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# DMS DIGEST

DARTMOUTH MEDICAL SCHOOL

July/August 2001

## Celebration and Ceremony

Smiling faces under a glorious blue sky marked Dartmouth Medical School's 2001 class day festivities (June 9) that honored newly minted physicians and researchers embarking on the next stage of their professions.

Opening the ceremonies, Dean John C. Baldwin, MD, congratulated students and their guests. Using a cardiac analogy, he said the student body are the blood, passing through the lungs and being oxygenated, then passing out through the aorta. While DMS is sorry to lose so many people each year, "this is, after all, a living organism," he continued, with a life cycle. At its heart are the faculty, "one of the more permanent aspects of our institution," who deserve our profound gratitude.

Expanding on the heart theme, bestselling author and mind/body health pioneer, Rachel Naomi Remen, MD, addressed, "Living a Life of Service." What she discovered only after medical school, she told the audience, was, "it is possible to be a physician and live from the heart." She discussed the power and humanity that come from the heart. "The heart is the organ of vision—a way of seeing," that enhances meaning. And meaning, she continued, "has the power to transform our experience of work."

Reaching into her experience, she recalled how she learned to open her heart and mind to see familiar things in new ways. She came to see that "fixing and helping people offers satisfaction," while

"service offers gratitude for the opportunity to do this work that lasts a lifetime." The potential for a meaningful life and enduring satisfaction exists. "May your work enable

Dean John C. Baldwin, MD (right) with keynote speaker and bestselling author and mind/body health pioneer Rachel Naomi Remen, MD

DMS Graduates at the 2001 Class Day Ceremonies (below)



photography by John Douglas/Flying Squirrel



you to grow in wisdom."

Also speaking were medical student Rachel Solotaroff and MD/PhD student Adam Lee Hersh, recipient of a doctorate in evaluative clinical sciences. Solotaroff took a lighthearted, yet serious look at the "essence of doctorness" and the evolution of her classmates at DMS into physicians. Hersh, who is now a third year medical student, noted that it was a good time to be in medicine and science and at DMS. One of the "great scientific lessons" his mentors have imparted is, "We must be willing to

abandon our assumptions... and let go of the lessons... learned when the data from good studies

tell us something different."

Students, headed by class marshals Pamela Kunz, John Mengshol and Jeanette Conner, marched to the strains of bagpipes played by DMS alumni

James Feeney and Travis Metheny. The academic procession followed, led by Baldwin and Remen and faculty marshal Harold Friedman, MD, associate professor of medicine, who is retiring.

The celebration recognized 132 DMS students who were among the 1,571 awarded degrees at Dartmouth College's commencement ceremonies (June 10): 64 received an MD, 20 received a PhD in the life sciences, and 48 received degrees in the evaluative clinical sciences, three a PhD, and 45 a masters.

The new Dartmouth Medical School physicians will continue their training in generalist and specialty areas across the nation; 20 will remain in New England, including four at Dartmouth-Hitchcock Medical Center. Graduate students will take their place in academia or in private and public sector positions around the country.

### 2001 DARTMOUTH MEDICAL SCHOOL AWARDS

#### STUDENT AWARDS

- Department of Anesthesiology Outstanding Graduating Student Award* . . . . . Jennifer Greenhow Keller
- Saul Blatman Award for Excellence in Maternal and Child Health* . . . . . Lara Christine Hanlon
- Dartmouth-Mosenthal Surgical Society* . . . . . Veronica Ann Arteaga, Tawnya Lynn Bowles, Melissa Anne Meyers, Darin James Saltzman, Robert Louis Weinsheimer
- Dean's Medal* . . . . . Gillian Greta Salton
- French Distinguished Student Award in Pathology* . . . . . Kevin Gerard Donohue
- Janet M. Glasgow Achievement Citations* . . . . . Rachel Faye Gerson, Christine Brown Irish, Melissa Anne Meyers, Cheryl Kathleen Seymour
- Janet M. Glasgow Memorial Award* . . . . . Gillian Greta Salton
- Good Physician Award* . . . . . Judy Rebecca Richardson
- Healthcare Foundation of New Jersey Humanism in Medicine Award* . . . . . Jennifer Greenhow Keller
- Julian and Melba Jarrett Memorial Prize* . . . . . Heidi Hallonquist
- Frederic P. Lord Award in Anatomy* . . . . . Eric Douglas Whiting
- Merck Manual Awards* . . . . . Pamela Lyn Kunz, Stephen Kayode Williams
- Department of Medicine Award* . . . . . Julie Allison McGraw Taub
- Arthur Naitove Surgical Scholar Award* . . . . . Melissa Anne Meyers
- New England Pediatric Society Award* . . . . . Sholeen T. Nett
- Department of Psychiatry Award for Excellence in Clinical Psychiatry* . . . . . Benjamin R. Nordstrom
- John F. Radebaugh Community Service Awards* . . . . . Judy Rebecca Richardson, Cheryl Kathleen Seymour
- Department of Diagnostic Radiology Award for Excellence in Radiology* . . . . . Daniel N. Sommers
- Rural Health Scholar Awards* . . . . . Matthew Swain Therrien Duncan, Christine Brown Irish, Judy Rebecca Richardson, Cheryl Kathleen Seymour, Rachel Solotaroff
- Hilda Weyl Sokol Award* . . . . . Laura Therrien Duncan
- John W. Strohbahn Medal for Excellence in Biomedical Research* . . . . . Aaron M. Domina, Department of Pharmacology and Toxicology
- Rolf C. Syvertsen Fellow:* . . . . . Gillian Greta Salton
- John and Sophia Zaslow Prize* . . . . . Mirna Jusufbegovic
- Douglas P. Zipes, MD Research Prize in Medicine* . . . . . Nina Rachel Lightdale

#### FACULTY AWARDS

- Thomas P. Almy Housestaff Teaching Award* . . . . . Lisa Leinau, MD
- Basic Science Teaching Award* . . . . . James Bell, MD
- Clinical Science Teaching Award* . . . . . Joshua Lee, MD
- Healthcare Foundation of New Jersey Humanism in Medicine Award* . . . . . William E. Boyle, MD



Clockwise from top: medical student speaker Rachel Solotaroff; Stephen Williams and guests; Strohbahn Medal winner graduate student Aaron Domina; medical student class marshal Pamela Kunz; Richard Nordgren, MD, Mimi Kim and Jennifer Keller share a joyous moment; and Nancy Speck, PhD, hoods PhD/MS graduate Yen-Yee Tang

# Schweitzer Fellows Foster Humanitarian Legacy

“If I am a thinking being, I must regard life other than my own with equal reverence, for I shall know that it longs for fullness and development as deeply as I do myself,” wrote Albert Schweitzer in 1936. A committed humanitarian, Schweitzer dedicated much of his life to the hospital at Lambaréné, in the former French Congo of Africa. Seventy years later, his commitment to service lives in the Schweitzer Fellowship Program that selects exemplary medical students to serve unmet health needs of their communities. The program incorporates four of Schweitzer’s missions: tapping into idealism, inclusiveness, supporting existing organizations, and recognizing the importance of rewarding service. Schweitzer Fellows are selected from a competitive applicant pool, and must perform at least 200 hours of community service.

For 2000-01, the New Hampshire/Vermont Program chose six DMS students to perpetuate the life’s work of Albert Schweitzer in the Upper Valley: Ted Sears ’04, Gerri Mournian ’04, Stan Weinberger ’04, Amanjit Dhatt ’04, Catherine Lenkoski ’04, and Shannon Lucas ’04.

The Schweitzer Fellowship provides a forum to get out of the classroom and become intimately involved with the community, according to Ted Sears who will work to reduce firearm violence and decrease gun-related injuries and deaths in New Hampshire through education. “The biggest issue in New Hampshire and northern New England is gun suicides,” he says. “I’m really interested in finding ways to educate those who have contact with people at high risk for self-inflicted firearm injury, and making them aware of the connections between guns and suicide.” He cites New Hampshire Department of Health and Human Services findings that between 1992 and 1996 more state residents were

killed by guns than by motor vehicle accidents and of the 464 deaths, 85 percent were suicides. “I think that it is possible and desirable to make small day-to-day changes in the ways that we use and store our weapons that will greatly decrease the numbers of injuries and deaths in our state,” says Sears.

Gerri Mournian will focus on food. Working with different local agencies, she will author a cookbook of low-cost, nutritionally balanced recipes for disadvantaged individuals and families. Having worked with emotionally disturbed children and teens in San Diego, Mournian saw firsthand the correlation between poverty and poor nutrition. “I saw so much hunger and so many kids who missed school due to simple illness exacerbated by poor nutrition or poor knowledge about nutrition,” she recalls. “I began to construct a ‘someday’ vision of my own community health clinic with an education room for cooking classes.” She saw an outlet for her nutrition program in New Hampshire. “I suddenly realized that there was no reason for me to wait until I became a doctor to start the community education component of my dream. It was as if the lights went on in my mind!” Those lights have led her to collaborate with the Lebanon Housing Authority in gathering favorite recipes of local community members. Although Mournian has yet to create any new recipes, she is working hard to combine both the needs and wants of the community. “It is better to get as much input from those who will actually use the cookbook in contrast to solely my own ideas and

preferences,” she says.

Stan Weinberger plans to design a total health resource guide for low-income residents. The guide will focus on increasing basic care as well as health information, and will be developed in conjunction with the Good Neighbor Health Clinic. “I had done some similar work in Colorado and I realized that there was very little information out there, especially directed to patients, particularly low-income ones, about the various resources,” he says. Hoping to reach a wide portion of the Upper Valley, Weinberger concedes that his project will work best if sufficiently used and complemented by a constructive website.

Amanjit Dhatt will design and conduct workshops on diabetes prevention. A native of California, she began to work with diabetic patients at the University of California, Davis. Dhatt believes that the prevalence of diabetes as well as its serious repercussions requires an abundance of information, particularly for low-income residents. “My goal is to establish workshops aimed at teaching the diabetic patients, their families, and others with increased risk of developing this disease about how to prevent and/or better manage this condition,” she says. Dhatt is working in conjunction with the Good Neighbor Health Clinic, where she hopes to empower patients and their families in making sound medical and lifestyle choices.

Committed to women’s health, Catherine Lenkoski is carrying the torch of previous Schweitzer fellow Angela Sanchez ’03, helping the pregnant women of Hannah House. She works

as a DOULA, a labor support person who assists a pregnant mother and her family with the birthing process. “The DOULA makes the birthing experience as positive as possible for the family,” says Lenoski, who became interested in working with pregnant women last year when she volunteered at a birth center in south Texas helping low-income Mexican women. With aspirations of becoming a family practitioner of women’s health and obstetrics, Lenkoski recognizes the importance of continuing the work of previous Schweitzer Fellows. “It was a main impetus in applying for the fellowship. It is also great to do volunteer work with the support of a great organization behind you.”

Shannon Lucas will help Latina women access health care in Manchester. As a health educator for the community outreach Women-to-Women Program (part of the New Hampshire Minority Health Coalition), Lucas will teach Latina women about health care issues and the US health care system. “I worked with many individuals and families from Mexico and Central America who left their countries of origin because of civil wars, or extreme poverty,” she says. “I was so impressed by their desire to seek a better life for themselves and their families.” Lucas made a life-changing decision to pursue her childhood dream of becoming a doctor. She returned to college to complete her pre-med coursework, was a Spanish-English translator, traveled to Mexico with The Flying Doctors and worked on a research project at San Francisco General Hospital assessing health concerns of Latina mothers. The NH outreach service typically involves health education meetings and discussions about topics such as HIV, birth control, and controlling diabetes.

*Sara Connolly, Dartmouth College ’01, DMS Communications Intern*



Amanjit Dhatt



Catherine Lenkoski



Shannon Lucas



Geraldine Mournian



Edmund Sears



Stanley Weinberger

## DMS Collaborates with Johnson & Johnson

A pioneering Dartmouth Medical School program that helps people with mental illness find work in New Hampshire will be piloted nationally with a grant from Johnson & Johnson.

The medical school’s New Hampshire-Dartmouth Psychiatric Research Center (PRC) has been awarded a seed grant of \$200,000 to develop a national pilot program based upon the successful collaboration between Dartmouth and the state of New Hampshire that has helped people with mental illness find jobs and resume functional lives.

The one-year planning grant will support the Johnson & Johnson-Dartmouth Partnership for Mental Wellness, a signature initiative that advances the Johnson & Johnson commitment to healthy communities.

Over the past decade, the Dartmouth employment program, led by Robert Drake, MD, PhD, professor of psychiatry and director of the New Hampshire-PRC, and Deborah Becker, MEd, have helped propel the state into a national leader for helping people with mental illness reenter the workforce. About 40 percent of people with severe mental illness in New Hampshire are employed compared to 10 percent across the country, according to Drake.

“Most people with mental illness are interested in returning to work,” Drake said. “However, we thought that many programs to help prepare those with mental illness for work had been ineffective. So, we turned the standard on its head.”

Instead of training and then placing people, Drake and Becker placed, then trained. Through Becker’s guidance, they helped people find jobs rapidly and provided job support. Studies in the New Hampshire mental health services system demonstrated that such supported employment service is more suc-

cessful in helping those with severe mental illness return to work than other job training programs.

“We are very excited about our collaboration with the Psychiatric Research Center. This planning grant will implement a science-to-practice program for a national unmet need—vocational services for persons with severe mental illness,” said Rick Martinez, MD, a spokesman for Johnson & Johnson. “We selected Dartmouth as a partner because of the PRC’s successful research in this arena.”

Dartmouth will help devise a national exemplar program. The demonstration project will develop training materials and evaluations in three different settings: rural Vermont, an inner city area of Hartford, Connecticut, and a rural community in South Carolina. Now, across the country, fewer than five percent of clients have access to supported services, noted Drake.

The New Hampshire program focuses on individualized job searches. The core is finding a job that fits for each individual and is competitive in the community. It may start just a few hours a week and move up as appropriate, integrating rehabilitation and vocational training in the process.

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