

Shifting Dullness

Medical Student Voice

November 1987

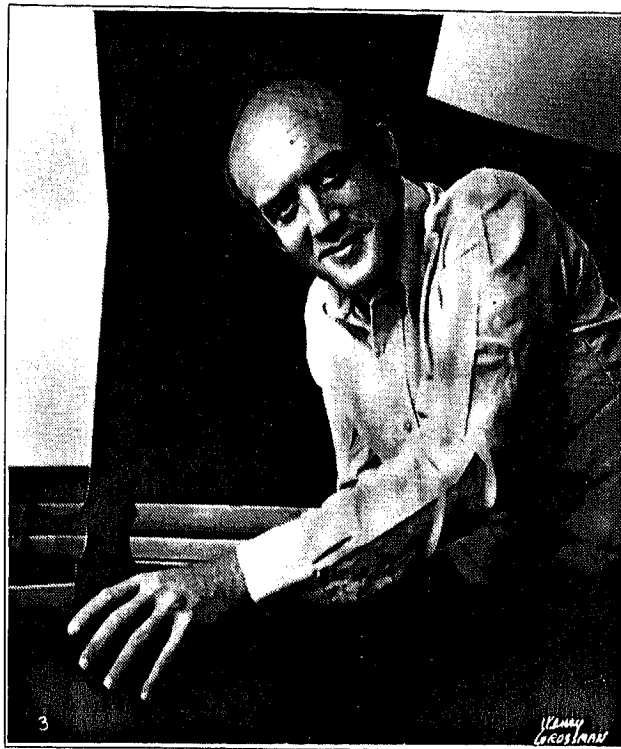
Aid for Impaired Medical Students

Mike Armstrong

Bill Obremsky, MS4, has proposed that Duke establish an Aid for the Impaired Medical Student (AIMS) program, similar to the one established at the University of Tennessee. This program would offer peer and professional counseling for medical students undergoing periods of undue stress, psychiatric illness, or substance abuse. The council might consist of six to eight professional advisors, as well as two elected students from each class.

In order to preserve strict confidentiality, students will be discussed by case number alone so that only the one or two peer counselors and a single faculty member will know each student's identity. The council may then recommend referral to a private therapist as needed. Dr. Andrew Puckett has expressed great interest in the program, as have Drs. Roy Mathews and John Jordon. Each has extensive experience in helping people with substance abuse and/or stress disorders.

Any student interested in helping to plan this organization is invited to contact Bill Obremsky, or to attend the Davison Council Meetings on November 2 and 16.



Lorin Hollander

Hollander discusses the role of the arts

Wendy Zaroff

Lorin Hollander, renowned pianist, philosopher, and teacher, will visit Duke from Nov. 2-6 as the first Nancy Hanks artist in residence, sponsored by the Duke Institute of the Arts.

The artist in residence program will feature conferences on musical education, career development, and the process of creating. On Nov. 6, Hollander and the Duke symphony Orchestra will perform the *Piano Concerto No. 5 in F Major* by Camille Saint-Saens at 8:15 pm in Baldwin Auditorium. Of special

interest to the medical community, a panel discussion will be held on Nov. 5 at 3:30 pm in the Searle Center to address interaction between the arts and medicine, including the benefits that medical research can offer the performing arts and the physiological and psychological aspects of performance. Call 684-6654 for information about other Institute of the Arts events.

SECOND OPINIONS

Medical Ethics

Stefano Cazzaniga

Medical ethics is a topic which in recent times has gained prominence not only at Duke but all over the medical world. Consequently, questions with no easily available answers are being raised. I hope to be able to offer some relevant reflections, while realizing that I have yet to be exposed to the whole spectrum of medicine, and thus lack the experience which professionals in the field have likely acquired.

The main questions about medical ethics include two broad aspects: the responsibilities of physicians when their personal convictions come into conflict with a widely recognized code of behavior, or with the demands of patients.

Ethics by its definition implies general acceptance and adherence; according to Webster's, ethics is "the system or code of morals of a particular philosopher, religion, group, profession, etc." The necessity of having a set of medical ethics is evidenced by the very nature of medicine: physicians have accepted the power and responsibility of caring for those in physical and/or emotional need, in many instances being entrusted with the life of a human being. The first and foremost principle, adopted long ago, is that the goal of medicine is primarily the well-being of people, and not to further any ends the physician might have. Ethics are also meant to safeguard the essential relationship of caring and trust between doctor and patient.

This does not mean that physicians act merely as unthinking accessories to regulations laid down by unknown entities. Rather, it implies that they must have a clear understanding not only of the set of ethics themselves, but also of the meaning and purpose behind them. In a sense, physicians individually accept ethics as part of themselves, as part of their own morals, and do not see them as an external imposition upon their personal values.

The problems that are posed by ethics are many. To begin with, 'teaching' ethics is an important but relatively small step, for ethics have to become individually integrated. Secondly, the paradox arises that

ethics in the medical profession demand conformity, and yet any change for the better in ethical conduct frequently involves breaking away, often with severe repercussions from the rest of the establishment. Thirdly, when this becomes a common occurrence, ethics may appear relative, merely reflecting the opinion of the majority at any given time, while any change should be to make them truer to their ideal of promoting the well-being of people. Finally, and perhaps most significantly, there can be dispute as to what defines 'the well-being of people,' and what constitutes acceptable actions on the part of physicians to achieve this. This is the most difficult problem, striking at the very core of ethics' foundation, and being at the center of such controversial matters as abortion and euthanasia.

I hope to be able to discuss some of these and other concerns in future columns, and I encourage any helpful responses and/or constructive criticisms which would better an understanding of ethics.

This just in: Perspectives on AIDS

AMSA is sponsoring a forum on the political, social, economic, and bioethical aspects of AIDS on Sunday, Nov. 15 from 12:30 to 3:30 pm in the Searle Center. Speakers include: Larry Morris, Senior Director of the Actuary and Underwriting Division at Blue Cross/Blue Shield of NC; Ralph Corey, MD, Director of Graduate Medical Education at DUMC; John Bartlett, MD, Director of the HIV Outpatient Clinic at Duke; David Jones, Lobbyist for the NC AIDS Service Coalition; and Stanley Lemon, MC, Director of the AIDS Clinic at UNC.

Jokus Medicus



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Shifting Dulness accepts letters of opinion from all members of the medical school community which encourage responsible dialogue.

Attending to Pain

Holly Lisanby

The first year clinical correlations provide exposure to doctor-patient interaction. Last month's sessions emphasized the value of seeing patients in the classroom in order to learn about the patient's experience of illness, including the subjective experience of pain and the impact of illness on the patient's lifestyle. The importance of attending to the individual patient's experience was underscored in a recent session when the speaker discussed a distinction between disease and illness. The physical elements of disease are demonstrated and defined by laboratory results; however illness is the patient's unique manifestation of symptoms. While taking the patient's history, the doctor has the challenging task of investigating the patient's complaint to fully explore the illness that the patient presents. Detailed descriptions of the location and type of pain are valuable to diagnosis. The accuracy of this information is limited not by technological instruments but by the quality of the communication between the doctor and patient — the same interaction we observe in the lecture room during our clinical correlation series.

NOW AVAILABLE!

Harrison's **PRINCIPLES OF INTERNAL MEDICINE, 11/e**
COMPANION HANDBOOK
HANDY POCKET SIZE



\$21.95

1988 ed. 864 pgs.

available at the

**MEDICAL CENTER
BOOKSTORE**

8:30 A.M. - 5 P.M.
SEELEY G. MUDD BUILDING

MONDAY - FRIDAY
684-2717

Growing Stronger

the editors

We have received renewed support from the Dean's office, giving us freedom to grow and better serve the medical school community. There are many opportunities to work on the newsletter at all levels, including editing, layout, and advertising. We accept letters of opinion, announcements, humor, creative writing, art, and personal reflections from students, faculty, and staff. The deadline for each monthly issue is the 15th (remember the ides). Submissions and suggestions are welcome in our box in the office of Florence Nash, assistant to the Dean. Classifieds will be available in the next issue for \$1.00 for 15 words, \$.10 for each additional word. Drop ads off in the box above with payment.

History of Childbirth

Holly Lisanby

Mary Toft gave birth to 16 rabbits and one tabby cat, or so several prominent English physicians of the early 18th century would have us believe. L. Lewis Wall retold the story of medical curiosity and fraud underlying these supposed preterm births in the most recent talk of the History of Childbirth series. The case of this seemingly unnaturally fertile woman serves as an interesting context in which to consider the influence of folklore and popular belief on the 18th century medical community, a group which was simultaneously building a scientific medical literature and applying technical advances, including the obstetrical forceps. Plan to attend the next two lectures in this series sponsored by the Josiah C. Trent Society for the History of Medicine. *All meetings are at 4 pm, History of Medicine Reading Room, Lower Level, Medical Center Library.*

Tuesday, Nov. 10

Professor Sally G. McMillen

Middle Tennessee State University

**"A Perilous Duty": Obstetrics and
Childbirth in the Old South**

Thursday, Feb. 25

Professor Judith Walzer Leavitt

University of Wisconsin

The Medicalization of Childbirth

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HAPPENINGS

Medical Alumni News

Wendy Zaroff

Medical Alumni weekend is coming up! Stop by the Medical Alumni Office (1140 Duke Hospital South) to pick up a brochure and register for the events of your choice. Of special note, the Davison Society/Medical Alumni Association libation will be held prior to the Duke-State Football Game, November 14, during the weekend. Festivities begin at 11:00 a.m. outside the gym. If you are available for bartending, contact Tom Brown. Sign up in the Alumni Office.

Holiday cards designed by Durham schoolchildren may be purchased from Barbara in the Alumni Office. All proceeds benefit the Duke Children's Medical and Surgical Center.

Enjoy an evening at the **Duke Children's Benefit Horse Show**, to be held at the Raleigh State Fairgrounds November 13 and 14. Admission is \$5.00.

Free housing for MSIV's on the interview track is available through the Association of Medical Colleges. A list of volunteers willing to host traveling Duke students is maintained in a folder above the new xerox machine in the Dean's hall.

Shifting Dullness wants you to

write, think, draw, design, integrate,
correlate, judge, explore, learn, ask,
argue, resolve, discover, provoke,
intrigue, invent, expose, share,
and most of all ...
communicate

... in that order.

contact Holly at 688-7347, box 2765 DUMC

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Social Calendar

- | | | |
|--------------|--|----------------|
| every Wed | •noon. Christian Medical Society meeting, room M406 Green Zone. | Su |
| Mon Nov 2 | •5:30 pm Davison Council mtg. in Dean's conference room. | |
| Wed Nov 4 | •7pm. Pre-Med Symposium on Medical School, Admissions, and Financial Aid with Dr. Lois Pounds, Dr. Debbie German, and Ms. Nell Andrews. Students are needed to answer questions. Volunteer at the Dean's office. | Mo
Tu
Fr |
| Fri Nov 6 | •Major Attractions/Special Events: Coca-Cola is sponsoring a benefit dance for the Olympics in the IM Building, \$5. | Sa |
| Thurs Nov 12 | •Medical Alumni weekend, through Nov 14. | Tu |
| Sat Nov 14 | •Second annual Medical Student / Medical Alumni Pre-Game Mixer.
•Galleries: Elaine Elman, East Campus Gallery, through Dec. 12. | W
W |

To: All medical students, spouses, friends, neighbors, and anyone interested in helping out a good cause.

*The Cause: The Children's Network Telethon
Purpose: To raise funds for the Children's Sections of Duke Hospital, and to provide entertainment for the patients, children of the community, and ourselves.*

The medical students' contribution to the Telethon is an outdoor fair with games, prizes, stage entertainment, food, and arts and crafts. Last year the fair got off to a great start under the direction of Bill Obremsky and Serena Chen. Well over \$2000 was raised and everyone involved had a great time. This year we hope that by starting early that we can make the fair even bigger and better than last year. The fair will be held June 4th and 5th but we will need help beginning now. If you are interested please call: Kathy Gest at 383-5160, or Mark Russell at 493-0698; or drop this form in box 2825 DUMC and we'll contact you.

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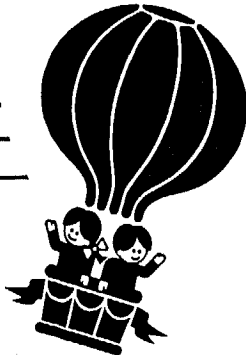


Davison Council Social Committee

- Sun Nov 15 •12:30-3:30 pm. *Perspectives on Aids* forum in Searle Center. Sponsored by the Duke and Chapel Hill AMSA.
- Mon Nov 16 •8:00 pm. Major Attractions: *Love and Rockets*, Page Auditorium, \$10.
- Tues Nov 17 •8:00 pm. Major Speakers: Jeremiah Rifkin, Page Auditorium.
- Fri Nov 20 •First Renewal of Systems — informal mixer for students and one or more clinical or research depts.
- Sat Nov 21 •Rock and Roll Revue — East End Health Center Benefit at MetroSport Health Club. \$2 in advance, \$3 at the door.
- Tues Dec 1 •5:00 pm. Special Events: Treelighting on Main Quad
- Wed Dec 2 •8:15 pm. Performing Arts: Steven Wright, Broadway at Duke series.
- Wed Dec 9 •8:00 p.m. Major Speakers: Zbigniew Brzezinski, Page Auditorium.

Yes, I want to help out with the Duke Children's Miracle Network Telethon!

Name: _____
 Phone: _____
 Box: _____



The
DUKE
 Children's Miracle Network Telethon

Undergraduate-Graduate Interaction

Rowena Dolor

The Interaction Committee of the Duke University Union is working to increase interaction between undergraduate and graduate students with two programs:

"A Student for a Day" program: Graduate and professional students are needed to allow an undergraduate to accompany them for one day. The program aims to give undergraduates an idea of what graduate or professional school in their field of interest is like.

Graduate workshops: Any graduate or professional student who has a special interest that they would like to teach can lead a workshop for undergraduates. All workshops will be scheduled to occur during one week of the semester, and will be advertised by the Interaction Committee to the Duke community.

Anyone interested in either of these programs should contact Kim Frost, Interaction chairperson, at 684-2911.

Student Leaders Met

Mike Armstrong

The Davison Council meets every other Monday evening at 5:30 p.m. in the Dean's conference room. All students are welcome to attend and let their voices be heard. The Davison Council met with representatives from many medical school student organizations on October 6. This was the first of several meetings, which will hopefully take place on a semi-monthly basis. The groups represented included AMSA, CMS, AOA, East End Health Center, *Shifting Dullness*, DSMLA and others. Discussion centered on the purpose and future plans of the organizations. The groups are encouraged to attend all future meetings.

Staff

Editor	Holly Lisanby
Associate Editors	Stefano Cazzaniga Wendy Zaroff
Happenings	Rowena Dolor Tom Brown
IM Sports	Eric Bachman Steve Gallup
Davison Council Minutes	Mike Armstrong
Jokus Medicus	Jim Karegeannes
Layout	Holly Lisanby

The Spirit of Caring

Community Involvement

Seth Zeidman

As medical students we rarely get a chance to be a part of the community around us. Medical school from the very first years separates us from the surrounding world. Our time commitments and the focused nature of our learning isolate us from everything non-medical. However, we are part of a community and the skills which we are acquiring in medical school are valuable and needed by the people around us. At least two opportunities currently exist for students to become actively involved and make a big difference.

The first is the East End Health Center, a non-profit clinic in East Durham which is run by medical students under the supervision of attendings from Medicine and Family Medicine. Students work about once every two weeks from 7 to 10 p.m. on Monday or Thursday nights. Students help the people of East Durham with a one-on-one approach and work with attendings to plan the management of patients in an atmosphere of learning and mutual respect. Medical students work directly with undergraduate pre-medical student volunteers and teach them aspects of clinical diagnosis. The attendings are dedicated to medical student education as well as to providing the best possible health care to patients.

The second opportunity is the North Carolina Student Rural Health Coalition (NCSRHC), an organization of medical and undergraduate students committed to providing basic primary health care to the rural areas of the state. NCSRHC is organizing monthly health clinics in coordination with community leaders in each of three separate rural communities. These clinics will be staffed by medical students and attendings from either Duke, ECU, or UNC.

Please contact Seth Zeidman or Eva Pressman at 383-1201; we will direct you to where you are needed the most.

Sometimes give your services for nothing, calling to mind a previous benefaction or present satisfaction. And if there be an opportunity of serving one who is a stranger in financial straits, give full assistance to all such. For where there is love of man, there is also love of the art.

Hippocrates, from Precepts



Medical Books for China

Jim Karegeannes

Medical Books for China is a non-profit corporation that collects medical teaching material for distribution to the medical schools and hospitals of the People's Republic of China. Dr. Philips of the University of California, Irvine, conceived of MBC following several teaching expeditions to the PRC. Many western medical textbooks were destroyed during the Cultural Revolution from 1966-1976, but with the normalization of relations with the US, physicians and students in the PRC were eager to learn modern medical practice.

Donations from physicians, medical libraries and professional organizations across the US since 1980 when MBC was organized have totaled 20 tons of materials valued at 30 million dollars. The materials are shipped to Tianjuan in Northern China. Distribution throughout China is overseen by the Tianjuan Medical School and China's Ministry of Health. All shipping and distribution costs are borne by the Chinese Government; all costs in the US are covered by private funds.

MBC offers an excellent opportunity for the Duke community to contribute to the foundation of a medical system that will supply care to 25% of the world's population. Materials needed include books no older than 1975 (MSIII - *AMA Drug Evaluation*, 5th ed, green), journal sets no older than 1980, audio-visual material no older than 1975, and all other video tapes, pathology slides and lab materials. All donations are tax deductible. Mail at book rate to: Medical Books for China, c/o Jordan Philips, MD, 13021 E. Florence Ave., Sante Fe Springs, CA 90670.

East End Health Center Benefit

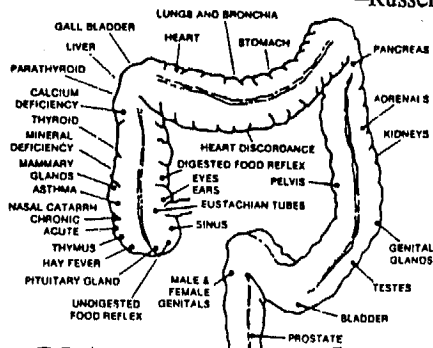
Rock and Roll Revue

On Nov. 21, the East End Health Center, in conjunction with the Davison Council and the Medical Alumni Affairs Office, is sponsoring a fund-raising party at Metrosport Health club. Metrosport has donated the facilities, and a variety of organizations, including the Davison Council, Chi Omega, Tri Delta, ATO, Sig Ep, and the Duke School of Health Administration, are providing refreshments. WXDU will chronicle the history of rock and roll from 1955 to the present. Tickets are \$2 in advance (available in front of Duke South & North cafeterias during Nov.), \$3 at the door.

MEDICAL MEANDERINGS

The phrenology of the colon was discovered in this unsolicited ad from the *Vital Foods, Inc. Catalogue*.

—Russell Nash



**Clean your colon
—and add more joy
to daily living.**

Many research scientists believe much of our illness and disease originates from an unclean colon

AOA Elections

Congratulations to the following students, housestaff, faculty, and alumni recently elected to the Duke Alpha Chapter of Alpha Omega Alpha Medical Honor Society.

Class of 1989

Edwin Pascal Alyea, III
Kyra Jo Becker
Alex Charles Cech
James Rene Herlong
Charles Michael Lecroy, Jr.
Alan Edward Mast
Steven Ronald Maxfield
Barry Sidney Myers
Clarence Hays Owen

Class of 1988

Marcy Behar Bolster
Joseph Patrick Cullen
Mia Wechsler Doron
Jim Chen-Tson Fang
Eva Karen Pressman
Diane Marie Simeone
Stephen Xavier Skapek
Gregory Alan Talbott
Mark Tedder

Housestaff

James Ervin Allen, M.D.—Obstetrics/Gynecology
Grace Marie Couchman, M.D.

—Obstetrics/Gynecology

Jerome Hahn Kim, M.D.—Medicine

Faculty

Robert Andrew Waugh, M.D.—Medicine

Alumni

Patrick Dan Kenan, M.D.—Surgery

George Staples Leight, Jr., M.D.—Surgery

PROFESSIONAL OPPORTUNITIES

The Dean's Office has detailed information concerning several award and fellowship competitions. Most deadlines fall in January 1988, so stop by soon. The available awards include:

Award for Innovations in Health

Submit a proposal describing an innovative approach to health promotion and disease prevention (\$3000 for first place).

Fight for Sight Scientific Awards Program

Submit an application for grants or summer fellowships in ophthalmic and vision research (\$1000 to \$10,000 range).

International Health Fellowship Program established by AMSA

Fourth-year students may submit an application for a fellowship in developing countries in Africa.

Alistair Kamody Essay Award, presented by the Society for Clinical Vascular Surgery

Submit an original paper for an award of \$1000 plus transportation and accommodations for the Society's meeting in Maui.

Stephen Wickes Prize in Medical History

Submit an original essay on a historical subject in the medical or allied fields. The deadline for this \$100 award is 3/1/88.

The AMA-MSS (Medical Student Section) is accepting applications for the medical student seat on the **AMA Board of Trustees**, for the term June '88 to July '89. Applications can be obtained from the MSS leadership at Duke, or by writing the Department of Medical Student Services, American Medical Association, 535 North Dearborn Street, Chicago IL, 60610. A curriculum vitae and statement of interest are also encouraged. Please contact the DMSS staff at (312) 645-4746 for more information.

Save your brochures, course catalogues, and information on state licensure, study away, and residency programs for the student lounge file cabinet. Contact the Davison Council to help organize the collection.

ACHILLES HEEL

Steve Gallup

Sports Editor's Note: *Coverage of the brutal but kinesthetically sophisticated volleyball action this month has been woefully inadequate due to a growing propensity on the part of our legion of reporters to study medicine, ignoring the demands of our reading public.*

Cadavaliers A have skyrocketed their win to win-by-forfeit ratio to 2-2, the first win coming over highly touted Brown House, the victims of a decimating comeback. A humiliating loss in the first game prompted the subbing of gung-ho Dave Zimmerman into the game, and underrated Debbie Shih's killer serving form made a timely return. Making short work of Brown House despite a laughable last ditch four-hit call, Cads A set the stage for a third game and returned their first team to the floor. They weathered seven points before returning from oblivion at the threat of being subbed out again. At 9-7 the reserves came in to hold for the win, even humoring the opposition with a replay of an obvious net violation. Dave was to comment on the replayed points (which were both won) in revelry later at the Trinity College Cafe, "It kind of tells ya something, doesn't it?" Sober up, Dave.

Cad A's other win came at the hands of their spiritual teammates, Cadavaliers C, who approached the game with a devilishly frivolous attitude. This strategy of making the game fun and not competitive caught A team flat-footed and they had trouble remaining nonchalant and smug enough to win. Never-say-die Danny Laskowitz and walk-on Tim Conrad played amazingly well, bringing balls just angstroms from the floor back into play. Lightning-fast play from Nicole made it hard to believe that they lost when it was over. Fortunately (for A team) Eric Cole wasn't there to have his way

with the ball. Rumors are that he was entertaining some tantalizing offers by B team to defect. Get moral, Eric!

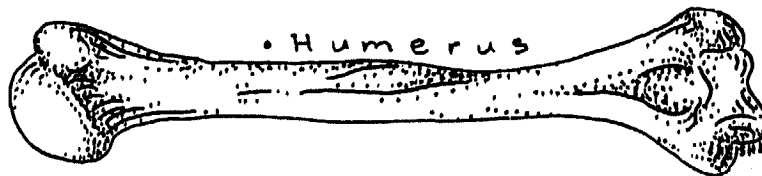
B team suffered an unfortunate loss to Grad Biochem and they still deny that the impending midterm added any stigma to that match. However B team humiliated Purple Wonders in a late played match. Apparently, B team took to the court with only *four* players, bounced back from a 8-1 drudging to win the game and eventually the match. Charlene couldn't convince the evil referee to bend his silly rules and so all the outside world thinks that B team lost by forfeit. Obviously, public immortalization is the only recourse. Great work Charlene, Shafqat, Javier, Tim Oury, and everyone else that faced the elusive volleyball and the terror of public scrutiny.

Cadavaliers Plagued by Losses

Eric Bachman

At the close of the fall intramural season, the Cadavaliers came up short of the playoff tournaments in football and soccer. On the gridiron, the Cads have been the underdogs often due to the highly competitive division in which they compete. At season's end, three of the eight teams are still undefeated, making it the toughest division in I.M. football. Mike Cuffe has had a banner rookie season on defense and Mike Mauney has teamed with David Farris and Dave Fortuin to round out an ace corps of receivers. In spite of this, the novelty of Duke's razzle style of football has stymied the team's efforts.

The soccer team has won only one contest this fall, dropping one game to forfeit. The highlight of the season was the game against defending Champions Theta Chi. The Cadavaliers held them scoreless until the final minute of the game behind the intense efforts of fullbacks Hank Maunsbach and John Armitage. The Cadavaliers are soliciting athletes for I.M. basketball in early November.



"Sometimes even the finest genes get messed up."

-Dr. John Gutknecht, Renal Physiology, 10/6/87

"I can guarantee you that there is some truth to what I just told you."

-Dr. Bell, Biochemistry, 10/8/87

"Now you know why the basic science faculty here tend not to go to Duke for their medical treatment."

--Dr. Fred Schachat, Microanatomy, 10/14/87

"This took a lot of words to explain something we know very little about."

-Dr. David Schomberg, Female Reproduction, 10/19/87