

PEDIATRICS REFLECTION SESSION 2/24/20

Keaton Cooley-Rieders and Daniel Haik

Dear Daniel and Keaton, I loved everything about your painting project! First, the picture itself turned out great, and I'm glad it's now hanging in your living room. Second, art is a great way of finding relaxation and tranquility, because it involves intuitive expression. Third, as you pointed out, art helps get you in touch with your "inner child," i.e., it gives you permission to "have fun," be creative and utilize your imagination. Fourth, as we discussed, while engaging in art on an individual basis can be enjoyable and even healing (think art therapy), engaging in art as a group, shared experience intensifies these effects. It becomes an exercise in bonding and even teamwork. Finally, again as the class discussion explored, whereas participating in art for yourself is a good example of self-care, engaging in art with a patient (pediatric or otherwise) can help build trust and lead to self-disclosures that might not always occur through direct questioning.

I think the entire class could see from the way you presented the project how much fun you had creating this work of art. As you discovered, creating something with paint is a good diversion from the pressures and responsibilities of med school. I hope you'll continue to indulge your inner child in this way once in a while. It will be good for you and good for your future patients ☺ Best, Dr. Shapiro

Jay Ramsay

Jay, this was a fascinating ethical dilemma. Many of the ethical issues that students raise in this session are ones that Dr. Murata and I have run across before, and we are able to shed some light. Your question had everyone running to google, us included! Your project made us think and do our homework, which was great.

Even more impressive, from my perspective, is that you recognized that an ethical dilemma was unfolding before your eyes, one that required a thoughtful and nuanced response. As in many situations, the law tells us what we can do, but not always what we should do. Although as we discovered, the courts seem to support immunization if one parent is also in favor, ideally, if possible, you want parents (even divorced ones) to reach agreement without a court order (although sometimes this will not be possible). Importantly, you got us all wondering what we would do in a similar situation, and this immediacy caused everyone to start seeking answers. A unique and worthwhile project! Best, Dr. Shapiro

Caroline Frambach, Olivia Tsai, Julie Ferris, Samantha Shwe, Lauren Chen

Dear Team Pinterest, This was a truly unusual and timely project. By showing us how social media "knows" us through our browser history, our purchasing history, and our social media posts, you reminded us how vulnerable we all are to manipulative advertising (and other ills). As you pointed out, Olivia and Samantha, parents of lower socioeconomic status and/or immigrants may be particularly susceptible to this kind of exploitation. And as you observed, Julie, educated, well-informed parents may easily succumb to the desire for "the best" (usually the most expensive) product. Why? Because all parents love their children and are ready to make great sacrifices to ensure their wellbeing. I was particularly struck by the frequency and quantity of the ads you received, Caroline. It was quite troubling to imagine a young inexperienced parent bombarded daily with products to "improve" the life of their child. How hard to resist this deluge of information, as you

noted, Lauren. In these circumstances, it is really important, as you concluded, for pediatricians to proactively educate parents about what their little ones really need – which is to be loved, kept healthy and safe, and generally gadget-free 😊 Thanks for a really thought-provoking and informative project, Dr. Shapiro

Alyssa Ashbaugh, Jack Birkenbeuel, Christleen Casem, Francisco Cerda

Great project on migrant children, and unfortunately very timely. Christleen, I appreciated the way your segment aimed at busting stereotypes, reminding us that we all need to dig a little deeper to accurately determine the kids who cross our paths in clinics and hospitals. You did an excellent job of pointing out that these kids are not one specific type of person, live in many different areas, and come from everywhere.

Jack, you thoroughly enumerated some of the reasons for migration (economic opportunity, reuniting with family, fleeing war, violence, and abuse, better educational and other opportunities, and escaping crop failures and natural disasters), again reminding us that this is not a monolithic population, and that their reasons for undertaking dangerous and difficult journeys are varied.

Alyssa, your component made the critical point that these kids have often suffered unimaginable traumas, ACES, toxic stress, due to family separation, experiencing or witnessing violence/abuse, food and housing insecurity, loss of loved ones. You also brought to our attention that, while the healthcare system is intended to assist and ameliorate distress and suffering, too often immigrant children (and their parents) encounter almost insurmountable barriers in accessing healthcare, such as language and cultural differences, financial constraints, fear of deportation, and inability to navigate an unfamiliar and overwhelming system.

Francisco, you updated us on changes coming from the federal government that threaten the immigration status of anyone who receives public assistance. This inhumane policy has already acted as a deterrent to many patients and their children in need of medical attention for fear that accessing healthcare through Medicaid may jeopardize their chances of remaining in this country.

The situation is indeed dire; and as is often the case, those who suffer most are the most vulnerable, women, children, and underresourced immigrant communities. Your recommendations for intervention were spot-on: be familiar with pertinent resources and provide them at every opportunity; be allies and advocates for your patients and help them to advocate for themselves; never lose sight of what is right vs. what has become legal – and use your status and influence as physicians to support and assist those in need. It is a hopeful sign to see individuals like yourselves on the front lines of healthcare, working to make an often broken system more equitable, more just, and more merciful. Dr. Shapiro