

Aequanimitas



A twice yearly newsletter for current and former
Johns Hopkins Medicine housestaff and friends

My Turn

The current economic climate has many nonprofit organizations bemoaning significant drops in charitable donations. Yet we in the Department of Medicine have stayed the course. We have lost some gifts and foundation support, but I am pleased to report that individual donations totaled over \$14 million this year—4 percent of our \$350 million budget—our second strongest year in history.

The reason is simple. Our donors are committed to the mission of the department to improve human health through research, focused patient care initiatives and better education of health professionals. They realize the value of gifting to this great department and institution. In addition, we follow up with donors; we tell them what their money does, and we direct it exactly as they wish.

I want to thank those who supported the new Armstrong Medical Education Building, a most magnificent structure. Not only is it beautiful, but its functionality will significantly enhance student learning. I'm also grateful for those who support the next generation of physician leaders via the Osler Fund, through either individual donations or legacy gifts. Your generosity does a world of good.

Mike Weisfeldt, Director
Department of Medicine

Speaking Up With Medicine's Voice

How two Hopkins-trained physicians are putting their knowledge to work in the broadest meaning of patient care.

Scott Berkowitz first felt motivated to get involved in health policy work during medical school at Yale.

"I thought it provided a great opportunity, along with medicine, to help improve lives on a broader scale," says Berkowitz, a 2007 Osler alum who has done health policy work for both the Governor of Illinois' office and the late Sen. Edward Kennedy's Health, Education, Labor and Pensions (HELP) Committee. He also has conducted public policy research with Hopkins' Gary Gerstenblith and Gerard Anderson on topics like devising strategies to assist Medicare beneficiaries with the Part D prescription drug program.

Berkowitz, now a cardiology and geriatrics research fellow, recently paused his Hopkins work to take advantage of a two-year National Institutes of Health geriatrics training grant that has allowed him to pursue direct experience in the health reform process.

For his first year, which started in June, Berkowitz is working on Medicare policy through the Senate Finance Committee, chaired by Sen. Max Baucus (D-Mont.), investigating a variety of issues such as what accounts for geographic variations in care, how to ensure Medicare's con-



Of his efforts to improve the U.S. health care landscape, Scott Berkowitz says, "I'm fortunate to be a witness to something that will likely be transformational."

tinued solvency, and how to improve efficiency in the delivery of care through simplified administrative processes—like making it easier for physicians' offices, insurance companies and hospitals to communicate electronically. During his second year, he'll apply the principles learned during his time on Capitol Hill to further research quality of cardiovascular care and the impact of health reform on Medicare beneficiaries.

"This is probably the best opportunity for health reform in a generation," he says. "It's busy, but every day is exciting."

Berkowitz says he plans to

complete his fellowships at Hopkins and then "balance the practice of clinical medicine with furthering efforts to improve our nation's health care system."

And he's not the only Osler alum aiming to influence health reform on the Hill. Anand Parekh, who finished his residency in 2005, has worked for nearly four years in the Office of the Secretary at the U.S. Department of Health and Human Services. As the deputy assistant secretary for health (science and medicine), Parekh provides public health and clinical leadership to other offices as part

(Continued on page 2)

More Roads to Travel

I knew from the start of my residency that I wanted a career in academic medicine. I'd always loved teaching, but my mentors in residency told me that the only path to success in academics was to become a basic investigator. When I began fellowship, I was remarkably fortunate to have Osler alumnus Jimmie Sylvester as my research mentor. I spent three years in fellowship building on my clinical training by working to elucidate mechanisms of the pulmonary vascular response to hypoxia. That experience instilled in me a love of academics, scholarship and discovery that I believe has shaped my career-development strategy for Osler residents interested in academic medicine.

It is still vital that we nurture the careers of physicians interested in basic and translational investigation. They bring their knowledge of patient problems to the lab to innovate and discover, and health will not improve without these investigators advancing knowledge. And rigorous clinical training is still an important foundation for scholarship and academic success.

Today, however, the landscape for physicians interested in academics has changed dramatically. Now there are many more pathways besides the stal-



wart basic and translational research that are available to our talented young physicians.

Most notable has been the dramatic increase in clinical investigation. Clinical

Who better to steer the advancement of basic investigation, clinical investigation and health policy than Osler alumni?

investigators are true scientists utilizing rigorous methodology to answer important questions through clinical trials, epidemiologic analysis, outcomes research and comparative efficacy research. Many Osler residents are pursuing this career pathway, often combined with

formal training in clinical investigation, biostatistics and epidemiology.

Also on the rise as a viable career pathway for physicians is the field of health policy. As detailed in the article beginning on page 1, Scott Berkowitz is combining health policy experience with his cardiology and geriatrics fellowship, and Anand Parekh entered government directly after residency. Both of these talented physicians tap into their clinical training on the Osler service to ground their ideas for making our health care system better and more equitable. Anand has mentored a number of Osler residents interested in health policy during elective time at Health and Human Services.

Who better to steer the advancement of basic investigation, clinical investigation and health policy than Osler alumni? Mike Weisfeldt and I are dedicated to providing our residents with the most outstanding clinical training that will serve as the foundation of their careers, no matter what direction they may take. For those Osler residents interested in academics, with the help of our diverse faculty, we work hard to help them find their passion for scholarship and discovery in *all* areas of medicine.

Charles Wiener, Director
Osler Medical Training Program

Speaking Up With Medicine's Voice (from page 1)

of multidisciplinary teams that include attorneys, economists and legislators.

"One of my key roles is to focus on issues of prevention and wellness, like the control of tobacco products and prevention of obesity through physical activity," he says. "We try to understand the benefits and costs of different interventions and get that information out to providers and consumers. They're important pieces of the puzzle."

Parekh says part of the nation's poor track record in health care results from a lack of focus on prevention and wellness, or providing incentives for providers or consumers to do more in that regard.

"Consumers have little idea about the cost implications of their care and may not realize what's effective and necessary care," he says. "We're one of the only industrialized nations that doesn't ensure that its residents have quality health insurance."

Parekh says he has always had a passion for trying to increase the health of populations at large. Beyond his health policy work, he volunteers one or two Saturdays a month at a low-cost health clinic in Silver Spring.

In both roles, he calls on expertise gained at Hopkins in treating patients with multiple chronic conditions. As

comorbidities increase, he says, health care costs rise, services are duplicated and more adverse health effects result: "I'm trying to help policymakers understand that this needs to be a priority population moving forward and examine how we can better manage their illnesses and coordinate care."

He is educating others to treat patients' acute health needs but in a holistic context, considering their family situations and lifestyles.

"You can give someone the best medical care in the world," he says. "That doesn't mean they're going to be healthy." ■

Beyond the Dome

Karen J. Friday: Osler alum and Clinical Professor of Medicine at Stanford

Thirty years after cardiologist Karen Friday completed her Osler residency, she's still benefiting from the Johns Hopkins brand name. The active alumni networking community has helped advance her career, she says, and when people hear she's a Hopkins graduate, they assume she's smart.

"People know you're well qualified," she says. "It's assumed as a given, which has a lot of advantages."

Since 2004, Friday has been a clinical professor of medicine at Stanford and a staff cardiologist for the Veterans Administration Health Care System in Palo Alto, Calif. She proudly wears her Osler scarf on Fridays.



Aequanimitas: You recently purchased an Osler tie for world-renowned cardiac surgeon Bruce Reitz, a former cardiac surgery chief here and at Stanford. Tell us about that.

Friday: Bruce Reitz saved my sister-in-law's life two years ago. She had a very complicated heart problem, and Dr. Reitz performed her operation. In the operating room, they told me that if anyone with less experience had done the surgery, she would not have survived. When she recovered, as a thank you gift I bought him a copy of Osler's "Aequanimitas," and he was touched.

Then, when I saw an e-mail from Charlie Wiener a few months ago telling how we could get Osler scarves and ties, I wanted to get one for Dr. Reitz, since he had been an Osler intern at Hopkins before the ties were available.

He was very, very pleased. He looked at it and knew immediately what it was.

I also bought myself a new scarf. I still have my original one from 1977, but the newer ones are bigger and easier to wear. The original is more of a cravat.

Aequanimitas: What attracted you to the Osler residency?

Friday: When I was a medical student at Case Western Reserve, I really admired and respected the integrity and clinical proficiency of Dr. Charles C.J. Carpenter, a former Osler chief resident who was chairman of the Department of Medicine when I was doing my clinical rotations. He really epitomized the sort of physician I wanted to be, and I got the impression that he was the Osler model.

I wanted to get the best medical

training possible, and I do think that was achieved. I learn best by experience and that was the basis of the Osler training when I was a resident. There is also a pride on the Osler service of being the best, and that translated to individuals doing their best for patient management as well as being on the cutting edge of medical science.

Aequanimitas: Do you call on any of the teaching techniques you observed at Hopkins during your current work with students?

Friday: Absolutely. When reviewing cases, I insist on studying all primary information including images such as X-rays, echocardiograms and cardiac angiograms as well as taking the team to the bedside to interview and examine each patient. ■

Welcome Party



Left and center: Roy Brower introduces new interns to Hopkins history in the Osler Writing Room. Right: The Thayer Firm on the dome.

Osler Scrapbook: Biennial Reunion 2009



Scores of Osler alumni and others joined in the biennial festivities. Among those our photographer snapped were:

1. Karen Midthun and Bob Brooks
2. Osler Latchkey recipients Grace Anne Koppel, Maurice Thompson, and guest speakers Ted Koppel and Richard Johns
3. Brian Garibaldi and Mary Pohl
4. Mike Weisfeldt
5. Ted Koppel
6. Paul Scheel, Andrew Whelton and Lew Barker
7. Shari Heuser, Richard Heuser, Jur Strobos, Nisha Chandra-Strobos and Hamilton Moses



Aequanimitas

The Johns Hopkins University School of Medicine
Department of Medicine
600 North Wolfe Street
Baltimore, MD 21287-1720

Edward D. Miller, M.D., *dean/CEO*
Myron Weisfeldt, M.D., *chairman, Department of Medicine*
Charles Wiener, M.D., *director, Osler Medical Training Program*
Patrick Gilbert, *director of editorial services*
Mary Ann Ayd, *managing editor*
Karen Blum, *writer*
Max Boam, *designer*

Aequanimitas is published twice a year by Johns Hopkins Medicine Marketing and Communications, Dalal Haldeman, Ph.D., M.B.A., *vice president*.

© 2009 The Johns Hopkins University and The Johns Hopkins Health System Corporation

Non-Profit Org
U.S. Postage
PAID
Permit No. 5415
Baltimore, MD