicine is constantly evolving and will continue to do so in the future. "Where I see it going is really a place for students who already volunteer or who are interested in being a part of our clinic system to get a good insight into what family medicine really is." Dr. Korteweg said. Dr. Korteweg envisions the class continuing to become increasingly more collaborative in the future. Students who plan to take this course can look forward to an eye opening experience into primary care and the opportunity to serve their Waco community in a very special, worthwhile combination.

CALL FOR PAPERS

The Journal of Medical Humanities invites students, health practitioners, and health educators who have completed Pre-Health Humanities programs or coursework to submit brief reflections in response to the following question:

How has your baccalaureate Health Humanities training affected your health-professions training or practice or your life experiences more generally?

Perspectives should include the school and program from which you matriculated and be no more than 500 words. Perspectives should be submitted by **June 1, 2016** to litmed@hiram.edu with the subject heading: JMH Pre-Health Humanities Perspectives Submission



Visit to Rice University by Maggie O'Brien



Members of the Medical Humanities Honor Council, select seniors, and Dr. Barron traveled to Houston this past November to attend Rice University's Medical Humanities Symposium. The one-day event was hosted by the students of the Rice Medical Humanities club and included presentations and discussions surrounding the topic "Serving the Underserved." Baylor students were excited for the opportunity to develop collaborative relationships with the Rice students and to hear from Rice professors and healthcare professionals from the Houston Medical Center. The symposium delivered on all counts, providing fascinating lectures approaching the symposium's theme from a wide variety of perspectives. Rice professor Marcia Brennan, Ph.D., began the conference by discussing her work as an artist in residence at M.D. Anderson Cancer Center. Woods Nash, PhD and professor at the McGovern Center for Humanities and Ethics, gave a fascinating presentation exploring the power of perspective to shape a patient's narrative. Rebecca Lunstroth, J.D., M.A., concluded the conference, speaking about how and why medicine marginalizes people of low socioeconomic status. Baylor students were delighted to end the day by dining on paella & tapas with Ms. Lunstroth (and Dr. Barron's mom!) at Mi Luna. The symposium was an invaluable experience, engaging the students and professors as both educational and as a means of connecting with Medical Humanities at other universities.

Students Blend Art, Medicine in Competition by Jessica Babb

Originally published in the Baylor Lariat 6-17-2016 <http://baylorlariat.com/2016/03/17/students-blend-art-medicine-in-competition/>

Despite the common misconception, art and creativity are integral parts of science and clinical medicine.

Dr. Carol Ann Courneya, associate professor and assistant dean for undergraduate affairs for the University Of British Columbia Faculty Of Medicine, came to speak about the interconnectedness of art and science at the Hooper-Schaefer Fine Arts Building on March 17. Courneya spoke about how some of her medical students were able to express themselves and process what they were learning through different forms of art.

“Seventeen years ago, I had an idea to give my medical and dental students disposable cameras while I taught about the heart,” Courneya said. “I just gave them the opportunity to conceptualize what they were learning.” Over the years, students have expressed their learning through photographs and have expanded to other mediums like paintings, compositions, songs and even through knitting.



“I really liked what she was saying because it definitely relates to what I do,” Dallas senior Madisyn Miller said. “When I was in a human physiology class, we would take notes over all this confusing stuff, and it never made sense to me until I drew pictures of it.”

Courneya said students are able to remember material better by drawing or creating some form of art to conceptualize it because by doing so they are forced use different parts of their brain to create something with new meaning.

“For people who work exclusively in medicine and in the sciences, there is such an enormous amount of information, and it is mostly text- and word-based, and there is something about seeing these images that is so refreshing,” said Dr. Lauren Barron, a physician and faculty member who serves as associate director of Baylor’s medical humanities program. “It’s almost like art is an antidote for a part of ourselves that isn’t nourished during medical training.”

In subsequent years, the assignment slowly morphed into the Heartfelt Images art competition where hundreds of medical and dental students compete with their personal conceptualizations and reflections of the heart.

Courneya said the competition provided a necessary outlet for students. Over the years, feedback from students has suggested the competition provided a way for medical and dental students to enhance their learning, escape constraints of school, balance life and work, survive the rigorous course load, express self-identity, develop a professional identity, a method of healing and for advocating change.”

The above heart conceptualization, made by Michiko Maruyama, was one of the 2011 winners of the Heartfelt Images art competition. The competition stemmed from an assignment that asked medical students to use art to express what they were learning in class.

“It definitely helps me relax, and when I would draw pictures of my notes it helps me learn it more because I have to recall what I learned and transfer it into a whole new form,” Miller said. “Art makes more sense to me than pure words.”

Some students have used the competition as a springboard for change. Cyrus McEachern, a student in Courneya’s class, submitted an entry to the Heartfelt Images competition in collaboration with Eva Markvoort, a double lung cancer recipient who had Cystic Fibrosis. After placing in the competition, Markvoort gathered several of her friends, who were also transplant recipients, to work on a photo campaign to raise awareness for transplants recipients. The campaign was successful and created a lasting impression on the transplant community.

One year later, Markvoort passed away, but her impact and collaboration in the Heartfelt Images competition has not been forgotten. The campaign is still used today to advocate money for transplant awareness.

“I think that we have made the mistake of thinking art and science are different things, and this symbolizes the fact that they aren’t separate things. They enhance each other,” Barron said.

DeBakey Scholars Announced

The Medical Humanities program has rewarded ten of its students with the Michael E. DeBakey, Selma DeBakey and Lois DeBakey Endowed Scholarship Fund.



Established in 2009, the scholarship is awarded to junior and senior Medical Humanities students who maintain at least a 3.7 science and overall GPA. The endowed scholarship fund has now grown to \$1.2 million. DeBakey Scholars receive \$10,000 of scholarship assistance on their way to professional careers in medicine and other areas of healthcare.

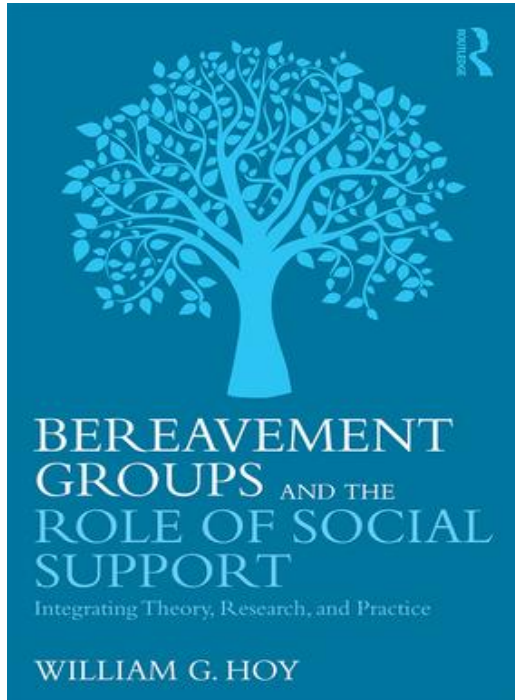
Baylor’s Medical Humanities Program “strives to equip students with humanistic skills to complement their training in the natural sciences,” said Dr. Jim Marcum, program director.

This semester ten students received the scholarship, including: (from left to right) Caroline Davies, Courtney McNeely, Micah Gamble, Omar Sahibzada, Daniel Truesdale, Callie Schott, Jennifer Welch, Morgan Smith, Vivian Kwok, and Arfa Ikram.

The recipients are chosen based on academic excellence and service in the health care field, some of the main aspects of Baylor’s Medical Humanities Program. Students who are granted this scholarship are designated as “DeBakey Scholars” to carry the legacy of a family that changed the medical field.

Dr. Bill Hoy's New Book is Hot off the Press!

Routledge, a leading academic publishing house has just released Dr. Bill Hoy's sixth book, *Bereavement Groups and the Role of Social Support: Integrating Theory, Research, and Practice*. In addition to containing an in-depth literature review about the role of social support in the bereavement

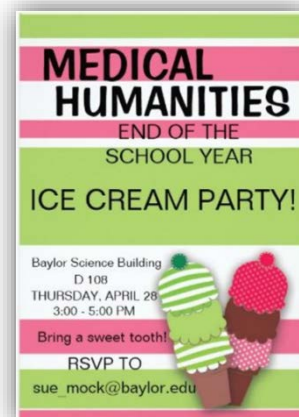


process, Hoy also reports results from the LEAP study conducted among bereavement group leaders from North America, Asia, Africa, Europe, and the Pacific Islands.

Louis Gamino, a clinical psychologist practicing at Baylor Scott & White in Temple wrote this about the book: "For those who thought they knew everything needed to run an effective bereavement support group—think again! Drawing on an extensive bereavement literature as well as his own compass model, Dr. Hoy guides the reader into how to unleash the enormous potential of bereavement support groups as well as how to avoid their possible pitfalls. Group facilitators will want to read this masterful compilation to make sure they are on solid footing."

For more than 16 years prior to coming to Baylor, Bill Hoy directed the clinical and volunteer counseling programs for a southern California hospice and community bereavement program. He has taught in Baylor's Medical Humanities Program since 2012. His MH 4372, *End-of-Life and Bereavement Care* course is popular for students in Medical Humanities and a diversity of other majors across the campus.

Some of Spring's Social and Scholarly Events



Community Health Corps

Are you looking for a gap year that gives you healthcare exposure AND grants you a living stipend? How about one that gives you all of that PLUS health insurance and an education award worth over \$5,000?

The Heart of Texas Community Health Corps (HOTCHC) is the program for you! Members dedicate a year of service to the Waco community from September 2016 through July 2017 (though flexibility is allowed regarding start and end dates). Many serve in Family Health Center clinics and interact with patients every day.



Applications will be accepted through September or until all spots are filled. Apply today to ensure your spot on the team! Contact the Program Coordinator, Paula Solano, at hotcommunityhealthcorps@gmail.com for a paper application or apply online at www.americorps.gov. Check out their web listing [here](#) and Find them on [Facebook](#) and [Twitter](#)!

Volunteers Making a Difference in Waco & Beyond!



Dr. Jennifer Sapp with volunteers at FHC's Santa Fe Clinic in Temple, Texas

Baylor students are as busy as ever serving Family Health Center clinics! Over 100 pre-health students from seven different student organizations diligently assist seven community clinics throughout the Waco area, but their impact doesn't stop there! Students from the Medical Service Organization, who currently serve in the Martin Luther King Clinic and in the McLennan Community College Clinic, saw a need that they couldn't ignore. In February, they funded and installed a children's play area in the waiting room of the Santa Fe Clinic in Temple! The play area has been a great success and is beloved by the clinic's youngest patients and their parents.

Great job Baylor student volunteers!



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Honors Thesis

During the spring semester, more than 130 students from across the university completed their undergraduate honors theses.

Congratulations to the following students who are Medical Humanities majors or have significant connections to the Medical Humanities Program:

Colleen Drapcho: *The Effects of Electronic Medical Records on Patient-Physician Relationships and Interactions* (Dr. Bill Neilson)

Niloy N. Shah: *Amending the Declining Patient-Physician Relationship through Medical Education Reform: A Postulate for Aristotelian Virtue Pedagogy and its Amicability with the U.S. Healthcare System* (Dr. James A. Marcum)

Dillon C. Stull: *Gathered Storytelling: Death & Disease among the Luo of the Nyakach Plateau, Kenya* (Dr. Bill Hoy)

David L. Crawford: *Investigating the Influence of African American Clergy in Congregant's Medical Decision-Making at the End of Life* (Dr. Bill Hoy)

Chelsea Orlando: *Catholic Healthcare in the United States: A Study of Adherence to the Sterilization Religious Directors of Ascension Health in Texas* (Dr. Bill Neilson)

Sarah G. Brister: *The Best and Worst of Times: Charles Dickens, the Victorians, and American Public Health* (Dr. Bill Hoy)

WACO'S MEDICAL SOCIETY CELEBRATES 150 YEARS!

HISTORIC WACO FOUNDATION

AN EXHIBITION CELEBRATING THE SESQUICENTENNIAL ANNIVERSARY OF THE MCLENNAN COUNTY MEDICAL SOCIETY

Leeches to Lasers: 150 Years of the McLennan County Medical Society

APRIL 8 - JUNE 30, 2016
TUESDAY-FRIDAY 11AM - 3PM
SATURDAY 1PM - 4PM

FORT HOUSE
LOCATED AT 503 SOUTH 4TH
(CORNER OF WEBSTER & 4TH)

EXHIBIT: FREE/
FORT HOUSE TOUR: \$3



Follow us on Twitter!
 @Baylor MH
 @DrLaurenBarron

And check out our cool
 Art + Medicine boards on
 Pinterest!

Visual Arts and Healing by Dr. Lauren Barron

The Visual Arts and Healing class this spring featured several outstanding guest speakers and an exciting collaboration between MH and pre-health students and students in the art department under the direction of Julia Hitchcock.

In February, Rebecca Lunstroth, JD, MA Assistant Professor and Assistant Director of the McGovern Center for Humanities and Ethics at the UT McGovern Medical School in Houston, visited the class in February to discuss the topic of Using Art to Address the Ambiguities of Medicine. She particularly emphasized the idea that the arts and humanities give us the opportunity to appreciate ambiguity and to recognize our own cognitive biases in a way that has much lower stakes and less stress than in clinical medicine with patient outcomes at stake.



In April, the class toured Baylor Scott and White Hillcrest Medical Center as an introduction to aspects of architecture and design that influence the experience of patients. The tour was led by Mr. Richard Warren who had a major leadership role in the design of the building and headed up the logistical planning and implementation of moving the hospital operations from the previous campus on Herring Avenue to its new location. The students had a wonderful opportunity to experience and observe details such as the importance of

lighting, incorporating natural materials, and elements of design that are both efficient and aesthetically pleasing.

Mr. Jeff Kabat, a graduate of Baylor University and an interior designer at HKS, shared his experience as a designer and discussed the role of architecture and the impact of healthcare spaces on patients, patient families and healthcare practitioners as well, sharing with us specific examples in the form of projects that he has been involved with at Dell Seton Medical Center in Austin, MD Anderson Cancer Center in Houston and Cook Children's Medical center Professional Office Building in Fort Worth.



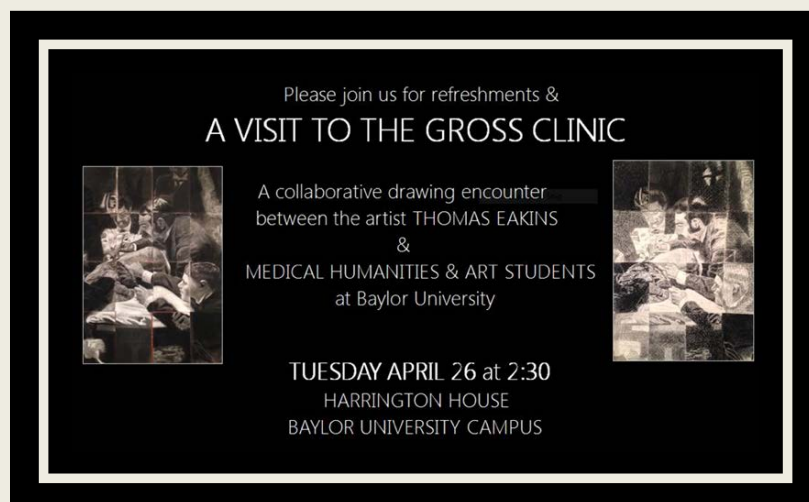
Jeff Kabat from HKS discussing design in healthcare settings

Of course another highlight of the course was the visit from Dr. Carol-Ann Courneya, which you can read about on page 5. Under the instruction of Dr. Courneya, the students were taught basic suturing skills (using bananas!) and were asked to submit a project relating to the themes of the course, using suture materials and techniques on a background of felt. The entries were evaluated by a panel of three judges and the winners of the classroom contest were awarded stethoscopes! Congratulations to Alex Holden (1st place), Sean Browning (2nd place) and Victoria Garvin (3rd place).



One of the most important aspects of the course was a collaborative work of art based on the well-known painting “The Gross Clinic” by Thomas Eakins. At the beginning of the semester, the painting was divided into multiple rectangles and each student was assigned one piece, without knowing what work of art it was from or the correct orientation. Each student had to recreate their piece in three version using charcoal: black and white, in reverse (like a photographic negative or x-ray), and in curvilinear, rectilinear or cross-hatching style. The final result

was fabulous and was exhibited at the Harrington House. Check out Facebook for more about “The Gross Clinic” and to see this “drawing dialogue” between art and science students in detail!



Alumni Spotlight: Katie Horton, Class of 2013



“I graduated from Baylor in 2013. As a third year medical student at the University of Texas Medical Branch in Galveston, I have the opportunity to request a location for my family medicine clerkship. Of course, Waco’s Family Health Center was my first choice. My studies and relationships at Baylor, especially in the Medical Humanities program, inspired me to pursue a career in medicine and specifically a career in primary care. I am still trying to figure out what that will look like for me as I prepare to apply for residency programs in the fall. During any time of uncertainty, it feels natural to reach out for what is foundational and sure. For me, Waco and Baylor are a sure foundation. This is home. I am

wildly grateful for the opportunity to rekindle friendships and form new connections here in Waco as I continue to seek God’s plan for my career. I am thrilled to be spending this month here experiencing the breadth of family medicine and am thankful that the Medical Humanities Program welcomes me back with open arms. It’s great to be home. Sic ‘em!”

Want to add a prestigious publication to your resume?

The Journal of Medical Humanities is publishing a special issue devoted to medical humanities education in the university (as opposed to medical center) setting. They are asking for reflections from graduates of medical humanities programs—like you! The June 1st deadline is fast approaching but the good news is that the max word count is 500! So ask yourself....

How has your baccalaureate Health Humanities training affected your health professions training or practice or your life experiences more generally?

....and take a few minutes to reflect on your time at Baylor. Perspectives should include Baylor University’s name & no more than 500 words. **Deadline is June 1, 2016. Submissions should be emailed to litmed@hram.edu** If you’d like to send in your reflections (and be a published contributor to the Journal of Medical Humanities!) you can learn more at: <http://www.springer.com> Click on the Call for Papers.

We are hoping to have the Medical Humanities Program at Baylor well represented!

MEDICAL HUMANITIES GRADUATES CLASS OF 2016

Brandon Michael Accomando
Jessica Michelle Binz
Hannah Joyce Bram
Sarah Grace Brister
Sean Douglas Browning
Alyssa Simone Caro
Caroline Nicole Davies
Katelyn Elizabeth Dillion
Catherine Lynn Duhring
Remy Lee Faris
Stacy Marie Fechner
Alexa Quinn Godfrey
Jessica Lee Hiney
Dylan Steven Hoke
Sarah Nicole Hopkins
Lexa Marie Johnson
Paul Nicholas Koester
Ashley Lara Leeman

Asia Lockwood
Amber Ann Logologo
Alexis Marie Lopez
Lizette Alejandra Lugo
Kirsten Danae McLane
Lydia Nicole Moilanen
Lindsey Kathleen Morgan
Joel Kenneth North III
Abigail Laine Reusser
Shannon Symoné Sanders
Alexis Rae Seibert
Elena Benita Solis
Rebekah Hope Stevenson
Brionné Dominique Thompson
Sarah Elizabeth Tucker
Ikea Dareyell Vaughn
Melissa Vences
Elesha Erin West
Savion Gabriel Wright

And BELATED CONGRATULATIONS to Sarah Gruetzner, Class of 2015, whose name was inadvertently overlooked & did not appear in the list of MH graduates. Sarah is working on her Master's in Community Health Education here at Baylor. We've learned our lesson--to check and cross check our lists, Sarah! Come by and say hi!





Dr. Mike Attas is Blogging!



Be sure and check out Dr. Attas new blog at michaelattasmd.com. "His love of writing and the engagement of human stories has spanned 5 decades in three vocations and has been the common thread of the fabric of his life. In his belief the narratives that give shape and texture to our lives are liminal moments in time... Events become thin places, where the boundaries between time, space, eternity, and life break down. Time and stories are always gifts, received at times most unexpectedly. And of the many mediums that capture moments in time, photography is one of his passions. Photographs at their best tell a story. At times, it is the story of the person or objects being photographed. At other times, it is the story of the photographer himself or herself. And always, they are our story—

the story of the human journey and the things we share. In this blog we will explore themes and places that hopefully become windows into the journey we all share—that of life itself."