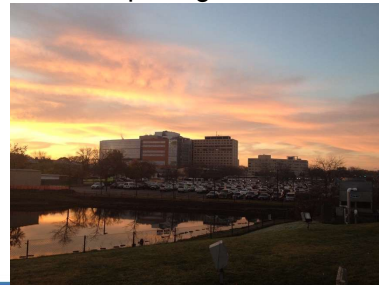




STOP the World! I Need to Jump In! Pausing for Rapid Fire Reflections on Global Health Engagement

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Opening Scenes



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WARNING

- The content and delivery of this presentation may induce a state of information overload coupled with a sense of "I've been there TOO!" leading to a desire to think more about this when I have the time, but knowing I won't get the time when I get back home, so I better dwell on this now, but do I really want to make this personal because this presenter is just working through his stuff anyway, but there are a few good points mixed in, and hey, I need the encouragement anyway, but I still wish he had not said so much so fast.

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Scenes from a 35 Year Panorama

- JFK Airport NYC early 1985
- Arrival in Kano, Nigeria airport 1995 with 4 kids
- Daily Morning Report attendance ECWA Evangel Hospital, Jos, Nigeria 1995—2004
- Freedom Ceremony Dancing
- Teaching US Medical Students on Health Care Reform and the state of health equity/inequity 2008—present
- Collaborating internationally to co-lead faculty development workshops at a young Nigerian medical school
- Walking our daughter down the aisle in her Cambodian wedding
- Struggling with the threat of burnout 2016—2019
- Stopping to engage this topic with you, to be intentional, and spread encouragement

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Objectives for this personal narrative

- You will be able to describe how experiences in global health have taught **ME** important and very personal lessons.
- You will be able to identify how participation in global health changes and informs **US** for future action.
- You will be able to intentionally pause to examine **YOUR** personal learnings in global health and choose subsequent engagement.
- You will be able to identify how global health engagement can intentionally aid clinicians in **STAYING CONNECTED TO MEANING** in medicine, and therefore foster well-being and burnout-prevention.

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"The lessons I am learning is what I am to teach."

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Lessons

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Lesson: *Intentionality*



- "Many are willing to go. Few are planning to go. Plan."
- Engagement in global health activity is amazingly open to family physicians—yet it requires great INTENTIONALITY and perseverance

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Lesson: *Language*



- The LANGUAGE used around global health activity and the conversation itself has changed me.
 - "Ya iya Hausa kamar jakin Kano"—He speaks Hausa like a Kano donkey!
- From "medical missions" to "international medicine" to "global health"
- The concepts have gotten bigger, broader, and global yet local
- It can become less personal...and yet for me it is always personal
- I have a need to keep the language intentionally personal but pointing to the most important of concepts
- A connection with Meaning in Medicine, and Well-Being
- An enhanced understanding of a "wholistic" view of health

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Lesson: *Sacrifice*



- "Have you counted the cost?"
- To "SACRIFICE" is "to make sacred".
 - The role of sacrifice in global health is not to be underestimated.
 - Choosing to focus on difficult large concepts
 - Choosing to engage thorny situations and needy people
 - Choosing to set aside some aspirations, some money, some time
 - Choosing to see it as sacred

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Lesson: *Inequity*



- My introduction to global health concepts was probably grounded with direct observation of health INEQUITY.
 - Pushes us to deal with the "WHY?"
 - Calls out for a response
 - Yet the world keeps rushing past us . . .

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Lesson: *Community*



- "If you want to go fast, go alone. If you want to go far, go together."
- Engagement in global health is a remarkably COMMUNAL activity.
 - Speaks to community
 - Very nature/rhythm is communal
 - Makes it rich, informs, teaches
 - The problems will only be solved in community
 - It is a contagious community!
- I yearn for this!

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Lesson: *Relationships*



- Ultimately my global health engagement has been about **RELATIONSHIPS**
 - Relationships where questions and opportunities are raised:
 - What is possible?
 - What is the responsible thing to do?
 - What **COULD** be the new norm?
- For family physicians: We believe in the power of continuing, healing relationships
 - For my healing as well
 - Interacting with educators
 - Interacting with students who become educators

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LESSONS

- Language
- Inequity
- Intentionality
- Sacrifice
- Community
- Relationships
- Cynicism, Fear, and HOPE

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Lesson: *Cynicism, Fear, and ...*



- Engaging global health can amplify some **CYNICISM**
 - The problems are so big----what can change?
 - The health care sector isn't really going to go after the real issues in health...
 - Am I preparing learners to make a difference?
- Engaging global health can raise some **FEAR**
 - Am I really ready for the long-term, hard work of advocacy in global health?
 - What to do when political engagement is truly risky?
 - Getting next to violence, poverty, personal risk.....
 - My fear that engagement in global health will get pushed out of my day-to-day clinical life . . .

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TIME and SPACE



- To **PUSH** the **PAUSE** Button
- We are in need of time and space to reflect, so that:
 - We can appreciate what is happening around us;
 - We can appreciate what is happening in us;
 - We can learn;
 - We can then act with intention in the global health community.

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Lesson: *Cynicism, Fear, and Hope*



- I can choose engagement in global health with **HOPE!**
 - I've experienced **COMMUNITY** at work!
 - I've seen **TRANSFORMATION!**
 - I get in touch with **GRATITUDE!**
 - I can get in the game!

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SO: STOP THE BUSY, SPEEDING WORLD

- **REFLECT**



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SO: STOP THE BUSY, SPEEDING WORLD

• REFLECT

—When I reflect, here's how and what I see:

- Through fresh eyes
- With Gratitude
- How it has changed personal and family life
- How Men's group involvement goes beyond medicine to "health"
- Experience Mentoring and being mentored
- Engaging the biggest concepts of importance—a push-back against burnout
- Resetting my focus
- Recognizing current stage of my career, and choosing to engage



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SO: STOP THE BUSY, SPEEDING WORLD SO YOU CAN JUMP IN!



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SO: STOP THE BUSY, SPEEDING WORLD

• REFLECT

—What has been your life journey in global health so far?

— **Write down a one or more key experiences or learnings that are yours in global health**

- Can you see it through fresh eyes?
- Can you get in touch with gratitude, or is it something else?
- How has your personal/family life been changed?
- Do you see new opportunities?
- Can you engage in hope? With intentionality?



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SO: STOP THE BUSY, SPEEDING WORLD

• SHARE

—**Anything you want to tell somebody about your journey?**

- Anything you've learned that you want to share in community of learning?
- Anything you want to process?

—Any hope or encouragement you feel you need to bring?

—Any cynicism or fear to push back?

—Any intentional choice or activity in global health that you will engage in?



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