Amid the bustle of setting up a medical clinic in poor areas of a foreign country, attempting to provide medical care and education to hundreds of people, one might overlook just what the mission means to the people receiving care. But on one particular day during the three-week mission, a woman from the village blessed the entire group, tears streaming down her face.

This past June, 33 people, including medical students, physicians, residents and fellows, an interpreter and a nurse, traveled to the Sacred Valley and Chincha Alta regions of Peru as part of the Peru Health Outreach Project (PHOP). Six CCLCM students, all members of the class of 2019, participated in the trip: Joseph Abraham, Alex Chaitoff, MPH, Anna Faris, Vishhvaan Gopalakrishnan, Kate Ituarte and Josephine Volovetz.

Established seven years ago, PHOP is a global health initiative of the CCLCM and CWRU School of Medicine students. The initiative is designed to give students and residents an opportunity to offer education and medical care to an underserved international community while working across language and cultural differences.

In the Sacred Valley: Improving Access to Care, Health Knowledge

The group spent two weeks working with an on-the-ground partner in the rural areas of the Sacred Valley to conduct health screenings for adults and children. The team screened for vision and vitamin deficiencies, conducted basic physical exams, and treated patients with problems ranging from joint pain to acute infections. To ensure PHOP was a part of sustainable efforts and that patients get follow-
The medical students educated health workers and schoolchildren on health topics ranging from hypertension to sexually transmitted infections. PHOP residents were interviewed on the local radio to educate listeners about nutrition, anemia and common psychiatric conditions. During the two weeks the group spent in the Sacred Valley, more than 400 schoolchildren and more than a dozen medical professionals took part in the educational programming.

**In Chincha Alta: First-ever Health Fair**

Unlike the Sacred Valley, Chincha is an urban impoverished area that continues to struggle after a devastating earthquake seven years ago. The Peruvian American Medical Society (PAMS) established a year-round clinic in this coastal city, and for the fourth consecutive year, PHOP members partnered with PAMS to see patients in the clinic.

The medical students, working alongside physicians, helped get patient histories and perform physical exams. Patient conditions ranged from asthma and rheumatoid arthritis to breast cancer, and students gained insight working with physicians from various institutions in the U.S. and Peru.

PHOP members also partnered with PAMS to help organize their first-ever health fair. Many local Peruvians flocked to the health fair to be screened for hypertension, hyperglycemia, anemia and poor vision.

After completing a comprehensive screening, those with poor vision received eyeglasses, and many were counseled on how dietary changes and exercise might improve their health.

The team engaged in two community outreach efforts. First, physicians and students visited local schools to help inform students of the risks of having unprotected sex. Second, several team members were invited to talk about their medical mission experiences in Peru on a local television program. The appearance gave the community a chance to call in and ask health-related questions, and also served as fantastic marketing that attracted more patients to the clinic.

**Optimizing Impact Through Research**

One of the goals of the mission is to always make improvements. Using various research methods, PHOP members continue to measure their impact. For example, to measure the effectiveness of their educational presentations, they conducted pre- and post-surveys. They then collected additional data to ensure that their presentation topics matched the needs and wants of the participants.

Now that they’re back home, the students plan to conduct both qualitative and quantitative studies on their experience, which will help optimize not only their efforts, but also those of other global healthcare groups.

**Value of the Mission**

PHOP trips hold significant value for both the Peruvian community and the volunteers. Hundreds to thousands of people are helped every year. In fact, the impact is so tremendous that villages go to great lengths to raise money for ground transportation to bring the PHOP team to their people.

For the PHOP team, the experience provides many unique opportunities for learning, including lessons in cultural humility, critical thinking and how research can be used as a tool for quality improvement. By working together to provide care for others in desperate need, the CWRU and CCLCM communities forge a unique bond.

Student Alex Chaitoff explains further, saying, “There is perhaps one more reason this trip is so important. While the languages spoken are unique and the foods foreign, there is little that is fundamentally different between the villagers of Peru and the people of Cleveland. Both groups value kindness, family, humanity. Medicine is at risk of losing its foundations of humanitarianism, so providing global health simply for the sake of humanity is an important and valid experience.

“PHOP has never failed to deliver this message. Elwood Dowd in the 1950 film *Harvey* quotes his mother as saying: ‘In this world…you must be oh so smart or oh so pleasant. Well, for years I was smart. I recommend pleasant.’ PHOP is so important because it reminds us that being oh so smart is only half the equation. The best promoters of health are oh so pleasant, and oh so dedicated to humanity.”

For more information, contact faculty advisers Sangeeta Krishna, MD, at krishns@ccf.org or Humberto Choi, MD, at choih@ccf.org, or Alexander Chaitoff, MPH, at chaitoa@ccf.org.
After serving as a staff volunteer for the Peru Health Outreach Project (PHOP), Humberto Choi, MD, joins Sangeeta Krishna, MD, as co-director of the program. Dr. Krishna had been serving as Director of PHOP since 2009.

“There is just too much work for only one staff director, as we have to do all that in addition to our regular work during our free time,” he says.

We sat down with Dr. Choi to get his perspectives on both his new role and PHOP.

**InSight:** What prompted your interest in PHOP?

**Dr. Choi:** This is a dream come true. I’ve always had an interest in participating in international medical missions. It brings enormous professional and personal satisfaction. I compare it to finishing a marathon. Months of preparation and hard work, but it brings a great sense of accomplishment, and you want to do it again, despite the challenges.

**InSight:** What’s been the most rewarding aspect of your involvement?

**Dr. Choi:** It is a privilege to be a part of a medical mission. The humanitarian aspect is undoubtedly rewarding. I do recognize that the impact to the people we served may be short and transient; however, the transformation that we see in the students is definitely long lasting. It is incredibly rewarding to see how much the students learn from this project. It is a unique experience to see how different healthcare systems work, to see medicine practiced in places with no protocols and very limited resources. You learn the art of medicine – compassionate medicine. Our students also learn to be leaders. This is a project run primarily by medical students.

**InSight:** What’s your goal as co-director?

**Dr. Choi:** We want to continue to get bigger and better. We want to continue to have a good number of participants from both medical schools (CWRU and CCLCM), and hopefully we continue to attract trainees and staff physicians as well. Our partnership with different Peruvian institutions and doctors is very strong. Our goal is to expand and improve the research and education projects, and the services we provide.

**InSight:** How does PHOP benefit the students?

**Dr. Choi:** A major aspect of this project is the fact that it is multidisciplinary. It is important for our students to interact with students and professionals from other disciplines (nurses, dentists, etc.) early in their education. Each discipline contributes to the project in different ways, but the point is to experience a diverse teaching environment. The students build invaluable teamwork skills that will be very helpful in their future careers. I do believe that projects like this one may serve as bridges between the schools. We all learn from each other.

Dr. Choi is a pulmonary medicine physician with special interest in lung cancer, lung nodules, advanced diagnostic bronchoscopy, pleural diseases, sepsis and acute respiratory distress syndrome. He completed his pulmonary and critical care medicine fellowship at Cleveland Clinic, and his internal medicine residency at John H. Stroger Jr. Hospital, Chicago. He earned his medical degree from Universidade Federal do Rio Grande do Sul in Brazil. In addition to English, Dr. Choi speaks Portuguese and Spanish.
Dean Young Delivers 2015 State-of-the-College Address

In his seventh State-of-the-College address on July 28, 2015, Executive Dean James B. Young, MD, highlighted another successful year for the faculty, students and administrative staff involved in Lerner College of Medicine. Here are just a few of the presentation highlights:

- Of the 31 graduated students from the 7th graduating class, six are staying at Cleveland Clinic for their residencies.
- Cumulatively, 53 percent of our graduating students chose a medical clinical specialty, and 35 percent chose a surgical clinical specialty. The remaining percentage chose radiation, anesthesiology, pathology and radiation oncology.
- We now have 33 CCLCM alumni working or training at Cleveland Clinic.
- Seven alumni earned a GME Resident Teaching Award for 2014-15.
- The Match results for the Class of 2015 were spectacular. Fifty-two percent of our graduates are going to their first-choice residency program, and nearly 80 percent are going to one of their top three choices. Sixty-five percent of the graduates matched with hospitals ranked in the Top 10 of U.S. News & World Report.
- Cumulatively, 44 percent of our graduating students have matched at hospitals ranked in the Top 10 of U.S. News & World Report.
- 1,476 students applied for the Class of 2020.
- Our matriculant GPA and MCAT scores continue to trend higher than the national average. In 2015, the average CCLCM GPA was 3.79 and the average CCLCM MCAT score was 12.1 (36).
- Top 10 reasons students selected CCLCM are:
  1. Research experience/opportunity
  2. Opportunity for faculty mentorship
  3. Reputation of Cleveland Clinic
  4. Student-to-faculty ratio
  5. Amount of financial support offered
  6. Reputation of Cleveland Clinic faculty
  7. Innovative curriculum
  8. Experience during interview day
  9. Discussions with CCLCM students
  10. Financial considerations/cost of attending
- The Class of 2020 is an ambitious group of students with successful backgrounds. Among them are members of Phi Beta Kappa and a Fulbright scholar. They have held 70 elected leadership positions and boast more than 29 publications, 42 posters/oral presentations, 14 grants, many scholarships and 162 awards.
- Progress continues on the new health education campus, with the commitment “To create a state-of-the-art building that makes Cleveland as renowned internationally for medical education as it is for clinical care.”

Associate Dean Kathleen Franco, MD, described the Class of 2020. We matriculated 17 women and 15 men from 24 colleges. Four students are international, coming from Cameroon, China, Jamaica and Pakistan. The varied and unique employment experiences of the incoming class include dog rescuer, play producer, opera writer and producer, medical scribe, pizza maker and mail clerk, to name but a few. Dr. Franco also shared examples of the students’ research interests, which range from the literacy rate in minorities and healthcare access to nano peptides and genetic sequencing.

Dr. Franco closed by thanking the Admissions Committee and Student Affairs teams for their tremendous efforts and commitment to the college and its students.
Students Receive Grant to Fund Stereotyping Study

Under the leadership of Kendalle Cobb, MD, Director of Multicultural Recruitment and Development, three CCLCM students recently received a mini-grant from the Central Group on Educational Affairs (CGEA) to study how patients perceive medical students of different races and genders.

Alex Chaitoff, MPH ('19), Blair Mitchell-Handley ('19) and Josie Volovetz ('19) received $3,000 in funding for their proposal, called the “Exploration of the Effects of Medical Student Race and Gender on Patient Perceptions of Training and Reported Comfort in Hypothetical Encounters.”

The study will also be used to determine if professional development needs for medical students are being equally met. For example, in clinical settings, patients often act as teachers. If patients are potential sources of race and gender stereotyping, certain students may need additional training to help neutralize such encounters.

The team is using Amazon’s Mechanical Turk, an online marketplace in which people can earn money by anonymously completing tasks (such as taking surveys) requested by businesses and organizations. Mechanical Turk is not only cost effective, but it is also more representative of the U.S. population and more reliable than many other forms of convenience sampling used in social science research.

Once the data is analyzed, the team will submit a final report to the CGEA Chair, present the findings at the CGEA conference and publish the results in an academic journal.

This is the second year in a row that CCLCM has received the CGEA mini-grant. In 2014, Mark Mayer, MD, led a team that designed and implemented a curriculum to teach faculty and students how to effectively communicate with patients when using the electronic medical record.

New Student Preceptors

Four fourth-year students will serve as preceptors for the Communication Skills Student Precepting Elective. Matthew Blum, Anne Runkle, Nicholas Szoko and Andrew Tarr will be precepting Communication Skills years one and two starting this month.

College Committee Appointments

The following first-year students have joined the CollegeTech Committee: Janet Adegboye, Robert Borden, William Cantrell, Brittany Goldstein and Lamont Wilkins.
Students Gain Insights on Professionalism from Chief of Staff

New chat series brings students and Cleveland Clinic leaders together

When students voiced a desire to connect with Cleveland Clinic leaders, James Young, MD, and Kathy Franco, MD, responded, and the Dean's Chat series was born. The first Dean's Chat, hosted on Aug. 14, featured Brian Donley, MD, Chief of Staff, who shared his insights on professionalism, managing a career and more.

Below are highlights from his chat with Dr. Young, Executive Dean of the college:

• **Promise to serve the best interests of your patients and the community.** In trying to define professionalism, Dr. Donley noted that the root word of professionalism comes from the Latin word “profiteor,” which means to promise. Professionalism in medicine begins when a physician promises to serve the best interests of patients and the community. That promise should be the guiding principle when making decisions.

• **Know the Cleveland Clinic values.** Cleveland Clinic has six values: quality, innovation, teamwork, service, integrity and compassion. Dr. Donley encouraged students to notice when people demonstrate those values. Those are the days that you’ll go home feeling great, he said.

• **Practice self-discipline.** Dr. Young shared a story about a recent visit to a west-side restaurant. Two other patrons were wearing scrubs, which he feels sends the wrong message to the public: that you don’t care enough about patients to change out of their sanitary scrubs before stepping outside the hospital.

• **Dress professionally.** Data support the notion that when you look and act professionally, your patients will respond positively. Patients become more engaged with you as well as with their healthcare.

• **Take time to regularly reflect on why you are here, why you are working so hard and where you want to be in five, 10 and 20 years.**

• **Promise to be your best, your most competent.** While clinical knowledge is, of course, crucial to becoming a successful physician, it’s also critically important to work on your emotional intelligence.

• **Discover your passion — there are thousands of opportunities — because then it will be easy to be successful.** Dr. Donley shared that he regularly encourages people to think about how they can align their passion with their career goals. Becoming Chief of Staff wasn’t in his plan, but the time came when his skill set, his passion for helping others and organizational needs aligned.

• **Seek balance.** Dr. Donley strives not to let life happen while he is busy doing other things, so during his non-working hours he spends time with his wife (whom he met the third day of college) and three children.

• **Be the change we need in healthcare.** The U.S. spends more money on healthcare per capita than any other country, and the country that spends the second most spends less than half of what we do. This behavior is unsustainable. Our greatest opportunity is to transform healthcare — at Cleveland Clinic and throughout Northeast Ohio, the U.S. and the world. As we reduce variation in care, we increase quality and reduce cost; hence, the emphasis on Care Paths. Today’s medical students will be working to transform healthcare as we know it. There’s a level of patriotism in helping to solve this issue for our country.

• **Avoid hubris.** Hubris is destructive. Physicians need to possess a sense of humility.

• **Speak up when someone is not acting professionally, particularly if patient safety or quality is at stake.** Everyone at Cleveland Clinic has a role in the success of the organization, so if you see something wrong, consider your guiding principle — serving the best interests of patients and the community — and speak up. Use your emotional intelligence to guide your response. For example, shouting, “Stop right now!” may not be as effective as saying, “I may be wrong, but I’m concerned that ……” Dr. Donley emphasized that if you speak up and are disciplined, contact Dr. Young, Dr. Franco or him directly.

• **Enjoy life.** When asked what he would do differently as a first-year med student, Dr. Donley said he would focus more on enjoying the experience and less on achievement. Dr. Donley closed by reminding the students how much the staff talks about them, how proud they are. “You’re our future,” he said. “You’re going to make our organization better.”

Stay tuned for details on future Dean’s Chats:

• Physician Heal Thyself
  Susan Rehm, MD, Executive Director of Physician Health

• Medicine is a Team Sport
  Kelly Hancock, MSN, RN, NE-BC, Chief Nursing Officer

• No Margin, No Mission
  Steve Glass, Chief Financial Officer

• How Do You Want To Be Cared For?
  Adrienne Boissy, MD, Chief Experience Officer

• Could I Really Go To Jail?
  Don Sinko, Chief Integrity Officer

• We All Make Mistakes
  Cynthia Deyling, MD, Chief Quality Officer

Cleveland Clinic Lerner College of Medicine
Hot Off the Press: *Stethos* 2015

The fifth issue of *Stethos*, the medical humanities journal of CCLCM, has just been published. Among the photography, essays and poetry is an article written by Dr. Maria Rosa Costanzo, a world-renowned cardiologist from Illinois, who relates how her journey with breast cancer taught her how to become a better doctor. And in this year’s “A Different View” section, Christine Howey, a Cleveland-based performance poet and theater critic, shares poems she’s written about her transgender journey, among other topics.

*Stethos* is student-founded and student-run. The journal accepts original works from Lerner College medical students and medical school faculty, and Cleveland Clinic nurses. Please consider making a donation to help support future issues of *Stethos*.

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Enhance Your Teaching Skills

If you work with learners in the health professions at Cleveland Clinic and are looking to enhance your teaching or assessment skills, register today for the Essentials Program for Health Professions Educators.

Sessions include such topics as:

- Interactive Teaching Techniques
- Observation and Feedback for Health Professions Educators
- Competency-based Education as a Framework for Teaching and Learning
- Making Comments Count: Narrative Assessment Methods
- Technology & Learning

Remember to block time in your clinical calendar for the half-day mini retreat (three dates to choose from) and any of the additional sessions that will benefit you.

All Essentials program sessions are now available for registration via COMET. Get details including a course description and a program schedule here.
Students Excel at Annual Research Day

Congratulations to the Lerner College of Medicine students who submitted one (or more) abstracts to the Case Western Reserve University Lepow Medical Student Research Day on July 17. (The event was originally scheduled for Feb. 19, but rescheduled because of inclement weather.)

Research Day is an annual tradition at CWRU School of Medicine to foster interest in medical student research and provide an opportunity for students to describe their work in a poster or oral presentation. Four Lerner College of Medicine students were selected for an oral presentation, and several students had their posters recognized during the awards ceremony.

**Oral Presentations**
- Roy Xiao ('19): Pro-angiogenic remodeling of extracellular matrix by TGF-beta
- Julie Foucher ('16): Impact of patient-entered wellness data and tailored EMR recommendations on delivery of preventive care

**Poster Presentations**
- Yumeng Li ('16) - Emergency Medicine
  A unique case of pyoderma maligna
- Jordan Gales ('17) - Pulmonary
  PAP therapy adherence and post-treatment failure referral in obstructive sleep apnea
- William Tierney ('16) - Pulmonary
  A case of paraglottic sarcoidosis
- Vishesh Khanna ('18) - Endocrine
  Pancreatic steatosis is a stronger indicator of central adiposity status than impaired glucose tolerance
- Jonathan Weimer ('16) - Neurology/Neurosurgery
  Predictors of functional outcome after subdural hematoma: a prospective study
- Yue Zhao ('16) - Ophthalmology
  One year outcomes of intravitreal ocriplasmin for symptomatic vitreomacular traction
- Fabrizio Galimberti ('16) - Basic Science/Inflammation/Immunology
  Intravenous immunoglobulin for treatment of dermatomyositis-associated dystrophic calcinosis
- Jacob Miller ('17) - Spinal/Orthopaedic/Surgery
  Spine stereotactic radiosurgery for the treatment of multiple myeloma
- Jacob Miller ('17) - Spinal/Orthopaedic/Surgery
  Spine stereotactic radiosurgery in the management of sarcoma metastasis
- Roy Xiao ('19) - Cardiovascular
  Radiologic progression of vertebral fractures in patients with multiple myeloma
- Huan Zhang ('16) - Cancer/Pharmacology
  Metagenomic profiling of mobile tongue squamous cell carcinoma
- Jonathan Weimer ('16) - Neurology
  Withdrawal of life-sustaining therapy in patients with intracranial hemorrhage: self-fulfilling prophecy or accurate prediction of mortality?
- Erik Offerman ('18) - Neurology
  The therapeutic effect of autologous mesenchymal stem cell transplantation in multiple sclerosis: a diffusion tensor imaging study
- William Tierney ('16) - Epidemiology/Public Health/Family Medicine
  Hemodynamic response to office-based and operating room laryngoscopic procedures
- Jonathan Weimer ('16) - Surgery/ENT/Plastic/General
  Withdrawal of life-sustaining therapy in patients with intracranial hemorrhage: self-fulfilling prophecy or accurate prediction of mortality?

**Poster Award Winners**
- Sarah Jordan
- Joanna Zhou
- Jacob Miller

As always, we extend a heartfelt thank you to the faculty and staff at CWRU and CCLCM who serve on the committee and volunteer their time as judges. Their time and talent contribute much to the success of this important annual event.
Students Get Acquainted at Annual Summer Events

In August, about two dozen of the new class of students celebrated a warm welcome to Cleveland on the 22nd Annual Goodtime III Cruise, sponsored by the Cleveland Clinic Alumni Association. “Cruising on Lake Erie was a great experience,” says Caroline Franke (‘20). “Spending time with our classmates while taking in the sunset and the skyline of Cleveland made for a great Sunday night.”

The students enjoyed a leisurely sightseeing cruise along the Cuyahoga River and Lake Erie — and another chance to get acquainted. Upperclass students got a well-deserved chance to relax, and the new class of students got a chance to mix and mingle at the annual CCLCM student picnic, held at the home of Kathleen Franco, MD.

Says first-year student Cameron Hilton, “The student picnic was really a wonderful experience. I feel so welcomed by the faculty and students here, and they (especially Dean Franco) go out of their way to include all of us, provide opportunities to build camaraderie and make it fun in the process. I think the culture of openness, transparency and collegiality will go a long way in helping us build respect for each other, faculty and students alike. I have already seen some effects, and we’re only a couple of months into the program.”

“The students look forward to the summer picnic, which we try to hold every year. It’s a great opportunity for the new students to meet the upperclass students, and it also gives all the students a chance to be together for a casual and fun evening,” says Dr. Franco.
CCLCM Third-year Students Celebrate Educational Milestone

The 7th Annual Student Clinician Ceremony, a ritual that marks the transition of CCLCM third-year medical students to full-time clinical education, was held on July 24 at Case Western Reserve University. Pamela B. Davis, MD, PhD, Dean of the CWRU School of Medicine, opened the ceremony, and Conor Delaney, MD, MCh, PhD, Interim Chair of the Department of Surgery at University Hospitals, presented the keynote address: “Surgery - Changing Lives.”

During the ceremony, the Arnold P. Gold Foundation Humanism and Excellence in Teaching Award was presented to resident physicians who showed exemplary teaching and humanism during core clinical rotations. The resident teachers were nominated by students and chosen, from de-identified nominations, by a student committee. Among the winners was Cleveland Clinic psychiatry resident Alok Kumar, MD, who received a certificate, gold lapel pin and a check for $250 from The Arnold P. Gold Foundation.

The ceremony concluded with students reciting their oath from their White Coat Ceremony.

This annual ceremony was started by the late Elizabeth (Lissa) McKinley, MD, and Kathy Cole-Kelly, MS, MSSW, in cooperation with the Arnold P. Gold Foundation, and is supported by the Philip D. Junglas Compassion in Medicine Fund, which was established by Diane Collier and Friends.

MARK YOUR CALENDAR

| October 20 – 21, 2015 |
| OSCEs for Year Twos |
| Cleveland Clinic |

| Oct. 27, 2015 |
| New Faculty Orientation |
| 7:30-11 a.m. |
| Cleveland Clinic |
Honoring a Great Legacy

On June 11, 2015, we lost a dear friend and colleague, former Cleveland Clinic Chairman and CEO Floyd “Fred” Loop, MD. Dr. Loop left a tremendous legacy, with his countless contributions to medicine and to our growth as an enterprise. Perhaps his greatest gift, however, was his tireless work to establish the Cleveland Clinic Lerner College of Medicine.

Dr. Loop recognized the importance of training the healthcare leaders of the future and was confident that Cleveland Clinic’s unique brand of innovation would make for a truly revolutionary model of medical education. In 2002, this vision became a reality, and, in 2004, the college matriculated its first class.

Dr. Loop was celebrated at a memorial ceremony on July 31, where it was announced that a scholarship fund established at CCLCM in honor of his late wife, Bernadine P. Healy, MD, would now include gifts made in his memory. Contributions to the fund will provide scholarships and support to disadvantaged medical students to help pay for other expenses associated with attending medical school. The fund will also support the Dr. Bernadine P. Healy Annual CCLCM Research Day.

If you wish to make a donation to the Bernadine P. Healy, MD and Floyd D. Loop, MD Scholarship Fund, please contact Amy Kubacki at 216.636.5024 or kubacka@ccf.org.

Alumni: Share Your News

We’d like to hear about what you’ve been doing since graduation. If you have news to share (maybe you’re involved in an interesting research project or you recently returned from a global health mission), please email Laura Greenwald at greenwl@ccf.org.

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