

# LETTER

## from the Editors

This issue marks the 10th anniversary of HEAL and there is much to be excited about! Thanks to our designer, Mark Bauer, we are celebrating with a new look; this issue includes even more essays, poems, and art than ever before. Turn to the center and you'll find HEAL's origin story, written by our founding editor, Dr. José Rodríguez. He initially created HEAL to help students "direct their energies toward creativity and self-expression." Dr. Rodríguez writes, "I thought that if they shared their stories, they would grow closer to others. I hoped that it would help them respect and love those who were different from them and needed their help." With the aid of two medical students, Amanda Percy and Jordan Rogers, Dr. Rodríguez started HEAL in 2008 as a platform for the College of Medicine community to reflect on personal challenges, triumphs, and fears. For ten years HEAL has fostered humanism in medicine by serving as an outlet for creative expression and personal reflection. We are proud to be able to continue the work begun by HEAL's founding editors.

HEAL's founding student editors are now practicing physicians, and both have discovered life after medical school is not without its challenges. Our anniversary centerfold includes writing from Drs. Percy and Rogers, who discuss the need to "heal the healers" as well as the patient. In addition to promoting humanism in medicine, creative expression contributes to developing resilience in the face of physician burnout. In 2017, the National Academy of Medicine launched the Action Collaborative on Clinician Well-Being and Resilience, a network of more than 60 organizations committed to reversing trends in clinician burnout. One of their first initiatives was to create an art gallery focusing on wellness and resilience. Three of our FSU College of Medicine medical students were featured in the exhibit—Hana Bui, Jackson Brown, and Stuart Brown. We are happy to showcase the work of these talented students in this issue as well.

We are proud to feature an essay by fourth year medical student, Michael Rizzo, "When the Screen Falls Away," which received an honorable mention in the 2018 Compassion in Healthcare Essay Contest sponsored by *Intima: A Journal of Narrative Medicine*. The winners of our own Humanism in Medicine Essay Contest—Thomas Paterniti, Emily Deibert Cisneros, and Kate Harrison—are also included here. This year's theme asked participants to write about a time when a mistake, failure, or challenging obstacle in medicine showed them a different, but valuable new perspective.

HEAL's audience has expanded over the decade, and while our primary base is still the FSUCOM community, we also receive and publish contributions from medical students and physicians from across the country and the globe. Of note is Joe Hodapp's "The Wolf or the Sheep." Hodapp, a medical student at the Medical College of Wisconsin, writes poignantly about his first time witnessing "someone actively dying" in the ER. Which leads him to ask "When will I get used to watching someone die?" It is the question itself which rightly alarms Hodapp.

Pleas enjoy Volume 10 of HEAL, and may you find comfort, awareness, and healing in the pages that follow.

Warmly,

Tana Jean Welch, PhD

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Suzanne Leonard Harrison, MD



## On the Cover

### 3 HEARTS

Elyse Watkins

*Elyse Watkins, DHS, PA-C, DFAAPA is an instructor in the FSU College of Medicine School of PA Practice. She has been an ObGyn PA for the majority of her clinical career but enjoys doodling in her down time.*