Jeffrey Brosco, MD, PhD, 2016 David Green Memorial Speaker, clinician, historian, and bioethicist, had just challenged us to discover and develop ways to address the key issues facing child health today.  We had listed several—obesity, access to healthcare, income inequality and poverty, nutrition, substance abuse, bullying—all consistent with both what healthcare professionals and adults nationally list as most pressing. But things of this sort cannot be solved in pharmaceutical laboratories or in typical well visits, so how might healthcare wisely address them?

Our U.S. Healthcare system is built on an acute care model that focuses on scientifically sophisticated, technological interventions for individual patients.  This model has been essential in combatting myriad diseases—polio, measles, tuberculosis, and pneumonia.  Today, most children do not have major childhood illnesses thanks to antibiotics, vaccines, sanitation, and improved economies.

Our model was not designed to address the social determinants of health, however, and it is time, Dr. Brosco argues, for US Healthcare to focus on the determinants of child development. Today, the greatest morbidities among children are developmental and behavioral. Since the 1970’s, disparities between the rich and poor, and among the Black/White/Hispanic communities have increased even as overall infant mortality has declined. These disparities are marked even before children begin school. Genetics plays only a small role—perhaps 30%. *Where you live and what happens around you, has became more important to your healthful development than ever before.*

When prenatal care was instituted, disparities were exacerbated, advantaging only well educated, socioeconomically advantaged communities. To reach deeper, we must focus on more than just pregnancy and adopt a Life Course Perspective. The importance of the conditions in which one lives cannot be underestimated: maternal stress biomarkers are linked to low birthweight babies; low birthweight correlates with coronary heart disease later in life. Increased adverse childhood events are also linked to ischemic heart disease in adulthood. Income Inequality even measures mortality.  *Continued...*

The newest faculty member joining the DMEH this spring is **Susan Sample, Ph.D., M.F.A.**  She also serves as the first Hospital Writer-in-Residence at Huntsman Cancer Institute and as associate instructor in the Department of Writing and Rhetoric Studies in the College of Humanities.  Her position reflects a new effort at the university in which faculty help bridge the health sciences and main campuses through teaching and research.

Susan previously served as a DMEH program associate.  She has been a facilitator for the Physicians Literature and Medicine Discussion Group since 2004 and has organized Evening Ethics Discussions.  Since 2006, Susan has been course director for the reflective writing elective she developed for third- and fourth-year medical students, which is offered by the Department of Internal Medicine. In her new position as assistant professor in DMEH, Susan will continue these activities and support the DMEH's increasing emphasis in medical humanities coursework, which has been successfully developed and implemented by Gretchen Case, Ph.D.  *Continued...*
Poverty is the single, most important factor to address. 20% of US children live in poverty. A 1993 study on the Epidemiology of conduct disorder in children in Native American tribes vs. non-Native Americans sheds light on the kinds of things that might have far reaching impacts on the health of our youth. When Casinos were opened, there was an impressive 40% drop in conduct disorder among families. Having a job, the income and structure it provides, reduces behavioral issues for entire communities of people. Another surprising example of tremendous positive social emotional functioning improvement occurred through the Oklahoma SEED program where $1000 was contributed to 529 College Savings plans for a variety of children in low-income families.

Thoughtfully considered, wisely implemented small changes have shown to have huge positive effects. Making default systems healthy ones makes a marked difference. Dr. Brosco provides several evidence based office interventions that are working in healthcare:

- **Reach out and Read**—provides book handouts and models reading with children,
- **Parent-Child Interaction Therapy**—Triple P and Positive Parenting, Incredible Years—provide behavior modification programs for parents to improve the environment for children
- **Healthy Steps**—provides having a developmental specialist in the office
- **WeCare**—screens for social determinants of health for children, and matches these to people and resources who can help with these

Building more coronary care or cancer centers, though laudatory, will not address the key problems facing child health today that so many of us clearly recognize. Ensuring that children have high quality early care does. This is the direction we were headed before 9/11 turned our attention away from it. Dr. Brosco challenges us to creatively re-focus our efforts on ways to expand our healthcare model to include effective solutions to these monumental problems.

Dr. Brosco’s complete David Green Memorial Lecture, “Justice and Child Health: The Obligations of Pediatric Clinicians,” is available to the public at [https://www.youtube.com/watch?v=F5foysmHlc8&feature=youtu.be](https://www.youtube.com/watch?v=F5foysmHlc8&feature=youtu.be)
**Evening Ethics**

**Opiates for the Masses? Ethical Challenges in Opioid Prescribing and the Management of Chronic Pain**

**Tuesday, May 3, 2016**

5:30-7:00 pm, RAB 117

The United States currently faces an epidemic of opioid dependence and prescription drug overdose, fueled by increased prescribing of opioids by health care professionals for chronic pain management. Guidelines for the management of chronic pain recently published by the Centers for Disease Control are designed to address this public health emergency. However, these guidelines may seem to inadequately respect the importance of aggressively treating patients’ pain, and do not address all of the challenges faced by clinicians in negotiating pain management strategies with their patients. In this session we will briefly review data about the growing epidemic of opioid dependence and prescription drug overdose, the aforementioned CDC guidelines, ethical considerations about pain management with and without opioids, and physician responsibility in follow-up care. These considerations, we hope, should provide a foundation for a discussion of physicians’ obligations regarding opioid prescribing, prescription monitoring, and pain management in complex clinical cases. DMEH members Peggy Battin, MFA, PhD, and Brent Kious, MD, PhD, will facilitate. As background reading for this discussion, see “Sometimes Pain is a Puzzle that Can’t be Solved” (NY Times, April 11, 2016), “Zero Pain is Not the Goal” (JAMA, March 15, 2016), and “Recognizing Pain Management as a Human Right: A First Step” (July, Anesthesia and Analgesia, 2007). Please contact Linda Carr-Lee Faix at linda.carrlee@hsc.utah.edu if you have any difficulty accessing these articles.

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**June 2016 Evening Ethics facilitated by Teneille Brown, JD:**

**Perverse Incentives in Care: Exploring the ways Medicare reimbursement creates injustice or maleficence**

(Watch for more information, soon!)

**MIX*OLOGY**

The DMEH has formalized ongoing collaborations with the College of Fine Arts and the Lassonde Entrepeneurial Faculty Scholars with a series of gatherings intended to spark cross-disciplinary conversation and research partnerships. The first MIX*OLOGY event was held at the Art 270 Gallery on April 18 and featured faculty presenting on boundary-crossing research in neuroscience, genetics, nursing, and animation. Nearly 30 people attended the inaugural event; several more such events are scheduled to take place in the upcoming academic year. If you are interested in attending MIX*OLOGY in the future, please contact Dr. Sydney Cheek-O’Donnell at cheek.odonnell@utah.edu.

**Art Aloud**

Students, faculty, staff, and patients gathered on the Garden Level of the Spencer S. Eccles Health Sciences Library April 27 for the inaugural Art Aloud. Described by organizer Ana Maria Lopez, M.D., as a "spoken word art café," the noontime event featured readings of poetry, short fiction, and creative nonfiction by participants. Leading off the event was Larry D. Cripe, M.D., a visiting physician-author from Indiana University's Simon Cancer Center who facilitated an Evening Ethics Discussion the previous night; Susan Sample, Ph.D., M.F.A., moderated.

Art Aloud was organized by Ana Maria Lopez, M.D., U of U associate vice president for health equity and inclusion, and co-sponsored by the Division of Medical Ethics and Humanities, the Graduate Medical Education Wellness program, the Linda B. and Robert B. Wiggins Wellness and Integrative Health Center at Huntsman Cancer Institute, the health sciences Wellness Office, and Eccles library. Watch for more upcoming Art Aloud opportunities regularly!
**Physician Damon Tweedy’s memoir about his training and practice, Black Man in A White Coat: A Doctor’s Reflection on Race and Medicine, includes stories from top medical centers and remote rural clinics. All of his stories are infused with his perspective as an African-American man in a field that has a troubled history with black patients and black providers. He offers first-person experiences as the subject of bias and discrimination, but also lets readers see his own assumptions and prejudices. This book opens an important discussion on how and why race matters to medicine in the United States.**

**June 8, 2016**
*The Professor and the President* by Stephen Hess

The Professor and the President (2015), by Stephen Hess, offers a brief but focused account of the relationship between President Richard Nixon and Daniel Patrick Moynihan. They were certainly an odd pair: a career conservative politician and a liberal Sociology professor from Harvard. On being elected President in 1968, Nixon invited Moynihan to join the White House as his chief advisor for urban affairs. Moynihan accepted, and he served Nixon for the two-year period covered in this book. Hess provides a lucid account of the policy-making process that ensued, which was informed by Moynihan’s wit and vibrant intellectual life, and the book as a whole evokes quite powerfully the tumultuous years 1969 and 1970, an era of race riots in the inner cities, the Vietnam War, and campus protests. It also returns us to a time when the two major political parties were capable of working together productively, as exemplified by the Nixon-Moynihan alliance, in a manner that seems impossible today. Stephen Hess was Moynihan’s deputy at the time, and over the decades he served many Presidents as a moderate Republican. Of course this quaint political identity makes him a rara avis in the current environment, and therein lies much of the book’s interest. We are fortunate to have in our group a stray individual of this species, Dr. David Sundwall, who is no stranger to the work of crafting social policies that advance the health and well being of whole populations. We look forward to getting responses from Dr. Sundwall and from all of you to Hess’s provocative presentation of the politics of another time.

**July 13, 2016**
*Paula: A Memoir* by Isabel Allende

Allende is best known for writing fiction, and particularly for the magical realism of her novels. But *Paula* is not fiction; rather, it is Allende’s searingly personal account of her daughter’s slow death from porphyria, a rare blood disease. This memoir is written to Paula, in a coma in the months leading up to her death, but draws on family stories from times past.
**RESIDENT ETHICS CONFERENCES**

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| 12:30-1:15 pm| **Difficult Conversations: How to Convey Bad News**                  | IMC: Jay Jacobson, MD
VAMC Tsagaris Conference room: Sam Brown, MD & David Pascoe, chaplain
UUMC Cartwright Conference room: Gretchen Case PhD & David Pascoe, chaplain |
|              | **Boundaries: Humor, Social Media, and Empathy**                     | UUMC Cartwright Conference room: Jim Tabery, PhD
IMC: Jay Jacobson, MD                                                                 |
|              | **IMC: Jay Jacobson, MD**                                            | VAMC Tsagaris Conference room: Brent Kious MD, PhD                       |

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| Wed. May 18  | IMC: Jay Jacobson, MD
VAMC Tsagaris Conference room: Sam Brown, MD & David Pascoe, chaplain
UUMC Cartwright Conference room: Gretchen Case PhD & David Pascoe, chaplain |
| Tues. May 24 | UUMC Cartwright Conference room: Jim Tabery, PhD
IMC: Jay Jacobson, MD                                                                 |
| Thurs. May 26| VAMC Tsagaris Conference room: Brent Kious MD, PhD                       |
| Tues. Jun. 14| UUMC Cartwright Conference room: Gretchen Case PhD & David Pascoe, chaplain |
| Wed. Jun. 15 | VAMC Tsagaris Conference room: Sam Brown, MD & David Pascoe, chaplain    |
| Thurs. Jun. 16| UUMC Cartwright Conference room: Jim Tabery, PhD
IMC: Jay Jacobson, MD                                                                 |

**THE PHYSICIANS LITERATURE AND MEDICINE DISCUSSION GROUP**

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| 6:00-8:30 pm | **Black Man in A White Coat: A Doctor’s Reflection on Race and Medicine** by Damon Tweedy
**The Professor and the President** by Stephen Hess
**Paula: A Memoir** by Isabel Allende | U of U Hospital Large Conference Room #W1220 |

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**EVENING ETHICS**

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| 5:30-7:00 pm | **Opiates for the Masses? Ethical Challenges in Opioid Prescribing and the Management of Chronic Pain**
**Perverse Incentives in Care: Exploring the ways Medicare reimbursement creates injustice or maleficence** | U of U RAB #117 |

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**CME Statements**

Accreditation: The University of Utah School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. AMA Credit: The University of Utah School of Medicine designates these live activities for a maximum of 1.5 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**NONDISCRIMINATION AND DISABILITY ACCOMMODATION STATEMENT:** The University of Utah does not exclude, deny benefits to or otherwise discriminate against any person on the basis of race, color, national origin, sex, disability, age, veteran’s status, religion, gender identity/expression, genetic information, or sexual orientation in admission to or participation in its programs and activities. Reasonable accommodations will be provided to qualified individuals with disabilities upon request, with reasonable notice. Requests for accommodations or inquiries or complaints about University nondiscrimination and disability/access policies may be directed to the Director, OE/OA, Title IX/Section 504/ADA Coordinator, 201 S President’s Circle, RM 135, Salt Lake City, UT 84112, 801-581-8365 (Voice/TTY), 801-585-5746 (Fax). 1.5 CME for Evening Ethics and Literature & Medicine.
Leslie Francis delivered the presidential address to the Pacific Division of the American Philosophical Association: Applied Ethics: A Misnomer for a Field? She also spoke on reproduction as a civil right at the conference on reproductive ethics held at Albany Medical College, April 7-8.

Peggy Battin received an American Publishers Award for Professional and Scholarly Excellence (PROSE Award) honorable mention in the Philosophy category for her book, The Ethics of Suicide: Historical Sources, and corresponding website/digital archive, at http://ethicsofsuicide.lib.utah.edu

You can listen to a Utah Public Radio interview from Wednesday’s Access Utah with Sam Brown about his new book, Through the Valley of Shadows: Living Wills, Intensive Care, and Making Medicine Human at http://upr.org/post/through-valley-shadows-wednesdays-access-utah

Gretchen Case presented a new performance (co-authored with Jennifer Larson, MD), “There is No HIPAA Here” at the Arts and Health Humanities Conference at the Cleveland Clinic in April. This performance is based on interviews conducted with rural/remote healthcare providers in North Carolina.

Gretchen Case launched the new chapter of the Gold Humanism Honor Society (GHSS) at the School of Medicine. Sponsored by the Arnold P. Gold Foundation, the GHHS is committed to the humanistic practice of medicine, and honors students who show such commitment. As faculty advisor, Case oversaw the induction of the first GHHS cohort of 15 third-year medical students, who will plan activities and events over the coming year.