



AAFP GLOBAL HEALTH SUMMIT
Primary Health Care and Family Medicine: Health Equity for All

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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