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"More pleasant than the sound of love’s speech, naught I heard: A great token, that, in this revolving dome remained."

~ Hafiz

Cover photo: Majid Sadigh, M.D., with Emergency Medicine residents at Makerere University College of Health Sciences. (Left to right): Dr. Darlington Muhwezi, Dr. Umarashid Gulooba, Dr. Stella Magara Namirembe, Dr. Rose Hampeera, Dr. Peter Kawuma, Dr. Majid Sadigh, Dr. Jane Francesca Namugarwa, Dr. Doreen Okong, and Dr. Joseph Kalanzu.
We are moved by the richness of our community, as well as by the support—fiscal, physical, and philosophical—that we receive each day from our members around the world. Each of you helps us grow in scale, membership, outreach and aspiration. Together, we have built this program with a deep commitment to mutuality whereby we give our esteemed partners the respect and resources that they graciously give us. Though this mission will continue to evolve alongside us, we are humble to have come as far as we have, and we are optimistic about the distances yet to be traversed. We are proud to have over 110 medical students, residents, and faculty participate each year, made possible with support from a diverse panoply of members, from students to leadership, nurses to physician assistants, administrators to public relations personnel.

The tremendous momentum we have amassed in fundraising and fiscal support reinforces our commitments and propels us toward our ambitions. We have had the privilege of contributing more meaningfully to partner-site development through donating computers and diagnostic machines to our collaborating institutions, supporting preschool education of ACCESS children via Grace’s Promise, providing communities with solar lights, and funding the education of women in pursuit of higher education. We have raised over $22,000 to establish a microbiology lab in Naggalama through Climb for a Cause; $32,000 to upscale an outpatient clinic for cancer patients in Harare; $27,000 to construct living quarters for participants in Naggalama through Climb for a Cause; $7,200 to the Global Women’s Health collaboration with Nakaseke and nurses and other faculty members a range of experiences in other healthcare systems to better understand public health issues, cost-constrained care, and the impact of globalization on vulnerable populations.

True to its unique mission, the Global Health Program also trains over twenty international global health scholars each year in a bidirectional exchange offering a remarkable opportunity to physicians around the world who wish to learn—and to educate—here in the United States. By sharing deep cultural knowledge and insights into diseases and conditions not often encountered in the United States, these visiting global health scholars help our faculty, staff, and students see patient care and professional responsibility through a different lens.

The Global Health Program continues to expand through new clinical partnerships with Wawaluk University School of Medicine in Thailand, Dalian Municipal Central Hospital in the People’s Republic of China, and Datta Meghe Institute of Medical Sciences in India. We are also working to launch Global Health at Home, a new initiative aimed at serving underprivileged populations in the United States including Native Americans, immigrants, and refugees, through a potential partnership with Chisinau Community Health Centers (CCHC) which serve under-resourced communities along the Mexican border in southern Arizona. As we move forward into a new era of global health, we are both justifiably proud of our accomplishments and deeply grateful for our national and international partners as well as our loyal donor community, whose commitment and generosity have brought our dreams to life as we advance medical education across borders through meaningful opportunities to serve humanity and learn from one another.

Sincerely,

Majid Sadigh, M.D.
Christian J. Trefz Family Endowed Chair in Global Health at Western Connecticut Health Network and Director of Global Health at the University of Vermont

John Murphy, M.D.
President and CEO, Western Connecticut Health Network

Richard L. Page, M.D.
Dean, The Larner College of Medicine at The University of Vermont

The Larner College of Medicine global health partnership with the Western Connecticut Health Network (WCHN) has been, for seven years, a collaboration based on our shared missions of medical education, research, and the improvement of clinical care. Those missions are inextricably linked in the work of our Global Health Program, just as they are through the interaction of clinicians and students at our branch campus at Danbury and Norwalk Hospitals.

Our institutions exist first and foremost to serve the patient, wherever that patient may be, and we guarantee the continuation of that work as we educate and train the next generation of physicians. While there may be few boundaries when it comes to a physician’s commitment to serve their patients, we recognize the unique needs and limited access to resources that exist beyond our borders. One of the key values of our Global Health Program is to weave this knowledge into the education of future physicians through their experiences serving in other countries.

Our students understand this connection. As Katherine Callahan from our Class of 2020 put it when describing her experience in Uganda last summer, “In these six weeks I have begun my career as a physician and member of the global community. My impact will not come in the next three weeks, or even next years, but eventually I hope to be a driver of change on the global level.”

I am delighted to express my appreciation to Dr. Majid Sadigh, Dr. John Murphy, and all our collaborators who have made this program such a success. We are honored to be a partner in this important work.
Why a Global Health Institute

Our mission: To fulfill our role as a center for global health education, training, and research, while leading global health advancement in our community.

The Global Health Family

Momentum and Enthusiasm

New Partner: Datta Meghe Institute of Medical Sciences (DMIMS), India

New Partnerships: Sacred Heart University
Global Health Scholars as Drivers of Change

Thursday marked one of the most beautiful moments I have had so far in the U.S.—my first ever Thanksgiving celebration. Being in the presence of people from five different countries—the United States, Vietnam, Uganda, South Sudan, and Turkey—added more excitement to the event.

– EMMANUEL DENIS MORGAN, M.D., GLOBAL HEALTH SCHOLAR FROM UGANDA

It is an honor to see our students’ deepening commitment to serving patients. I have no doubt that the experiences that they have opened themselves up to will make them better doctors. I also see our roots growing and strengthening in our collective work as a global health program. Our relationships and commitment to service give us a strong foundation to work across disciplines, across institutions and across cultures.”

– MARIAN MCMAMARA, M.D., ASSISTANT PROFESSOR OF SURGERY AND GLOBAL HEALTH PROGRAM ASSOCIATE DIRECTOR, UVM LARNER COLLEGE OF MEDICINE

Expanding Global Mental Health Partnership

JUDITH LEWIS, M.D., DIRECTOR OF THE UVM PSYCHIATRY RESIDENCY PROGRAM, UVM MEDICAL CENTER

The UVM Larner College of Medicine Department of Psychiatry has initiated its first global health elective in Global Mental Health at Makerere University College of Health Sciences. Now approaching its third year, the partnership has been a huge success. From encountering different cultural interpretations of illness to learning to practice with limited pharmaceutical and treatment options, psychiatry residents return to Vermont with a new perspective on the U.S. healthcare system. Their experience as a minority in an unfamiliar place makes them more attuned clinicians and compassionate human beings. We plan to identify a faculty expert in Global Mental Health to join the team, as well as apply for grant support to help offset the cost of residency training for talented Ugandan medical students, and to help fund the Community Mental Health Outreach Program in Kampala. We are developing joint scholarly projects with Makerere University psychiatry residents, including a comparative survey of the perception of the field of psychiatry by medical students in Vermont and Uganda.

Advocating for Women’s Health in Rural Uganda

ANNE GOUSSHERTY, M.D., DIRECTOR OF THE UVM LARNER COLLEGE OF MEDICINE GLOBAL WOMEN’S HEALTH EDUCATION PROGRAM

In one Ugandan hospital, I witnessed 10 maternal deaths in 10 days. At the University of Vermont Medical Center, there has been only 1 maternal death in 10 years. This stark contrast speaks to the fact that a Ugandan woman has a one in forty chance of dying during pregnancy or childbirth, a one-hundred-fold risk greater than her American counterpart. While rapid repeat pregnancy dramatically increases maternal, infant, and child mortality, access to family planning can help modify this risk factor. Our innovative Vermont-based program has significantly increased the uptake and continuation of family planning while decreasing unintended pregnancy in spatiotemporal women, a population that similarly struggles with limited access to healthcare, food security, and fertility control. Over the last year, we have worked with the ACCESS team to adapt our intervention for use in Nakaseke, Uganda. We are grateful for the beautiful partnership we have built, and look forward to continuing to promote the health of mothers, children, families, and communities.

I am grateful for the opportunity to visit WCHN and UVM.LCOM and learn about the Global Health Program. I also extend my gratitude to the staff whose hospitality aided in a variety of meaningful experiences. We had a meeting with the Dean of UZCHS to follow up on my recommendations from the visit. He seemed to embrace the global health concept and suggested that it should be college-wide in undergraduate and postgraduate programs.”


The Global Health Program in the Department of Pediatrics benefits from the leadership of Department Chair Dr. Lewis First and Pediatric Residency Program Director Dr. Jerry Larrobee. Department members present at global health conferences, author publications, and participate in field activities locally, nationally, and internationally. Our pediatric faculty also serve as teachers of the Global Health Bridge for third-year medical students. I am committed to developing and directing global health courses for first-year students and mentoring global health participants in Uganda and Zimbabwe. Over the next year, we are working toward establishing partnerships with pediatric hospitals in Arizona, the Dominican Republic, and Vietnam. We look forward to our continued involvement with the Global Health Program through which we can strengthen our advocacy for quality healthcare delivery and access for children everywhere.

Advocating for Children’s Health

MOLLY MOORE, M.D., DIRECTOR OF THE UVM LARNER COLLEGE OF MEDICINE DEPARTMENT OF PEDIATRICS

The Global Health Program in the Department of Pediatrics benefits from the leadership of Department Chair Dr. Lewis First and Pediatric Residency Program Director Dr. Jerry Larrobee. Department members present at global health conferences, author publications, and participate in field activities locally, nationally, and internationally. Our pediatric faculty also serve as teachers of the Global Health Bridge for third-year medical students. I am committed to developing and directing global health courses for first-year students and mentoring global health participants in Uganda and Zimbabwe. Over the next year, we are working toward establishing partnerships with pediatric hospitals in Arizona, the Dominican Republic, and Vietnam. We look forward to our continued involvement with the Global Health Program through which we can strengthen our advocacy for quality healthcare delivery and access for children everywhere.

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MOLLY MOORE, M.D., DIRECTOR OF THE UVM LARNER COLLEGE OF MEDICINE DEPARTMENT OF PEDIATRICS
The global health elective provides medical students with a unique opportunity to engage in global health work that emphasizes sustainability and reciprocity. The elective at WCHN/UVM Larner College of Medicine encourages students to reconnect with the true roots of medicine and cultivate passion for empathy and clinical advancement. Every international site exposes students to a wide array of clinical cases while the supplementary socio-cultural curriculum allows further connection with the local culture. Students who experience the homestay model are able to delve even deeper into the cultural underpinnings of the region and garner a better understanding of the landscape of the country, people, and patients that they serve. Ultimately the global health elective is a chance to confront the pressing inequities of healthcare, release judgment, and redefine what it means to be a teacher and healer.

Global Health Alumni in Action
Having established themselves as leaders in research and medical education in their respective institutions, many of our alumni have continued their interest in global health.

Elena Belousova, M.D. (left), alumna from Kazan State Medical University in Russia, has been chair of the Young Internist Group in the Russian Society of Internal Medicine since May 2018 and representative of Russia in the Young Internists in the European Federation of Internal Medicine section since August 2018. Her research on the prevalence of inflammatory back pain, spondyloarthritis, and ankylosing spondylitis among patients with inflammatory bowel disease was the winner of an oral presentation at the World Congress of Internal Medicine in Cape Town, South Africa.

I want to thank the WCHN/UVMCOM Global Health Program for supporting my rotation in Cho Ray Hospital, Vietnam. Though a few years have passed, the program’s influence has been ongoing. I finished my family medicine residency this past June, recently returned from a six-week medical trip in rural Guatemala, and sat for the American Society of Tropical Medicine & Hygiene exam in October. My wife and I hope to continue our involvement in sustainable medical trips in the future.”

– John Paul Kelada, M.D.’15, UVM Larner College of Medicine alumnus
MENToring THE Next GENERATION

The following essays showcase some of the best writing to come from participants in the Global Health Program over the past year. Their work illustrates the reflection and growth that students and faculty experience.

The Sun is Particularly Harsh Today

BY CHRISTINA DAWSON '21, LARNER COLLEGE OF MEDICINE STUDENT

The sun is particularly harsh today. The intermittent gush of wind usually provides temporary relief despite the swelter of red clay that stains my white coat, but today I feel making a paste on the back of my neck. The day begins with our routine: waiting for Dr. Cathy to greet us as she promptly does every morning around 9. She is late today. I decide to make a quick dash for the restroom, and head towards the only clean one I know in the maternity ward.

I exit the restroom in synchrony with the opening of the labor and delivery room door across the hallway. It’s Dr. Cathy gesturing me to come in. On the table is a young woman lying down naked with her feet propped on a plastic tarp that she surely brought from home. There is a partially blood-soaked swab of cotton between her legs. On the edge of the table by her feet is a folded bundle of beautiful blue printed cloth with a characteristic pattern that one often sees in shop windows around Kampala. Dr. Cathy begins to open the cloth, I assume to get more supplies the mother has brought for delivery. She opens up each corner slowly. “An abortion,” she says. I am laying in the middle of the cloth is a baby. He isn’t alive. He is small and fully formed with just enough like likeness in his face to the young mother on the table to scare me. I don’t say anything. I don’t react. Dr. Cathy explains what happened: she had come in with bleeding, the baby half out; a partial abortion around five months happened: she had come in with bleeding, the baby half out; a partial abortion around five months.

I wish she had someone to stay with her in the room so she isn’t alone. I never knew this group existed until recently. Some birdwatchers may take offense to this term, and push to differentiate themselves from what they consider more of an adrenaline seeker/checkbox ticker without real appreciation or care for birds or the community of birdwatchers. They argue that once twitchers capture the bird on their lens, they do not consider the bird for another moment, even though these birds struggle with exhaustion and fear, and often ultimately die in the foreign setting. Others argue that even serious birdwatchers, those who can spend hours watching even the most commonplace of birds, can still jump up at the chance of such a rare sighting. After all, poets and writers of all ages have written about all kinds of birds, from pigeons to skyscrapers, representing the most singular of human emotions, as in Emily Dickinson, “Hope is the thing with feathers,” even as an exploration of humanity’s transience and the inevitability of death, as Keats’ nightingales.

We must learn to commit ourselves to learning without fear, anxiety, self-recreation, or envy, and use these perspectives to help us walk gracefully through our more difficult moments.

— MAHSHEED KHAJAVI, M.D.

Allowing Ourselves Grace

BY MAHSHEED KHAJAVI, M.D., ASSOCIATE PROFESSOR OF CLINICAL MEDICINE AT FLORIDA STATE UNIVERSITY

I read a recent piece by Nikolas Moring on Global Health Diaries and was moved. I could sense that this young man was disappointed, not in his trip but in his decision to return to the United States. I believe there is a difference between the words “trip” and “journey.” The former implies a start and end point, a series of expectations from others and oneself which one must fulfill, and ultimately a return. Meanwhile, a journey is made of the stories one gathers, the love and openness one offers, and the spirit of compassion and unity. It also implies a look into one’s own being—who one is and who one wants to become, and the distance between these two beings. An investigation into what one has learned, how one has been changed by the experience, and how ultimately one dives into the deepest resources in one’s heart in order to truly know understanding, acceptance, and tolerance. The irony is in the fact that so many of those who seek a deeper sense of unity and who genuinely believe that this world is good and worth the fight, and to whom tolerance and empathy come naturally, do not allow themselves this grace.

In the case of this young man, there is no place for condemnation. He went to care for others because he cares about others—not either by virtue of blood ties or time spent in school nor by means of a cultural history, but simply because he knows that in the act of caring comes a relationship and in the relationship, stories are exchanged. These stories are what define us, inspire us, and make us more human.

Self-incrimination is antithetical to growth and prevents us from leading authentic lives. We must learn to commit ourselves to learning without fear, anxiety, self-recreation, or envy, and use these perspectives to help us walk gracefully through our more difficult moments. We make decisions, and sometimes in doing so disappoint ourselves or others. But we think and we learn and we continue to move toward the life in which we believe.

Humanity’s Transience

BY KATRIN SARA SADIGH, M.D.

Ever heard of the term “twitcher”? This word may conjure up eye or muscle twitching. Or maybe something related to seizure activity, which is exactly how this one birder describes this phenomenon: “The very mention of some exotic avian delight, a purple Peruvian rock thrush, for example, sends them into paroxysms. They literally twitch, hence ‘twitchers.’” (Terrence Hollingsworth, Hagmac, France).

I never knew this group existed until recently. During the migration season, a small fraction of birds become disoriented and lose their way. Instead of flying north, they fly south, ending up in unusual places. Their mistake becomes an opportunity for this specific group of people. Once sighted, the network of twitchers lights up with posts and communications. These individuals will literally drop everything they are doing and drive long hours or canoe or fly out (often across many countries) in order to add the bird of their list of rare bird sightings. Some birdwatchers may take offense to this term, and push to differentiate themselves from what they consider more of an adrenaline seeker/checklist tinker without real appreciation or care for birds or the community of birdwatchers. They argue that once twitchers capture the bird on their lens, they do not consider the bird for another moment, even though these birds struggle with exhaustion and fear, and often ultimately die in the foreign setting.

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— MAHSHEED KHAJAVI, M.D.
Global Women’s Health Program, focused on training OB/GYN participants in Uganda

The second year of our partnership with the Global Health Program is coming to a close, with plans solidified for the third. We are proud to offer a learning environment that nurtures meaningful relationships, as well as clinically and culturally rich experiences.

Moving from home to home alongside the Palliative Care Team, participants gain a vivid understanding of patients’ economic and social backgrounds while observing a way of life they have never seen. As small red-mud houses with black-sooted cooking areas in the bush sharpen into focus, participants are welcomed with a genuine smile and excitement for a visit by a “muzungu doctor.” The construction of a Microbiology Unit at Naggalama Hospital is complete and infrastructure is in place for its laboratory staff to receive training through a placement at St. Francis Nsambya Hospital in Kampala. Climb For a Cause, the fundraising event that made this facility possible, not only provided international recognition for our community but also deeply touched our hearts.

The newly constructed WCHN Global Health Information Center, funded by the organization’s August 1, 2010, annual giving campaign, is in full function. The center will be a cornerstone for orientation, cross-linking the psychiatry departments of Makerere University College of Health Sciences and members of the WCHN Global Health Program at the African Community Center for Social Sustainability (ACCESS).

The leadership of St. Stephens Hospital in Nakaseke, Uganda

It has been another productive year here at St. Stephens Hospital. The newly constructed WCHN Global Health Information Center, funded by the Global Health Program, launched as an orientation and support site for participants as they adjust to life in Uganda. A new partnership with Sacred Heart University, through which physician assistant and nurse practitioner students spend a portion of their global health elective at St. Stephens Hospital, is blossoming. A community health needs assessment guides us in improving patient care services.

We have engaged this year’s multidisciplinary group of global health participants in an array of clinical activities within the hospital. Outreach visits provided insight into home-based healthcare in a resource-limited setting. Participants teach community members about child safety, accident prevention, and family planning; deliver presentations to our staff on an assortment of clinical topics; and initiate discussions that contribute to invigorate our community. Working to mitigate infant and maternal mortality by preventing unintended pregnancy during the critical postpartum period, the team is studying the role of incentives in family planning access. A workshop on Digital Modules for Palliative Care Education, led by Dr. Eison from WCHN and Lorien Menhennett, has refined the communication skills of nurses and clinical officers at Nakaseke Hospital and ACCESS, particularly in delivering difficult news to patients and their families. The early childhood development program, Grace’s Promise, founded by Grace Herrick last year, is flourishing with high parental engagement and a newly designed curriculum.

This year, we are working to establish small research grants and scholarships to support bidirectional, co-mentored collaboration between our students and global health participants. We hope to graduate greater numbers of nurses and midwives from our training school and upgrade the institution from diploma- to degree-awarding. Finally, we aim to continue our synergistic mission of supporting the education of orphans and health of patients in our community.

The coming year features the first group of global health participants rotating through the new emergency residency program at Mulago Hospital, and program director Joseph Kalanzi’s site visit to UVMCOM’s Emergency Medicine Department. Four of our Global Health Scholars who trained at WCHN this year will join the group of pioneers at New Mulago—which is soon to open and in need of trained specialists and subspecialists—where they will work in the intensive care unit as well as pulmonary and anesthesia divisions.

The African Community Center for Social Sustainability (ACCESS), Nakaseke, Uganda

Robert KayesSugarla, M.D., Founder of Access, and Estherly Katali, Manager of Access

From new community health and research projects to the greatest ever number of global health participants, this year has been fruitful for us at the African Community Center for Social Sustainability (ACCESS). The newly founded International Coordination Program now manages ACCESS research projects and collaborations, arranges for international student exchanges, and oversees volunteer capacity building. Our new Guest House is operational, thanks to the help of a donation from WCHN, and our online orientations are facilitating smooth transitions into our site elective.

Supported by the generous fundraising efforts of Dr. Weiner’s family, our collaboration with the UVLM, Larner College of Medicine’s Global Women’s Program continues to

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A True Understanding of Patients

**RANDI R. DIAMOND, M.D., ASSISTANT PROFESSOR OF MEDICINE AND DIRECTOR OF THE LIZ CLAIBORNE CENTER FOR HUMANITY IN MEDICINE AT THE WELLCORNELL MEDICAL COLLEGE, AND CO-SITE DIRECTOR AT ST. FRANCIS NAGALAMA HOSPITAL**

During a recent reunion dinner held for participants who were in Naggalama with us, we all reminisced about our shared experience in Uganda. Participants commented that though they did not have clear memories of all the patients they saw, they remembered the patients we saw together very well—those who allowed us into their homes and lives; those who honored us by sharing their most personal concerns at such vulnerable times. Hearing these students’ impressions of their experiences in Naggalama—a year and a half later—I cannot help but think about what a fabulous medical education the Global Health Program provides. More than remembering textbook facts, we as medical educators want our students to carry into their futures about what a fabulous medical education the Global Health Program provides.

I am grateful to be part of a program that supports such meaningful and important work.

**REVEREND PROFESSOR SAMUEL LUBOGA, M.D., AND CHRISTINE LUBOGA**

Our homestay model has continued to be refined as it flourishes. We are proud to provide a comfortable space for participants to practice Luganda, share reflections about their day, inquire about their encounters, and learn about Ugandan culture through storytelling and observation. We offer them emotional support for any difficulties they may face, help them navigate the city, and assist them in planning trips. We share patients and faculty stories with them as part of the global health cultural curriculum, and accompany them to wedding ceremonies and other cultural activities. We encourage them to participate in our family activities such as meal preparation, and even invite them to showcase their own home dishes. Our new *Leaving Your Roots Behind* ceremony at the family farm has become a tradition: As participants cover tree roots with soil, they solidify their personal connection to our country and its people, while internalizing a symbol of growth and new perspectives to which they will someday return.


The biggest lesson I learned was, first and foremost, humility. My time in Uganda also taught me not to take things for granted, and that real wealth is not about money or possessions, but people and relationships. This realization encouraged me to cherish my family and friends more fully while also reinforcing my desire to work in healthcare.

— Grace Herrick, founder of Grace’s Promise, a Connecticut-based nonprofit dedicated to providing preschool education in impoverished communities

**GRACE HERRICK, FOUNDER OF GRACE’S PROMISE, PROVIDING PRESCHOOL EDUCATION IN A CONNECTICUT-BASED NONPROFIT DEDICATED TO ENSURING CHILDREN HAVE THE OPPORTUNITY TO DEVELOP THE ESSENTIAL SKILLS REQUIRED FOR A SUCCESSFUL LIFE**

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**THE UNIVERSITY OF VERMONT  AND  THE WESTERN CONNECTICUT HEALTH NETWORK**

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**REFLECTIONS FROM THE FIELD**

**Driver of Change**

Every day we see a parade of people without adequate resources, suffering from diseases and injuries that would otherwise be managed differently, or at a higher level. In my six weeks here, there is no way I will contribute to the structure of the Ugandan healthcare system, or have any significant impact on the patients receiving healthcare. However, in these six weeks I have begun my career as a physician and member of the global community. My impact will not come in the next three weeks, or even next years, but eventually I hope to be a driver of change on the global level.

— Katherine Callahan ’21, UVM Larner College of Medicine student

**Establishing Our Roots**

We started off early Saturday morning at Reverend Luboga’s farm where we each planted a fruit tree as a symbol of establishing our roots in Uganda and supporting its people. It was a humbling experience. We were then invited to attend a Ugandan engagement ceremony, a special event where families of the bride and groom meet for the first time. We all wore traditional Ugandan gowns with beautiful bright colors and sashes. We did not know the bride or groom, but Dr. Luboga was the reverend for the ceremony. What he failed to mention was that the bride was a princess, and that the Ugandan Queen would be in attendance!

— Katherine Callahan ’21, UVM Larner College of Medicine student

**Life Changing Opportunity**

I am grateful for the supportive learning environment that the Global Health Team and Pathology Department have created. In exchange, I have shared my knowledge in autopsy and pediatric cancers with pathology residents. I will join Makerere University as a lecturer as a way to give back to the leadership for providing me with the life-changing training opportunity at Danbury Hospital. My time as a Global Health Scholar is helping me build a strong foundation in hemopathology, the field that I love most.

— Emmanuel D. Morgan, M.D., Global Health Scholar

**GLOBAL HEALTH INFORMATION CENTERS**

New Global Health Information Centers at three sites throughout Uganda provide resources to the community and steer Global South interest in global health. Our greater vision is of a resource center that encircles all individuals from anywhere in the world, a place where people can come to learn more about global health. These centers orient participants and compile sociocultural curriculum, as well as match participant needs with available resources and host institution needs with participant skills. While the classes held at the centers will be offered mainly to our own participants, we hope they will eventually be open to international participants in other programs.


A Commitment to Health Equity

ALEXEY SOZINOV, M.D., PH.D., D.S.C.
RECTOR, KAZAN STATE MEDICAL UNIVERSITY

MARAT MUKHAMEDYAROV, M.D., PH.D.,
SITE DIRECTOR, KAZAN STATE MEDICAL UNIVERSITY

2018 was another successful year for global health at Kazan State Medical University (KSMU). The number of participants in our tripartite partnership has now reached thirty. These alumni return to KSMU where they share their sharpened skills and insight, advocate for the global health philosophy, and drive change in our institutions and communities. Two of our residents traveled to the Dominican Republic and two to Uganda for global health electives this year, and came back with a remarkable wealth of clinical, cultural, and personal insight. We are also proud to have hosted many students and faculty from UVMLCOM/WCHN. Among our exciting updates, Ms. Asu Khairutdinova has been appointed as the new coordinator of the Global Health Office at KSMU. Tropical Medicine Modules 101 was published by University Press in both English and Russian, and is now available to students during their rotation in infectious disease hospitals. Dr. Stephen Winter spent a week with us during our Anniversary Day Celebration to join our festivities, deliver a series of talks, perform clinical work, and participate in distribution of certificates to Global Health Scholars selected for the elective in Uganda. Moving forward, we are excited to host an increased number of faculty and residents from our partner sites and send even more Global Health Scholars to WCHN for training and observership. We thank the Global Health Program, and look forward to another year of continued partnership and growth.

NOTES FROM THE FIELD

Impacting the Medical Landscape

I knew little about the complications of AIDS (tuberculosis, cryptococcus meningitis, CMV, toxoplasmosis, candidiasis), or diseases like tetanus until I realized they were immersed in the daily routine at Kiruddu Hospital in Kampala, Uganda. S. M. disease, as it was known when it was first discovered here, affects about 7.3 percent of the population and brings many with advanced complications to Kiruddu Hospital. Lack of diagnostic resources demands deep medical knowledge and clinical judgment from medical caregivers, as these are the only diagnostic tools in their hands. Interactive seminars and lectures given by a team of doctors, nurses, and pharmacists had the most educational value for me, and was a showcase for demonstration of amazing intellectual capacity, teamwork, and up-to-date medical knowledge of caregivers at MekCHS.

The insight and medical knowledge I have acquired in Uganda will help me educate young medical students and peer residents at KSMU about the cultural and economical attributes of healthcare delivery as well as the significance of taking a good history, performing a meticulous physical examination, and using scarce resources judiciously and thoughtfully. Focusing on the education of the next generation of medical students and installing the principles of global health has the potential to positively impact the medical landscape.

– John Isa Ngbede, M.D., PGY1, Internal Medicine Department, Kazan State Medical University

Learning from Commonalities and Differences

Improving communication skills and empathy reduces anxiety and positively affects patient well-being across cultures. Achievable at all levels of a healthcare workforce, tools for adequately responding to illness-related emotions can powerfully enhance the landscape of compassionate care delivery. The effort to share ever-evolving clinical knowledge across cultures and healthcare systems increases professionalism and cultural awareness for all participants, and in turn allows us to provide better care to our patients.

– Rafael Khalitov, M.D., Russia

Seeking Answers, Developing Confidence

[My experience in the Global Health Program] has given me greater confidence treating patients with different types of strokes and preventing stroke in my patients at KSMU. I have learned new approaches to treating the most frequent neurological conditions such as epilepsy, Bell’s palsy, and headaches. At the same time, I have had the chance to meet incredible and highly professional doctors and residents. Each teaching session with my supervisors inspired me to delve further into discussed topics and seek answers to important questions.

– Daria Artemeva, M.D., Global Health Scholar from Russia
A Commitment to Health Equity

We are grateful and proud to describe our partnerships as truly mutual and bidirectional. Our many successes and innovations this year are a result of faculty collaboration from both sides. To investigate the use of simulation in orienting participants to global health competencies, the heads of the simulation lab at Danbury Hospital and UNIBE visited each other’s sites. To revamp medical education at UNIBE, Dr. Nuner visited UVM/LCOM and the Teaching Academy while medical education leaders from Vermont visited UNIBE to gain a clearer sense of the curriculum. To expand our global surgery partnership, UNIBE and Danbury Hospital’s surgery departments hosted each other’s faculty for training, during which trainees shared their own unique perspectives. Thanks to these beautiful exchanges, as well as frequent lectures given by the director of the Global Health Program, interest has grown so immensely among UNIBE medical students that a global health interest group has been formed. Meanwhile the success of the homestay model at our site has led to an expansion to a second household. We hope a rewarding collaboration can blossom between the OB/GYN departments of UVM/LCOM and WCHN when renovations at UNIBE’s Maternity Hospital are complete. Sparked by a visit from Danbury Hospital’s Cardiology Fellowship Program, a future collaboration with U.S.-based cardiovascular surgeons is also under discussion.

Our collaboration continues to provide our students, faculty, and leadership with a wonderful experience. We are grateful for the opportunity for growth and learning through our relationship with the UVM/LCOM/WCHN Global Health Program, and to uphold our ongoing commitment to comprehensive medical education, strong partnership, and health equity.

Focus on Mastering the Basics

One of the challenges during my time in the Dominican Republic was realizing that their surgeons are great—really great—and that I likely wouldn’t be contributing much in the way of innovation, knowledge, procedural expertise, or even perspective. The surgical residents had immense operative experiences and great judgment, and the ability to operate with true beauty without many of the technologies we enjoy in the United States. While this was certainly humbling, it also served to remind me that technology doesn’t make me a better surgeon per se. It will always be the fundamental surgical principles of knowing when to operate and when not to, knowledge of anatomy and physiology, and the core technical skills of cut, expose, dissect, divide, and suture that make a surgeon great.

– Assaad Traina, M.D./B.A, UVM Larner College of Medicine alumus

The Development of Global Health Advocates

The Global Health Program at Cho Ray Hospital continues to expand in scope, participation, and reach. In response to this remarkable growth, we have launched a new Training Center this year, led by associate professor and deputy director Tran Minh Truong, to serve as the home of global health at our institution. We are excited for this global health epicenter to stand as the connection point for all our global health partnerships. Dr. Tran Haib Uyen and Dr. Hoang Lan Phuong will be directly responsible for coordination of the educational partnership between WCHN/UVM/LCOM and Cho Ray Hospital. We had a record number of Global Health Scholars this year. They truly enjoyed their training at WCHN where they were immersed in international hospital teams, and returned with meaningful insights in medical education, cultural competence, and clinical skills, including up-to-date procedures and techniques. In exchange, they familiarized WCHN members with the medical education and healthcare delivery systems in Vietnam through venues such as the Global Education and Health Systems Lectures hosted by Sacred Heart University (SHU) College of Health Professions and Isabelle Farrington College of Education, where our scholars presented this year.

We are excited for a new partnership through which SHU physician assistant students will join UVM/LCOM/WCHN global health participants at our institution. Over the next year, we hope to amp up pre-departure orientations and develop mid-term and final evaluation reports to aid participants in their development as clinicians and global health advocates. We also plan to engage young physicians from a wider variety of departments to participate in global health.

Value in Providing for Others

Having grown up in a diverse neighborhood in Queens, New York and traveled extensively throughout my upbringing, I had long been interested in global health when I finally had the opportunity in 2015 to participate in a global health rotation in Vietnam. During meetings with the global health group, the program director made a comment that has stuck with me: When we travel to someone else’s home country, we must consider ourselves citizens of the world, and as such have a global responsibility to provide them care. This idea transformed my view of global health from a hobby into a responsibility that we must continue to fulfill.

– Bilal Khan, M.D., Pulmonary/Critical Care Specialist and Fellow in Sleep Medicine, Norwalk Hospital

The Doctor-Patient Relationship

Two things especially impressed and inspired me throughout the training. First was learning about the doctor-patient relationship and communication. Doctors are aware not only of disease, but also patient living conditions and environments. Second is the quality of comprehensive care and use of up-to-date medicine in clinical practice, which together allow chronic patients a higher quality of life. All the mentors, hospital staff, and global health faculty provided me with a warm welcome, caring atmosphere, and emotional support as I enriched my clinical and cultural knowledge. This training has inspired me to work toward providing a higher-quality of care while helping me realize that I can do so even with limited resources.

– Nguyen Thanh Nam, M.D., Global Health Scholar from Vietnam
In providing a scaffold on which different perspectives, cultures, traditions, and beliefs can converge, the UVMCOM/WCHN Global Health Program encourages a suspending of our own worldviews toward better understanding those of others. With time, growth, and practice, empathy can embed itself in our beings in such a way that we can better care for each other and our communities. We are excited to be part of a network that advocates not only for higher-quality healthcare, but for a more deeply connected world.

Our New Collaboration With Walailak University

We enthusiastically welcome Walailak University (WU), the newest member of our global health family. Situated in Nakhon Si Thammarat, a city about an hour’s flight from Bangkok, the university sits on a large rural campus with ample educational opportunities including rotations in two community hospitals as well as an outpatient clinic experience on the university grounds. With a seven-hundred-bed university hospital currently under construction and projected to be completed next year, this site is rapidly growing. Dean of the WU School of Medicine Dr. “Men” Prachyapan Petchuay welcomed our collaborative global health vision with open heart and astute clinical skills and perspectives of healthcare in their country to tell their own stories, in their own voices, from their own landscape, and global health competencies.

There have been shifts in leadership this year, as we welcomed the new dean, Professor Rangarajirai Masanganyie, and Deputy Dean Professor Sopha Chitamba. Tendai Machingaide was appointed the associate clinical site director. I was honored to be nominated for the Velji Global Health Education Award, which I was able to receive in person at the Consortium of Universities for Global Health Conference in New York City thanks to support from the program. Another significant event was the fundraising effort of Dr. Stephen Scholand, along with his family and friends, that raised $32,000 to improve the care of cancer patients at our university, particularly in the Kaposi Sarcoma clinic.

In the future, I hope our college will set up a global health office to help accommodate the growing program. Currently, we are working on utilizing simulation for our medical education curriculum. After training at UVMCOM/WCHN sites in September, UZCHS Senior Lecturer Dr. Shalote Chipimauanga took an interest in advancing simulation experiences at our university where our Clinical Skills Laboratory is largely underutilized.

The Global Health Program has given us a lot this year. The unfortunate part of our story is the political unrest that has arisen in our nation. We plan to continue sending our Global Health Scholars to UVMCOM/WCHN for training, but must take a hiatus from hosting global health participants until we regain economic and political stability. We are honored to be part of this meaningful collaboration and friendship.

Meaningful Collaboration and Friendship

At UZCHS, we have continued to expand our partnerships and friendships as well as research and publication opportunities this year. Visitors have brought useful equipment for our university while exposing our students to new cultures and ideas. Our faculty find supervising global health participants beautifully rewarding, and enjoy imparting to them not only clinical knowledge but also insights into our way of life. It is this “hidden curriculum” that makes global health education so valuable - the relaying of information that cannot easily be found in a textbook. To adequately transmit these perspectives, we are dedicated to being resourceful and knowledgeable about our country, its political landscape, and global health competencies.

Frameworks for the Future

The impact of the University of Vermont Lureyn College of Medicine/Western Connecticut Health Network Global Health Program in Zimbabwe goes far beyond what can be quantified in charts and graphs. Rooted in mutual respect and bidirectionality, it is a program that builds frameworks for the future. It empowers Zimbabwean students, doctors, and patients to tell their own stories, in their own voices, from their own perspectives of healthcare in their country: In so doing, it helps to better chart a viable and sustainable course from where they are into the uncertainties of the future.

In past decades, Zimbabwe was a leader in healthcare and education in Africa. Recent political and economic turmoil has resulted in a “brain drain” of qualified doctors and nurses seeking jobs overseas where they get better pay. Despite these unfortunate setbacks, Zimbabwean healthcare workers have continued to strive to help, heal, and comfort, and the Zimbabwean commitment to educating medical students is strong. Due to financial constraints and shortages of specialized equipment, an impressive emphasis is placed on history-taking and physical examination in diagnosis making—a lost art in modern medicine. It is this “hidden curriculum” that makes global health education so valuable - the relaying of information that cannot easily be found in a textbook. To adequately transmit these perspectives, we are dedicated to being resourceful and knowledgeable about our country, its political landscape, and global health competencies.

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Global Health Day Celebration

The UVM Larner College of Medicine/Western Connecticut Health Network Global Health Program hosted a “Celebration of Global Health” April 17-18, 2018. International guests joined program leaders, faculty, staff, and students for several events. During a special dinner, Global Health Program Director Majid Sadigh, M.D., presented Dean Rick Morin, M.D., with a special thank you gift for his leadership and support as he transitioned to retirement.

The celebration featured the Dean’s Distinguished Lecture in Global Health, titled “My Heart Burns: Three Words Form a Memoir” by Dr. Majid Sadigh.

### CELEBRATION 2018 Global Health Award Winners

**Patricia O’Brien, M.D. Global Health Leadership & Humanitarian Award:**
- UVM Professor of Surgery Bruce Leavitt, M.D.

**Beth Kirkpatrick, M.D. Citizen of the World Award:**
- Tampa Bay Gold Professor and Radiology Chair Kristen Delitsch, M.D.

**Majid Sadigh Global Health Education Award:**
- UVM Assistant Professor of Obstetrics, Gynecology and Reproductive Sciences Anne Dougherty, M.D.

### 2018 Poster and Essay Competition Winners

**Best Poster:**
- Danielle Ehret, M.D., Assistant Professor of Pediatrics and Neonatologist

**Best Reflection Essay:**
- Julia Shatten, M.D. ’18 for “Ethics of the Theater” (Uganda)

**Essay Honourable Mentions:**
- Amanda Kardys ’20 for “Impressions” (Zimbabwe), Stefan Wheat, M.D.’18 for “The Ghosts of Makerere Kikoni” (Uganda), and Stephanie Brooks, M.D.’18 (Uganda).

### 2018 Photo Winners

Select photo winners below and left.
- **Best Composition Award**, photo by Anya Koutras, M.D.
- **Best Originality Award**, photo by Pirapon Chaidaron ‘21
- **Impact Award**, photo by Anya Koutras, M.D.

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### Northeast Regional Symposium

The second annual Northeast Regional Symposium, hosted by the American University of the Caribbean (AUC) School of Medicine, was held May 12, 2018, in Rye Brook, New York. Majid Sadigh, M.D., delivered his keynote address and moderated a panel on ethical dilemmas in short-term global health electives. Buillt Zigaushn, M.D., spoke about the structure and content of the global health elective at WCHN. Other WCHN attendees included Jonathan Rasen, M.D., Ms. Joanna Cunklin, and Ms. Laura E. Smith.

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### Consortium of Universities for Global Health

The UVM Larner College of Medicine/Western Connecticut Health Network Global Health Program was well-represented at the ninth annual Consortium of Universities for Global Health (CUGH) conference, held in New York City from March 15-18, 2018. Several leadership team members and international partners participated in the event, including Dr. Isaac Okullo, Dr. Rose Nabiy, and Susan Byekwaso from Makerere University College of Health Sciences in Uganda.

**AWARDS**
- Professor Chiratidzo Ellen Ndhlovu, M.D., Director of the Global Health Program at the University of Zimbabwe College of Health Sciences, received the 2018 Drs. Anvar and Pari Velji Global Health Education Award.
- A poster presentation from Alexandra Miller, M.D.’18, was selected as a finalist for The Lancet Poster Presentation. The poster, titled “Cervical Cancer Screening in Rural Tanzania: A Capacity Building Project,” was co-authored by Miller, Kelley Collar, M.D.’18, Anne Dougherty, M.D., et al.

**PRESENTATIONS**
- Molly Moore, M.D., Director of Global Health for the UVM Larner College of Medicine’s Department of Pediatrics, presented research titled “Use of Simulation for Preparation of Pre-Clinical Medical Students for Global Health Electives” by Moore, Michelle Mertz, M.D., Mariah McNamara, M.D., et al.
- Samantha Dean, M.D., OB/GYN resident at UVM Medical Center, presented research titled “Knowledge and Attitudes of Family Planning by Men and Women in Rural Uganda” by Dean and Anne Dougherty, M.D., et al.
GLOBAL HEALTH PROGRAM

AWARDS AND RECOGNITION

Climb for a Cause

On February 9, 2018, Majid Sadigh, M.D., director of the Global Health Program at the University of Vermont Larner College of Medicine and Western Connecticut Health Network, began a nine-day trek up the 19,341-foot Mount Kilimanjaro to raise funds to build a microbiology laboratory at St. Francis Naggalama Hospital. In the end, more than 100 people contributed over $20,000 to the fundraiser, called Climb for a Cause.

On February 23, 2018, Sadigh received the Award of Unity from St. Francis Naggalama Hospital board members and medical staff in honor of his efforts.

Endowed Chair Dinner

The first Endowed Chair Dinner was held at Le Chateau, South Salem, New York on June 28, 2018. It was attended by eight of nine Endowed Chairs, their spouses, and the donors. Each Endowed Chair spoke about the impact of their endowment on their respective program.

From Dr. Majid Sadigh’s speech:

I was raised in a small mountainous village in southern Iran, a land of poor but kind and generous inhabitants. I was one of very few children who had the privilege of a warm and supportive family. It was in this setting that I became familiar with the lives of underprivileged, gentle souls. Rumi became my idol as I searched for meaning beyond simple “happiness” throughout my youth... I dreamed of becoming a storyteller who narrates the stories of those who cannot tell their own. I attended medical school with this dream, came to the USA with this dream, and joined Yale, and later on UVM/UCW, with this dream. I focused all my energy on relating the story of the underprivileged to those who may not have heard it. It was at Western Connecticut Health Network that I finally discovered people, both in the community and among the leadership, who shared this dream. John Murphy, the CEO of WCHN, immediately embraced the global health philosophy. And in 2016 when he and the Foundation brought my path to overlap with Christian and Eva Trefz, my dream finally came true. Global health at UVM/UCW has found an identity, named after a generous family that cares about making a positive impact. Now, whenever I take the podium to advocate for the underserved, the Trefz name moves the idea forward, giving it sustainability and power.

Distinguished Philanthropy Dinner

On Wednesday, September 12, 2018, Rolling Hills Country Club in Wilton, Conn., hosted the Distinguished Philanthropy Dinner. Western Connecticut Health Network President and CEO John Murphy, M.D., spoke about the impact of philanthropy and the humanistic mission of medicine, while UVM Larner College of Medicine/Western Connecticut Health Network Global Health Program Director Majid Sadigh, M.D., presented “Encounters at the End of the World,” in which he reflected on his early observations in Uganda.

From Dr. John Murphy’s speech:

I dreamt of becoming a storyteller who narrates the stories of those who cannot tell their own. I attended medical school with this dream, came to the USA with this dream, and joined Yale, and later on UVMLCOM, with this dream. I focused all my energy on relating the story of the underprivileged to those who may not have heard it. It was at Western Connecticut Health Network that I finally discovered people, both in the community and among the leadership, who shared this dream. John Murphy, the CEO of WCHN, immediately embraced the global health philosophy. And in 2016 when he and the Foundation brought my path to overlap with Christian and Eva Trefz, my dream finally came true. Global health at UVM/UCW has found an identity, named after a generous family that cares about making a positive impact. Now, whenever I take the podium to advocate for the underserved, the Trefz name moves the idea forward, giving it sustainability and power.

John Murphy, M.D., and Majid Sadigh, M.D., at the Distinguished Philanthropy Dinner
GLOBAL HEALTH ANNUAL REPORT 2018

GLOBAL HEALTH PROGRAM

PUBLICATIONS AND PRESENTATIONS

Published Manuscripts


Global Education and Health Systems Lecture

On November 11, 2018, Daria Artemieva, M.D., Dusun Day Khoa, M.D., Nguyen Thanh Nam, M.D., and Emmanuel Denis Morgan, M.D., four Global Health Program Scholars from Russia, Vietnam, and Uganda, took the stage at Sacred Heart University to share experiences of education and healthcare from their home countries with education and global health students. Their infectious smiles and warm nature captivated the crowd. Thoughtful questions from the audience paired with insightful responses from the panel filled the room. Those in attendance left with the knowledge of the ways in which these respective countries are more alike than they are different. The series is a joint effort between the College of Health Professions and the Isabelle Farrington College of Education.

Dr. Jitendra Pariyar, a Nepalese gynecologic oncologist, recipient of the 2018 ASCO IDEA award, and member of the Nepal Society of Obstetricians and Gynecologists gave a presentation about endodermal cancer in Nepal at the Danbury Hospital Tumor Board.

Jeffrey G. Wong, M.D., (pictured bottom left), associate dean for medical education at the Pennsylvania State College of Medicine, hosted a four-day course for 14 faculty from the UNIBE School of Medicine in Santo Domingo, Dominican Republic. The workshops were designed to enhance teaching abilities in a multitude of venues and for a variety of learners.

Dr. Tracy Rubin, Director of Yale and Makerere partnership, spoke at Danbury and Norwalk Hospitals’ Global Health Medical Grand Rounds.

Recent Guest Presentations

“Life and Death in Kolofata: An American Doctor in Africa” Ellen Enters, M.D., Peace Corps volunteer and medical doctor in Africa for thirty years, spoke at UVM Medical Center’s Emergency Medicine Grand Rounds on September 6, 2018, and later in the afternoon to the community, about international development, humanitarian assistance, medical treatment in impoverished communities, armed conflict, and refugees in Africa. Her book, Life and Death in Kolofata: An American Doctor in Africa, is a beautiful narrative along with a compilation of her letters home.

“From the beginning of time, people have connected with each other through storytelling. Whether sharing what we have seen with our eyes, what we have built with our hands, or what we have dreamed with our imaginations, the best of our stories engages the hearts of both the teller and the listener. The global health community here is one of storytellers, and our program has been made stronger and better by the stories that have been shared by caregivers and care receivers, by students and teachers, by the most visible advocates and the quietest who walk among us. In my years working with the Global Health team I have been amazed and humbled by the stories shared, which serve as inspiration to help continue this important work. It is a privilege to help our storytellers be heard and I cannot wait to see what new stories lie ahead.” – PIERCE GARDNER, M.D.

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Books and Compilations

The World of Global Health [A]

Climb for a Cause details Dr. Sadigh’s fundraising efforts. (B)

Ebola Book Volume I

Tropical Medicine 101 and 202 were published in Russian and English, in Kazan, Russia

Notes of Encouragement

Words of Encouragement

Vermont Medicine, the UVM Larner College of Medicine alumni magazine, featured a photo essay by David Seaver

Collection of Global Health newsletters and blog posts

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– Carole Whitaker, Assistant Dean for Medical Communications, UVM Larner College of Medicine
Global Health Office at Western Connecticut Health Network

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