

Perspectives



FROM THE OFFICE OF FACULTY DEVELOPMENT

Children's Hospital Boston

Perspectives on the Children's Hospital Community Health Mission

"Within Children's Hospital, we need to impart an understanding of community health as integral to what we all do everyday, whether it's research, teaching, or clinical care," according to Shari Nethersole, MD, Children's Hospital Medical Director for Community Health.

Community health is central to all these missions. Research should include community health issues, and clinical research studies should include ethnic and racial minorities so that we investigate why there are disparities in health outcomes. As part of medical education, faculty should teach students, residents, and fellows about the network of resources available for addressing health issues, as well as communicate and demonstrate the connection among all missions.

"It is extremely important that as we see children in the hospital, we have a better understanding of and connection to what happens when they walk out of our doors." Dr. Nethersole

Community health needs go far beyond what can be provided in a 20-minute office visit with children. With asthma, obesity, and mental health concerns, the "needs" list includes medications and education, environmental intervention and assessment, nutritional and fitness counseling, behavioral and developmental assessment, and this list continues.

(article continued on p. 2)

Director's Perspectives . . .

S. Jean Emans, MD

Dear Colleagues: Happy holidays. This issue is dedicated to honoring community service and the faculty at Children's who are devoted to its pursuit. To validate the importance of the community service mission, HMS is taking a close look at how community service fulfills the criteria for academic promotions.

In 2005, look for new programming by OFD in medical education and grant development (p 3). And please check Dr. Mary Clark's 2005 schedule for appointments with faculty (p 2). Dr. Clark will also be visiting Chiefs and meeting with small groups. Make a resolution think about your career advancement or to mentor a junior faculty member.

Jean

Harvard Medical School Dean's Community Service Awards

Two Children's Hospital Physicians Honored

The Dean's Community Service Award was established in 1999 to recognize individuals who have made outstanding efforts to serve the local, national, or international community. Faculty, staff, trainees and students are eligible for the Award, and recipients are chosen from each category. Through partnering with community programs and the establishment of relationships across disciplines and institutions, the goal is to increase exposure to issues of population-based health care, particularly issues impacting underserved communities. In addition to recognizing Award recipients at a special service awards ceremony celebration, Harvard Medical School donates \$1,000 to the community service program represented by each of the awardees.



Dr. Frederic Mandell and Dr. Suzette Oyeku

Suzette Oyeku, MD, MPH

Harvard Pediatric Health Services Research Fellow in Pediatrics, Children's Hospital Boston

Dr. Oyeku was honored for her work with the Community Sickle Cell Support Group for whom she created and wrote a curriculum to educate the community about sickle cell disease conducted by lay teachers, developed peer-to-peer counseling for people with sickle cell disease, and was instrumental in receiving funding for the training program. The Community Sickle Cell Support Group is a nonprofit organization providing comprehensive support services to patients and families affected by sickle cell disease in Greater Boston. The Group also provides educational outreach to increase awareness about sickle cell disease and trait in Greater Boston.

Lifetime Achievement

Frederic Mandell, MD

Associate Clinical Professor of Pediatrics, HMS

Dr. Mandell was honored for his life-long dedication locally, nationally and internationally in Sudden Infant Death. In addition to his ground-breaking work developing a national organization, he spent time on Native American communities collaborating with the Medicine Man on why their children "don't grow to be tall trees." The Sudden Infant Death Syndrome Outreach Foundation, along with the Massachusetts Chapter of SIDS, is part of a national organization to support, inform, and counsel families of SIDS victims and all those (medical providers, police, counselors) who may come in contact with these families.

Perspectives on Community Health Mission

(continued from p. 1)

In support of its community health mission, Children's has adopted a multifaceted approach. Children's provides a significant amount of free care and is the largest provider of primary care in Boston. Children's owns and operates the Martha Eliot Health Center, providing services to a largely Latino population, and has given financial and in-kind support to other health centers. These centers supply comprehensive adult and pediatric health care services, outreach, and case management for many city residents, including some of the most vulnerable. Children's has also been a longtime advocate for all of Massachusetts' children, particularly in health insurance coverage.

More directly, through the Office of Child Advocacy, the Hospital has developed and supported many city-wide programs, providing direct care, education, and preventive services. Some examples:

Asthma:

Children's has partnered with the Boston Public Health Commission to develop physical activity and education programs to train staff, children, and parents about asthma management, and has supported community agencies that provide home visits and environmental assessments for families with asthma. Over the last 3 years Children's has supported and staffed a one-week asthma summer day camp. Nurses Beth Klements and Amy Burack contribute many hours each week to delivering asthma education to parents, community groups and health care providers throughout the city.

Mental Health:

The Children's Hospital Neighborhood Partnerships was established by Dr. Caroline Watts to provide mental health screening, education, and individual and group counseling. An important component of the program is that it builds capacity to handle children's mental health and behavior concerns by

training school staff to better recognize and address common behavioral concerns. Currently in ten Boston schools, this Partnership also provides child psychiatry services in two community health centers and consultation for children of all ages and their families. This latter program will soon expand to four centers.

Education:

ASK (Advocating Success for Kids), directed by Alison Schonwald, MD, provides psychological and educational services for children who are having school difficulty and dysfunction. Developmental pediatricians from Children's operate this program at three community health centers and in CHPCC (Children's Hospital Primary Care Center).

Obesity:

Optimal Weight for Life (OWL), a program created by Dr. David Ludwig, has shown success in managing

overweight children with a low glycemic index diet. This model will soon be expanded into the Martha Eliot Health Center. Within CHPCC, Dr. Elsie Taveras started the One Step Ahead Program, a weight control and fitness program targeting overweight children.

According to Dr. Nethersole, despite these ambitious undertakings, there are still significant gaps in the care and services that children and families can access. She advocates that Children's continue to provide resources to help community-based organizations and health centers deliver needed services. Children's should also develop new approaches, including broader use of partnerships, better coordination of community resources, and a more holistic approach to patient care rather than focusing only on disease specific programs.

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As a major pediatric referral center, Children's Hospital Boston's mission is to provide the highest quality health care. It is also the Hospital's mission to enhance the health and wellbeing of the children and families in our local community.



Dr. Caroline Watts, Children's Hospital Neighborhood Partnerships

2005 Mary Clark Schedule for Faculty Appointments

As reported in *Faculty News*, Mary Clark, PhD, formerly HMS Associate Dean for Faculty Affairs, has retired from her Harvard Medical School position after many years of dedicated service. Dr. Mandell and The Office of Faculty Development have arranged for Dr. Clark to continue to meet with Children's faculty on the second Thursday of every month about HMS promotion criteria and CV development. Please check the schedule below:

Location/Times: Children's Hospital Library, Career and Faculty Development Center, 8:30, 9:15, 10, 10:45, 11:30, 12:15

Dates: February 10, March 10, April 14, May 12

A limited number of appointments will also be available on Wednesdays and Fridays. Please watch your email for more information. Email ofd@childrens.harvard.edu with your preferences

Faculty and Career Development Center -- New Book Alert!

Both clinicians and scientists can benefit from perusing Rosabeth Moss Kanter's *Confidence: How Winning Streaks and Losing Streaks Begin & End* (Random House, 2004). Moss Kanter applies principles of positive thinking, represented by successful sports organizations, such as the University of Connecticut's women's basketball team, to life and career planning. To Kanter, "the fundamental task of leaders is to develop confidence in advance of victory, in order to attract the investments that make victory possible – money, talent, support, loyalty, attention, effort, or people's best thinking" (p.19). She also examines how the discount retail store Target usurped its competition by creating an upbeat shopping experience.

Community Service: HMS Promotions Criteria

Joan Reede, MD, HMS Dean of Diversity and Community Partnership, is chairing a new HMS Task Force, planning to clarify the HMS promotions criteria for Community Service. The Task Force is a subcommittee of the Women in Academic Medicine Leadership Committee. The HMS Clinician Teacher criteria for promotions include "major commitment" (assistant professor) and "record of excellence and significant time commitment" (associate professor) to academic community service. As noted by Dr. Nethersole (see article on page 1), the community health mission is integral to medical education, clinical care, and research. This mission applies to both Children's Hospital and HMS. The new committee will investigate whether to recommend that faculty members who have devoted their professional careers to major community programs and teaching activities receive credit toward career advancement. Validating the community service mission promotes activities that create new and expand existing partnerships and collaborations to improve the health of the community. It also facilitates opportunities for community-oriented, culturally appropriate training for current and future health professionals.

Ebert Community Service Day

David Urion, MD, HMS Faculty Director of the Division of Service Learning and Associate Professor of Neurology, was a featured presenter at the annual HMS Ebert Community Service Day. He spoke about *Politics, Spirituality, and Medicine: Icons of the Physician in the Community*.

This annual day-long event celebrates the medical and dental students and faculty, who volunteer their time at medical and public health sites such as community health centers, schools, and multi-service agencies. The Division of Service Learning enables students to apply skills from the traditional curriculum to practical settings by incorporating service experiences into the coursework. Since academic rigor — through reflection, discussion, and pedagogical examination — is paramount, it is likewise important to provide support for faculty members seeking to expand the experience of student volunteers at their sites. Service learning experiences are developed in collaboration with the community and are designed to encourage students' empathy and understanding while fostering accountability of the parent institution to the community.

Harvard Medical School**Culturally Competent Care Education Committee (CCCEC)**
Cross-Cultural Education Primer

Recently, the CCCEC distributed copies of a *Primer on Cross-Cultural Education*,* designed to provide guidance on incorporating multicultural considerations in one's practice and teaching. The Primer includes, among other key components of cross-cultural care, a Cross-Cultural "Review of Systems," a four-step approach that should be adopted when caring for all patients, but in particular those from a different social or cultural background than the care-giver. These steps should be considered as a "Review of Systems" focused on issues that if not tended to may lead to poor health outcomes.

- Step One: Identify the Core Cross-Cultural Issues
- Step Two: Explore the Meaning of the Illness
- Step Three: Determine the Social Context
- Step Four: Negotiate

The four steps include important questions that caregivers should ask themselves and patients to gather the necessary information and perspective to achieve the best possible outcome.

Chaired by Augustus White, III, MD, PhD, the CCCEC aims to foster the development of faculty and curricula that prepare students with the knowledge, skills, and attitudes to provide quality care for every patient and eliminate health disparities. The following Children's faculty serve on this committee: Carmon Davis, MD; Janet Hafler Palmer, EdD; and Roxana Llerana-Quinn, PhD. If you have not received this Primer, please contact ofd@childrens.harvard.edu or call Monica Weaver at HMS 617-432-0553.

*The framework of the primer was adapted from Carrillo JE, Green AR, Betancourt, JR. Cross-cultural primary care: a patient-based approach. *Ann Intern Med* 1999;130:829-834.

Upcoming OFD Workshops

12:00 Noon – 1:00 PM Gamble room, lunch provided

RSVP to ofd@childrens.harvard.edu

Getting Funded through the K Series (other awards may be included)

- **January 4, Clinical Research**
Presented by Kenneth McIntosh, MD
Cosponsored by the Office of Fellowship Training
- **February 15, Basic Research**
Presented by Jordan Kreidberg, MD, PhD
Cosponsored by the Office of Fellowship Training

Medical Education Workshops

Presented by Elizabeth Rider, MD, MSW

- **March 15, Communication Skills**
This interactive workshop will focus on communications assessment, using pediatric film clips and small group discussions. Adopting a new *HMS Communications Skills Form*, participants will rate and discuss the physician interaction in the clips. Dr. Rider is a member of the Bayer-Fetzer Group on Physician Patients Communication in Medical Education, that developed the tool.
- **April 19, Reflective Feedback**
This interactive session is designed to highlight the importance of reflective practice in teaching and learning, when giving feedback to fellows and residents. After viewing a series of physician/ patient video interactions, participants will be exposed to the concept of reflection when giving feedback by using carefully constructed questions designed to motivate and support changes in behavior.

Time Out with . . .

Lydia-“Not-the-Famous-Chef”-Shrier

Boston Bites – Anam Cara

The winter holidays are upon us and with them, good cheer, family gatherings, and dining out. But where to go with the wee ones? Anam Cara (1648 Beacon St., Brookline, 617-277-2880) offers a great alternative to the traditional (translate, full of screaming kids, weary parents, and uninteresting food) family restaurant. An Irish pub whose convivial social scene and large selection of imported and American craft beers attracts city professionals and locals alike, Anam Cara also welcomes families with children of all ages. The pew seating along the streetfront picture windows offers great entertainment for children who love to watch the people and trains go by. Highchairs – yes, changing table in the bathroom – no (another plus of the pew seating!). The fireplace (with romantic seating *pour deux*), dark wood furniture, and dim lighting from gothic fixtures add to the warm ambience of the room. The lengthy menu offers a varied selection of salads (\$7-10.50), sandwiches and burgers (\$7-9), small plates (\$8-15), and hearty entrees (\$10-20), plus daily specials. Not your mediocre pub fare, the bistro-style food is really great. I am faithful to the full rack of baby back ribs, slathered in a fantastic barbecue sauce and served with a cumin-spiced slaw. The side of red bliss mashed potatoes is a must with this dish. Kids (and adults!) love the juicy burgers and crisp fries, as well as the unbelievably rich and creamy mac and cheese. There are plenty of vegetarian and seafood offerings (the small plate of grilled sea scallops in orange ginger vinaigrette on a bed of greens is yummy). Portions are generous. Service can be a little slow, but not outrageously so. Come early, it’s “seat yourself” and the place fills up fast. Tues.-Sun. 5 p.m.-11 p.m., brunch Sat.-Sun. 11:30 a.m.-3 p.m., and live music several nights a week. Avoid the hassle of parking on Beacon St. and take the Green “C” line to Washington Square. For a casual dining experience that appeals to both adults and children and does not sacrifice the food and drink in the process, go Gaelic!

Rx Leisurely Learning

by Jill Dobriner

While outdoor strolls were a popular activity in the 18th and 19th centuries, perceived as a means for both meditation and social life, unfortunately the current trend in powerwalking has nearly replaced the ramble with the gym. However, the Boston area provides opportunities to re-visit this old-fashioned custom with ample ambulatory venues for taking your time to gather your thoughts, converse with friends or family members, and sharpen your observation skills by taking in different scenery. Listed below are some popular destinations for a backwards stroll, even in the midst of winter.

Boston’s Southwest Corridor Park: Residents from the South End to Forest Hills can follow a trail connecting walking paths, greenspaces, and playgrounds and change terrain as often as they wish.

Brookline and Jamaica Plain’s Jamaica Pond: Well-known and well-travelled, the Pond has a 1.5 waterway path for meditative and athletic purposes.

Cambridge’s Huron Avenue – Fresh Pond: Very family-oriented, with children’s stores and informal eateries with plenty of hot chocolate, Huron Avenue also has shortcuts to the paths around the sparkling Fresh Pond reservoir.

Concord’s Monument Street: A walk west from Concord Center journeys to the Old Manse, a restored historic house inhabited by Hawthorne from 1842-45 and where he composed many of his early short stories, the remnants of a vegetable garden planted by Henry David Thoreau, and the Old North Bridge on the edge of the Minuteman National Historic Park. For those more involved with natural beauty, the Park’s woods are the walk’s prime reward.

*Note: see **Off the Beaten Path**, by Patricia Harris and David Lyon (Globe Pequot Press), for directions and information concerning metro Boston parks.*

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is a publication of the
Office of Faculty Development
at Children’s Hospital Boston
300 Longwood Ave LO 637
355-2922/2923
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Children’s Hospital Boston

Non-Profit
Organization
U.S. Postage PAID
Cambridge, MA
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