

Native Hawaiian Health and Pu'u Koholā Heiau (stone temple)

By Dee-Ann Carpenter, MD

In August, the 42nd annual ho'okuikahi (gathering) of community members and cultural practitioners was held to honor Ke Kulana No'eau o Ka Wa Kahiko, the Hawaiian traditions of the past, and to commemorate the importance of the historical site of Hawai'i's King Kamehameha the Great.

This year, Chaminade University's School of Nursing Dean, twelve nursing students, three medical students, an internal medicine resident, a dentist and a pharmacist, accompanied Drs. Brady and Carpenter and Mona Cardejon to the event. The health care students and providers worked with two of the I Ola Kohala participants, Pua Lilia Dudoit and Kau'i Malakaua-Blanco, to bring their healing energy to the event. Ninety kupuna (elders) received health screenings on the first day and the following days were spent providing first aid while observing and participating in the various ceremonial and cultural affairs.



photo by Dee-Ann Carpenter, MD

At the closing awa ceremony, the doctors were wholehearted acknowledged starting with the Kahuna Nui, Kapono'ai (Kumu Lake's son). Dr. Brady spoke the story of when Kumu Lake first invited 'Ahahui o na Kauka to Ho'okuikahi at Pu'u Kohola and Dr. Carpenter spoke of her present commitments to Native Hawaiian communities and health, and of the need for continued sharing between Native Hawaiian culture and healing practitioners. Dr. Ka'ohimanu Akiona(Dang), now in her last year at the Hilo Residency, spoke of the future, as the Big Island Kauka who will sit on the Council of chiefs for the Ho'okuikahi. With her connections, 'Ahahui will stand alongside her in the years to come.

On the last day, we drove to Pololu Valley to see where the pohaku (stones) originated, 20 miles from the heiau site. Dr. Peter Donnelly hosted our breakfast and shared his work adventures on many islands, including Kalaupapa, Molokai. Experiencing the event at Pu'u Koholā renews and perpetuates an understanding of protocol, ancestry and perseverance of Native Hawaiian culture. It gives us great pride to share such an experience with others and fosters the need for cultural awareness, healing and wellness, and an understanding among our future health care providers and Native Hawaiian practitioners.

Pridoc 2016 Continued

JABSOM students at PRIDoC presented topics including "Using LASSI for student learning development of disadvantaged students pursuing careers in medicine: The 'Imi Ho'ola PostBaccalaureate Program" by Yuho Ono and Amanda Mesa; "Native Hawaiian Cultural Competency Training at JABSOM: Senior Students Reflections" and "Privilege as a Social Determinant of Health in Medical Education: A Single Class Session Can Change Privilege Perspective" by Nash Witten, and "Meeting the health workforce needs of the underserved by training physicians at community health centers" by Nicole Mahealani Lum.

Students returned from the conference inspired and proud to have been witness to honors bestowed on Native Hawaiian physicians prominent in Hawai'i's medical community; Dr. Emmett Aluli received the Kiakahi award, and a posthumous tribute was paid to the esteemed Dr. Kekuni Blaisdell. Following the footsteps of these honored Native Hawaiian physicians may seem like a daunting path to take, but we are all reminded that the path they trod made it easier for those behind to follow; no longer forced to blaze the trail themselves, students have a well-worn path forged by those who came before.



From left to right: Third year medical student Nina Beckwith, along with fourth year medical students Yuho Ono, Nash Witten, Courtney Gaddis, and Amanda Mesa, and UH Family Medicine Resident Mahe Lum as they prepare for the tribute to Dr. Kekuni Blaisdell on the first day of the PRIDoC conference

photo by Courtney Gaddis

NHCOE
Native Hawaiian Center of Excellence

Nū 'Oli o NHCOE

Department of Native Hawaiian Health



Upcoming Events

January 24

Department of Native Hawaiian Health Faculty and Staff Meeting

January 27 & 30

Standardized Patient Exercise

Jan. 29 - Feb. 2

Liaison Committee on Medical Education Accreditation visit

February 4

Molokai Teen Health Camp

February 9

King Kamehameha IV Birthday

February 17-18

Cross Cultural Health Care Conference

March 11

Na Aha Haloa Event Hilo

March 16-18

Annual Imi-Ho'ola Kalaupapa Trip

April 18

Nānākuli Pathways to Health Health Fair

May 6

JABSOM Senior Luau

May 12

Kihei Ceremony

May 13

Commencement

The Voice for Those Unheard

By Malia Lee, MD Sachi Kaulukukui, MS and Ben Young, MD

On January 9th, 2017, JABSOM medical students and faculty joined a nationwide silent protest in support of the Affordable Care Act (ACA) and Planned Parenthood that appears to be threatened by our current administration. 20 million Americans including 54,000 Hawai'i patients risk the sudden dissolution of health insurance coverage through the ACA if a suitable replacement is not offered. Physicians will once again be challenged to meet the needs of patients with limited resources. JABSOM students Arcelita Imasa (MS3), Emily Jones (MS2) and Tru Dang (MS1), in their roles as Partnership for Social Justice coordinators, organized JABSOM students to support the nationwide #ProtectOurPatients movement prompting health-care providers to advocate against the repeal of the ACA. We applaud the fortitude of our students who are standing up for patient rights even before patient care becomes their sole responsibility.

As NHCOE advocates to reduce health disparities and support our future healthcare providers, Sachi Kaulukukui, NHCOE Student Development Coordinator, and Dr. Malia Lee attended the NAMME (National Association for Minority Medical Educators) conference this past September. At NAMME, they were fortunate to have met the esteemed Dr. Vivian Pinn, a graduate of the University of Virginia School of Medicine in 1967 and the only woman and African American in her class. Dr. Pinn has countless career accomplishments and is most well known for her work at NIH as the first director of the Office of Research on Womens Health. A strong supporter of women in medical and science careers, Dr. Pinn spent twenty years as a federal policymaker to raise awareness of women's health issues and underrepresentation in science and medicine worldwide, across educational, political and cultural communities. NHCOE's special tie to Dr. Pinn is through our former director, Dr. Ben Young. Together, with Beverly Williams, Esq. of University of Pennsylvania, the three were leaders in the formation of the National Council on Diversity of Health Professions (NCDHP) 30 plus years ago. NCDHP is a collective group of Centers of Excellence across the US unifying to advance the underrepresented in healthcare. Dr. Pinn was a strong advocate for diversity in healthcare especially for women's health. She continues to be an icon for those who struggle to bring the need for minorities in health professions to the forefront.

JABSOM student initiatives towards supporting advocacy follow in the footsteps of the leaders, icons, and mentors who continue to guide us. Imagine a day when diversity in healthcare, education, and politics are no longer an issue, where patient resources and access to health care are equal, and every physician, educator, and politician has the courage and tenacity to hear and be the voice for those unheard.



JABSOM Medical Students support #ProtectOurPatients

photo by Amanda Shell



Sachi Kaulukukui, Dr. Vivian Pinn, Dr. Malia Lee at NAMME 2016

photo by Sachi Kaulukukui



Dr. Vivian Pinn and Dr. Benjamin Young at the National Institute of Health 2016

photo by Ben Young, MD

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"A'ohe pau ka 'ike i ka hālau ho'okahi."

All knowledge is not learned in just one school

January 2017

For Our Native Hawaiian Students

Planning a summer research project? Talk to us about any plans for summer research activities and rural research opportunities on neighbor islands. NHCOE can also kokua with USMLE preparation.

Please contact NHCOE Student Development Coordinator, Sachi Kaulukukui for details: sachi@hawaii.edu

Shaping the Shadows of the Aspiring Doctor's of Hilo

By Lisa Kahikina, MD and Kim Yamauchi, MPA

Neighbor Island students are an important aspect of NHCOE's pipeline efforts to increase diversity in the healthcare workforce. Many Hilo physicians are nearing retirement, and the need for rural physicians continues to rise. Rural and disadvantaged students are more likely to return to serve their communities, as evident from data from graduates of the 'Imi Ho'ola (IH) program post-baccalaureate; eighty percent (80%) of IH alumni provide primary care services and work in underserved communities, demonstrating that supporting pipeline programs and outreach to rural students is a worthwhile endeavor. More than 30% of Hilo's pre-medical students come from a rural background, with more than 70% of the students coming from disadvantaged backgrounds.

An important element of a successful medical school application is having a clinical shadowing experience. According to AAMC (Association of American Medical Colleges) Matriculating Student Questionnaire (MSQ) for the past 3 years, >90% of successfully matriculating medical students had a clinical shadowing experience. Advisors to the Aspiring Doctors of Hilo club, a pre-medical student club at the University of Hawai'i at Hilo, identified a need for clinical shadowing opportunities for their students. Students from disadvantaged backgrounds have found gaining clinical experiences difficult to obtain without personal connections or networks. The need to address these barriers to shadowing prompted the NHCOE to deliver clinical shadowing workshops and assist with shadowing opportunities for these students.

On September 17, 2016, Dr. Lisa Kahikina, NHCOE Assistant Director, and Kimberly Yamauchi, IH Program Assistant, arrived on a 5:30AM flight to Hilo, Hawai'i energized with the purpose and passion to provide workshops for the Aspiring Doctors of Hilo, including: (1) What to Expect During Your Shadowing Experience, (2) Pre-Health Professionalism, and (3) Understanding the The Health Insurance Portability and Accountability Act (HIPAA). The workshops were designed to equip pre-medical students with skills and knowledge deemed important by physicians for a clinical shadowing. The students received certificates of completion to improve their desirability when requesting shadowing opportunities, and were encouraged to create resumes and personal statements. They were also given opportunities to engage in clinical shadowing experiences with community physicians in Hilo. At the end of the workshops, partnering community physicians enjoyed a "talk-story" session with the students, sharing their pathway stories, providing advice, and mentoring. We are especially thankful that Drs. Ka'ohi Dang-Akiona, Darrett Choy, & Michelle Mitchell were able to join us. While devouring 'ono local foods, such as katsu and meat-jun, the Hilo physicians shared a common theme important for many of these students to hear: there is more than one pathway to medicine, and each path creates a unique physician. At closing, the students were reluctant to end their time with the physicians, but were reassured that their time together was merely a pause in a continuing story, as the students progress in their own pathway to medicine in rural Hawai'i.



NHCOE faculty, Dr. Lisa Kahikina and Kimberly Yamauchi, work with Big Island doctors, Ka'ohimanu Dang Akiona, Darrett Choy, and Michelle Mitchell, to prepare the University of Hawai'i, Aspiring Doctors of Hilo for physician shadowing at a September workshop. photo from Aspiring Doctors of Hilo

Hawai'i is "Talking about Transformations" at PRIDoC 2016

by Malia Lee, MD

The biannual Pacific Region Indigenous Doctors' Congress (PRIDoC) was started in Hawai'i in 2002. It has since been hosted by indigenous physician associations across the Pacific including Australia, Taiwan, New Zealand, and Canada. PRIDoC is an international conference that brings together physicians, students and health professionals interested in improving health outcomes for indigenous people, and encourages discussions on educational and research efforts aimed at forwarding this cause. JABSOM Students, DNHH and NHCOE faculty, and the Association of Native Hawaiian Physicians, 'Ahahui O Nā Kauka, accepted the invitation to speak at the 2016 PRIDoC conference in Auckland New Zealand "Talking about Transformations."



'Ahahui 'O Nā Kauka, Native Hawaiian Center of Excellence, and the Department of Native Hawaiian Health members gathered for the kawe mate procession honoring Dr. Kekuni Blaisdell. photo by Dee-Ann Carpenter, MD

DNHH and NHCOE faculty presentations included "Utilizing Cultural Practice for Hypertension" by Mele Look, "Patient Provider Collaboration and Glycemic Control in a Multi-Ethnic Diabetic Population" and "A Randomized Control Trial to Improve Heart Failure Outcomes in Native Hawaiians & Pacific Islanders: The Malama Pu'uwai Study" by Dr. Marjorie Mau, "Teaching Culture in an Ambulatory Setting to Pharmacy Students" by Dee-Ann Carpenter, and "The Power of Indigenous Art to Re-imagine, and Better Understand Cultural Trauma in a Medical Curriculum" by Martina Kamaka.

NHCOE Helps Lāna'i High and Elementary School to Grow Their Own Healers

By Kimberly Yamauchi, MPA and Malia Lee, MD

As the smallest inhabited island of the Hawaiian Island chain, Lāna'i faces challenges due to its rural location and limited resources, however, the strength of its students interested in health professions emerged during a recent NHCOE recruitment visit this past November. Dr. Sasha Fernandes, Kim Yamauchi, and Rodrigo Pascual flew to Lāna'i on November 1, 2016 to participate in the Lāna'i Elementary School STEM (Science, Technology, Engineering, and Math) Pa'ina for Pre-K through 8th graders. While there, the team spoke with students and their families about health careers, taught students how to listen to their heart and lung sounds, and engaged in a game of Health Career Family Feud. As the evening progressed, our group spent time learning of the island's medical community with family doctor, John Janikowski, the only full-time physician who lives on the island. In the evening, the clean Lāna'i air cooled us from the heat of the day and the fragrant smell of food from the community hosted potluck wafted through the air.



Dr. Sasha Fernandes demonstrates stethoscope use for elementary students at the STEM Pa'ina on Lāna'i, 11/1/16. photo by Kim Yamauchi

A Career Fair was held the following day at the Lāna'i High and Elementary School gym. Students from 6th through 12th grade visited over 40 tables to learn about various careers and higher education opportunities available in Hawai'i. 180 students visited with our team to learn about medical and other health career options available in our state.

NHCOE began its relationship with Lāna'i in April 2016 when Dr. David Sing, former Nā Pua No'eau Executive Director, introduced us to School principal, Elton Kinoshita and the Kahua Ho'ona'auao o Lāna'i BIOMED program team including Natalie Ropa, Kristin Hera and Douglas Weidman. Our partnership has expanded to include JAB-

SOM students from the Rural Health Interest Group, Teen Health Camp, and NHCOE's Nānākuli Pathways to Health. The first cohort is a group of 12 Lāna'i High and Intermediate students who have expressed interest in health careers. The group meets weekly on Lāna'i and utilizes telementoring visits from JABSOM students to assist with the development of a telehealth research project.

The goal of Kahua Ho'ona'auao o Lāna'i is to provide their students with experiences and resources that will enable them to understand and actualize their dreams as they consider educational pathways beyond high school. Since thirty-one percent (31%) of Lāna'i students surveyed expressed an interest in pursuing a health career after they graduated from high school, it is NHCOE's hope to inspire as many of them as possible to follow their educational pathway to medicine and continued service to their community.