



THE ARNOLD P.
GOLD
FOUNDATION

Gold Humanism
Honor Society



School of Medicine
UNIVERSITY OF COLORADO



The White Coat Ceremony



During the annual White Coat Matriculation Ceremony, we induct new fourth-year medical students into the Gold Humanism Honor Society. These new inductees (seated) welcome our newest students to the School of Medicine and the profession of medicine.

Love Rounds



Each year during Solidarity Week, fourth-year GHHS students make “Love Rounds” on the wards at University of Colorado Hospital inpatient service for elderly patients, with patients and families at the Children’s Hospital Colorado, and, whenever possible, with seniors at the state Veterans Nursing Home. Weeks before the visits, GHHS students and students from other classes make Valentine cards. The essential ingredients: enthusiastic students, creativity, and a large supply of construction paper, crayons, glue sticks, and glitter. On Valentine’s Day, students share their handmade cards. They stay for an hour or two, talking, laughing, telling stories and delivering a large dose of love.



Love Rounds



Love Rounds



Love Rounds



Love Rounds

Holiday Caroling



A cherished annual traditions of our chapter involves holiday caroling at Children's Hospital Colorado. GHHS students enjoy sharing the holiday spirit with the patients and their families, healthcare teams, and each other. Singing carols together generates a strong sentiment of patient- and family-centered care, and reminds us and the medical community that we are not only treating illnesses, but that we also are caring holistically for human beings. Seeing patients' faces light up celebrates this too-often lost art of medicine.

What Worries You Most?

In 2017, fourth-year medical students in the Gold Humanism Honor Society led a project in the University of Colorado Hospital emergency department where they distributed cards to patients asking, “What Worries You Most?” While some wrote that they were most worried about the condition that brought them to the hospital, many listed concerns beyond their present medical emergency. Some were concerned about their families or their future. Some struggled with economic hardship, a family member’s substance use, losing their insurance coverage, safety on the streets, or a recent loss. We were determined to share our experiences with others on our medical campus and beyond. The original hand-written cards were shared with students, staff and faculty — and with visitors from the community through a months-long public art exhibit on campus. The GHHS student leaders also published their experience, along with several of the handwritten cards, in the *Journal of Medical Humanities* in December 2017.

WHAT WORRIES YOU MOST?

Fourth-year medical students of the Arnold P. Gold Foundation Honor Society led a project in the University of Colorado Hospital Emergency Department, where they distributed cards to patients that read "What Worries You Most?"



The patients’ responses were eye-opening.

Some were anxious about their conditions, their families or their futures. Others struggled with economic hardship, substance use, safety, trust or understanding.

These cards remind us that the ailments bringing people into the emergency department are often not their main concern.

**Now on Display in the
Fulginiti Pavilion Lobby**

*Meet and hear from the students behind this project at a special event on
Monday, May 8th from noon-1:00pm at the Fulginiti Pavilion.
Refreshments will be served.*



WHAT WORRIES YOU MOST?

In February 2017, fourth-year medical students of the Arnold P. Gold Foundation Honor Society led a project in the University of Colorado Hospital Emergency Department where they distributed cards to patients that read "What Worries You Most?" The question was intentionally open-ended and patients were encouraged to be as honest as possible. After several minutes, students returned to collect the card and discuss its content with the patient. These conversations were often detailed, lasting upwards of half an hour - therapeutic for both student and patient.

In the emergency department, where patients are triaged based on their chief complaint, age, sex, and acuity, asking "What Worries You Most?" recaptured the human element that may otherwise be lost in this exceptional environment. The patients' written responses were eye-opening. Some were most concerned about their condition, their families, or their future. Others struggled with economic hardship, substance use, safety, trust or understanding. In reading these cards we are reminded that the ailments that bring people into the emergency room are often not their main concern.

Ultimately, this project is about humanism in medicine. In an era in which differences seem more apparent than similarities, our hope is that this simple idea may inspire our community to have a conversation about "What Worries You Most?" and take the time to understand each others' concerns.

This project was adopted from an activity conceived by The Lown Institute in celebration of their annual Right Care Week. Special acknowledgments to the Medical Student Council for funding the project, Dr. Therese Jones and David Weil of the Center for Bioethics and Humanities, and Drs. Lowenstein, McStay, and Combs.

Mimi Chau, James Engeln, Meara Melton, Sonia Khatter, Sarah Brath, Vera Staley, Maggie Reinsvold, Kenji Tanabe, Rachel Wojcik, Regina Kwon, and Jackie To

WHAT WORRIES YOU MOST?
About healthcare
My medicaid got cut last year
Chief Complaint: *[illegible]* Age: *[illegible]* Sex: *[illegible]*

WHAT WORRIES YOU MOST?
[Handwritten text]

WHAT WORRIES YOU MOST?
[Handwritten text]

WHAT WORRIES YOU MOST?
[Handwritten text]

A physical therapy visiting *What Worries You Most?* exhibit.



What Worries You Most? Exhibit at the Fulginiti Pavilion.

WHAT WORRIES YOU MOST?

About healthcare

My medicaid got cut last year

Chief Complaint: Rectal pain

Age: 28 Sex: M Acuity: L3

What Worries You Most?

WHAT WORRIES YOU MOST?

Dying

Chief Complaint: Abdominal Pain
Emesis

Age: 65 Sex: M Acuity: L3

What is your biggest worry?

My Heart

My Safety

Kids Safety

What is your biggest worry?

Not having
place to live

What Worries You Most?

¿CUÁL ES SU MAYOR PREOCUPACIÓN?

ENFERMARME
Y DEJAR A MI
FAMILIA SOLA

Chief Complaint:

Age: 26 Sex: M Acuity:

What Worries You Most?

WHAT WORRIES YOU MOST?

I worry about dying too young
to see my kids grow up -
they're 14, 15, + 8. I've got trouble
with my heart because of the drugs.
I don't want to be here again,
but I can't stay away.

Chief Complaint: Chest Pain

Age: 45 Sex: M Acuity: 2

What Worries You Most?

WHAT WORRIES YOU MOST?

my daughter and
her substance abuse

Chief Complaint: Ascites

Age: 49 Sex: F Acuity: L3

WHAT WORRIES YOU MOST?

I don't have any worries, but I feel like
no one ever listens.

WHAT WORRIES YOU MOST?

paying the bills

What Worries You Most?

WHAT WORRIES YOU MOST?

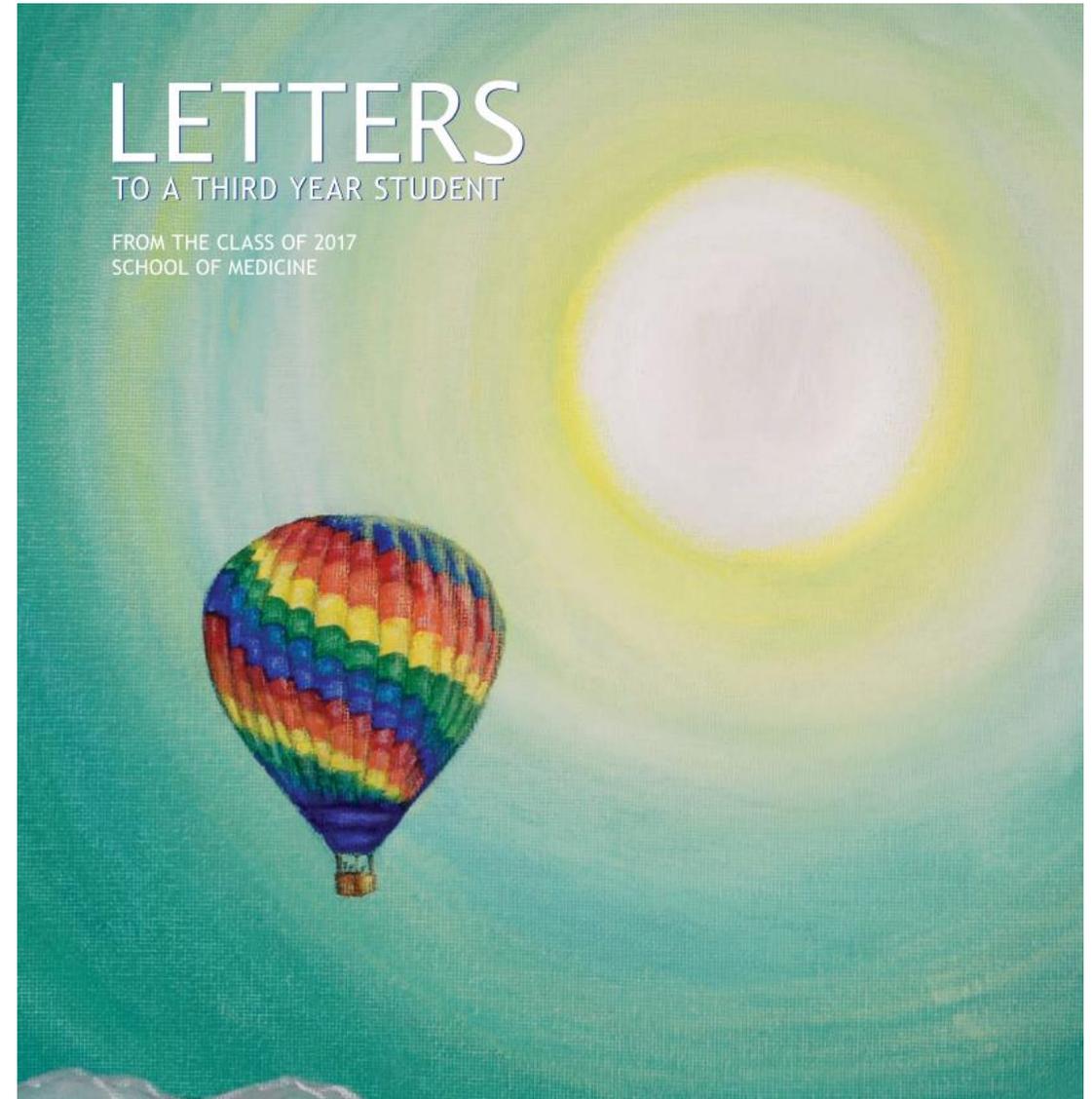
That i loose the baby and get
heartbroken because of it.
A missCarriage is hard
i dont want to go into
drepession.

Chief Complaint: vaginal bleeding Age: 27 Sex: F Acuity: L3

What Worries You Most?

Letters to a Third year Student

Each year, GHHS medical student chapter collaborates with the Arts and Humanities in Healthcare program to co-edit and publish *Letters to a Third-Year Student*. This book is a compilation of letters and poems submitted by graduating medical students. The letters provide advice, wisdom, and tips for success to medical students who are about to embark on their clinical clerkships. This publication fosters connections between senior and junior medical students, as it explores common themes and shared experiences and encourages self-reflection. The letters help new third-years to normalize the common emotions of sadness, fear, burnout and happiness. *Letters to a Third-Year student* includes essays about special patients — patients who helped students learn, who made them laugh or cry, or who called them “doctor” for the first time. An overarching goal of *Letters to a Third-Year Student* is to provide words of wisdom to rising third-year students, so that they recognize the joys of their new profession as they develop habits of compassion, humility and resilience as they begin the process of learning on the wards.

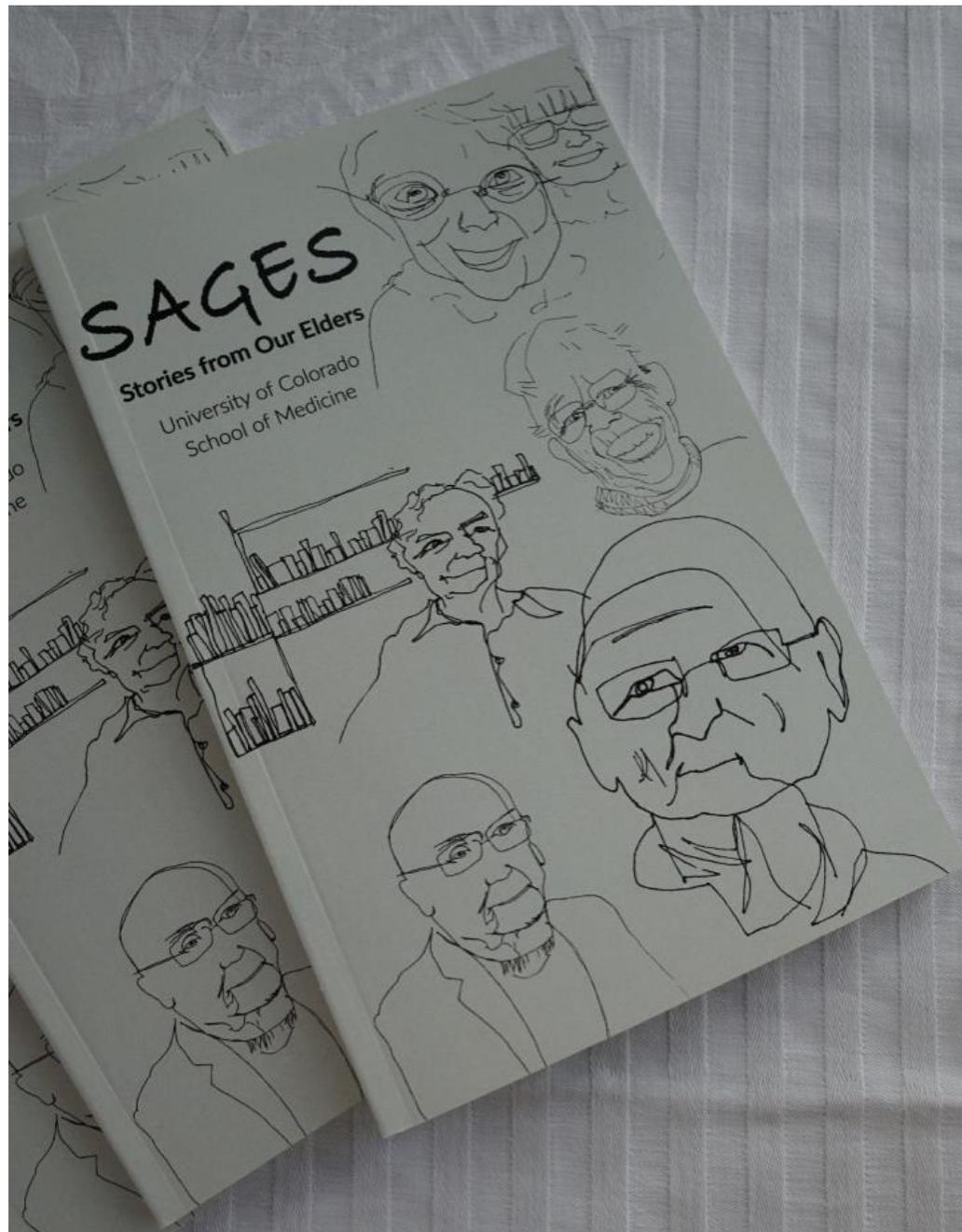


Sages: Stories from our Elders



Beginning in 2018, the Geriatric Interest Group and the Gold Humanism Honor Society (GHHS) teamed up to meet with older adults to collect stories about their lives. Medical students from within and outside of the GHHS chapter interviewed patients from the University of Colorado Hospital Seniors Clinic. The patients often picked a story or lesson from their past or shared a general overview of their life. The students took notes and created narratives from their stories. Some of the patients illustrated their stories with newspaper clippings or treasured family photographs. The team compiled these stories into a book; on April 24, 2019 the patients and their student storytellers were honored at a campus reception, where the book was distributed.

This student-led project enabled us to appreciate and celebrate the wisdom and lifetime of contributions that our geriatric patients have made to our communities. We also appreciate the contribution they have made to our learning and growth as medical students. From this project, all of the students gained a deeper sense of respect and appreciation for older adults and the importance of geriatric care that includes careful listening and sharing stories. We will expand this project next year to include our other clinics and the state Veterans Home.





Sages



Sages



Sages





Sages





Sages

