

## Upcoming Events:

**January 31**  
NHCOE Meeting  
12:30 - 2:00

**February 7**  
First Friday

**February 11**  
OME Grand Rounds  
12:30 - 1:30

**February 11**  
FD Meeting  
2:00 - 3:00

**February 17**  
President's Day  
Holiday

**February 28**  
NHCOE Meeting

**March 6**  
First Friday

**March 7**  
Papakolea Health  
Fair

**March 8**  
Daylight Savings  
Time

**March 10**  
OME Grand Rounds  
12:30 - 1:30

**March 23 - 27**  
Spring Break

**March 26**  
Kuhio Day

**March 27**  
NHCOE Meeting  
12:30 - 2:00

## The Cultural Competency Curriculum Team receives the LIMELight Award for Sustained Excellence in Indigenous Health Curriculum Implementation

by Martina Kamaka, MD and Malia Lee, MD

NHCOE celebrates the faculty of the Department of Native Hawaiian Health (DNHH) UH John A. Burns School of Medicine (JABSOM) Cultural Competency Curriculum (C3) team as recipients of an international teaching award! The team received the LIMELight "Sustained Excellence in Indigenous Health Curriculum Implementation" award presented at the Leaders in Indigenous Medical Education (LIME) conference in Christchurch, New Zealand on November 7, 2019. The LIMELight Award recognizes outstanding approaches to the implementation of Indigenous health content in medical curricula, which are sustained and supported by evidenced-based processes.

The LIME conference is a biannual gathering of international medical educators focused on Indigenous health. The LIME conference includes academics and practitioners, as well as other stakeholders' such as policymakers, Indigenous students and community members. The LIME Conference is an outgrowth of the LIME network and is supported by Medical Deans Australia and New Zealand, Te Ohu Rata O Aotearoa (Te ORA) Māori Medical Practitioners Association and the Australian Indigenous Doctors Association (AIDA). This year, the 8th LIME Connection was hosted by the University of Otago. Conference speakers and attendees included both Indigenous and non-Indigenous experts from such places as Australia, Aotearoa/New Zealand, Canada, Hawai'i, and the continental U.S.

Drs. Martina Kamaka, Dee-Ann Carpenter and Vanessa Wong, all NHCOE faculty, accepted the award on behalf of the C3 team which recognized their 13 year effort building a curriculum focused on Native Hawaiian health and cultural competency training. The C3 team's contributions to medical education started in 2006 as a single cultural immersion weekend which has grown to include a curriculum that spans the first three years of medical school in addition to some residency training. The curriculum includes a series of workshops and colloquia, didactic lectures, electives, immersive experiences, and a longitudinal problem-based learning case that incorporates a standardized patient exercise. Dr. Martina Kamaka, project director and lead team member, says that this award is quite an honor as it was "given out by our international peers in the field of Indigenous Health education" and "it acknowledges and validates our hard work on an international level." The NHCOE is the main supporter of many C3 programs and many of the C3 team are also faculty associated with the NHCOE.

JABSOM DNHH faculty at LIME participated in robust discussions on "leadership, curriculum innovation and collaboration in Indigenous health and health professional education." C3 team members, Dee-Ann Carpenter, MD and Vanessa Wong, MD, accompanied Dr. Kamaka to the LIME conference where they were also joined by other faculty who have assisted in teaching parts of the C3 curriculum (Malia Lee, MD, Kelli-Ann Voloch, MD from JABSOM and Wesley Sumida, Pharm. D from the UH Hilo Daniel K. Inouye College of Pharmacy). Other University of Hawai'i C3 team members include: Malina Kaulukukui, MSW, Gregory Maskarinec, PhD, Bill Ahuna, MD, LeShay Kelihihokai, MA, Diane Paloma, PhD, Maria Chun, PhD, Kalani Brady, MD, and Tiffnie Kakalia.



Pro Vice-Chancellor and Foundation Director of the Melbourne Poche Centre for Indigenous Health at the University of Melbourne, Dr. Shaun Ewen present Drs. Kamaka, Wong and Carpenter with their LIMELight award.

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

All knowledge is not learned in just one school **Spring 2020**

## Walk With A Doc: Waimea

by Kayla Murata, MS-4

Last spring, I completed my third-year ambulatory clerkship rotation (6L) in Waimea. As part of the service component of the Dean's Certificate of Distinction in Native Hawaiian Health, I participated in Walk With A Doc, a national exercise and wellness program designed to reduce cardiovascular disease and promote health education through a community-based approach. This program provides members of the community an opportunity to exercise alongside their physicians while learning about health care topics with the intention to dissolve the barriers often placed between patients and physicians. During my five months in Waimea, I assisted family medicine physician, Dr. Kehau Kong and North Hawaii Community Hospital's Native Hawaiian Health Manager, (Aunty) Liana Honda in expanding the program through community outreach and improving the program through Native Hawaiian cultural enhancement.

As I rotated through my outpatient clerkships in Waimea, I handed out Walk With A Doc fliers to patients, especially those of Native Hawaiian ancestry, provided education on the health benefits of routine exercise. I also represented North Hawai'i Community Hospital at Waimea Middle School's annual health fair, where I promoted Walk With A Doc and invited families to join us on our weekend walks. It was rewarding to see the look on people's faces when they learned about a community program in which physicians actually stepped outside the air-conditioned hospital and office setting to spend time (and get sweaty) with their patients.

Every Saturday morning at 8:00, rain or shine, we gathered at the corner of Pukalani and Ala Ohia Road, across the street from the Kamuela Farmers' Market at Pukalani Stables. Dr. Kong or a guest physician would give a brief 5 to 10-minute health talk. I occasionally led these discussions on various medical topics including stress management, stroke prevention, colon cancer screening and sun protection. Aunty Liana would share the Hawaiian "Word of the Day" as it pertained to the health topic.

After stretching and reciting together the oli, "*Naue Aku, Naue Mai*" by Kumu Micah Kamohoali'i, we walked on the paved sidewalk along Ala Ohia Road and enjoyed each other's company and the beauty of Mauna Kea and the Parker Ranch Rodeo Arena to our left and the open fields of grass and rolling hills to our right. It did not take long for the sun to break through the clouds to warm us up. After the 1-mile walk down the pathway and back, we would stay to "talk story" with each other or walk across the street to eat breakfast and shop at the Kamuela Farmers Market.



Walk With A Doc is dog-friendly too! The Honda family's dog, Bu, had Kayla walk with a dog at Walk with A Doc.

Photo Credit: Liana Honda

I gave my final talk reflecting on my time spent in Waimea, the beauty of living in Waimea, and what I learned about the challenges of rural health. In honor of my special time in Waimea and the bittersweetness of moving back to Oahu, the Hawaiian "Word of the Day" was *hali'a aloha*, which means "cherished, loving memory." Tears were shed as I said goodbye to the community members that I bonded with over the months. I shared how ensuring health care in rural areas across our island chain will never be an easy task but how I loved and appreciated the values of humility, patience and simplicity that emerged despite the logistical challenges that I witnessed every day throughout all my clinical rotations in Waimea.

It warms my heart to look back on my time spent in the small cowboy town of Waimea and how that new and unfamiliar place turned into a second home – *hali'a aloha*, or a fond memory – that I will forever carry with me as I enter my fourth and final year of medical school and beyond. I promised myself that day to return to Hawai'i Island in the future to continue to advocate for the community that I walked with every Saturday morning, rain or shine. Through this *hali'a aloha*, I will remain humble in my



Special guest walkers joined Dr. Kehau Kong, UH JABSOM Alum/Imi Hoola Graduate (back middle) Liana Honda, Native Hawaiian Health Manager at North Hawaii Community Hospital (back right) and Kayla Murata in Waimea, HI.

Photo Credit: Dr. Mahealani Yamashita

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### About the Author

Kayla Murata is a 4th year medical student at UH JABSOM with her heart set on entering a Family Medicine residency program. She is passionate about serving Hawaii's people and managing preventive and chronic medical conditions in the context of family, community and culture.

Check it out! Link to the Hawai'i Journal of Health and Social Welfare PRIDoC 2018 Supplement by NHCOE:

[http://hawaiijournalhealth.org/past\\_issues/HJHSW\\_Dec19.Suppl3.pdf](http://hawaiijournalhealth.org/past_issues/HJHSW_Dec19.Suppl3.pdf)

## **NHCOE Publishes a Special Issue in the Hawai'i Journal of Health and Social Welfare**

by Malia Lee, MD



PRIDoC 2018 logo designed by  
Meleana Myers

On December 15th, 2019, the Native Hawaiian Center of Excellence (NHCOE) published a Hawai'i Journal of Health and Social Welfare on-line journal supplement to highlight presentations from the Pacific Region Indigenous Doctors Congress (PRIDoC) 2018 conference. The Association of Native Hawaiian Physicians (Ahahui o na Kauka) and NHCOE faculty have been long time sponsors for the Pacific Region Indigenous Doctors Congress since its origin and NHCOE has produced the PRIDoC 2018 special issue as an extension of the conference, to support student and faculty research and curriculum development, as well as to highlight some of the presentations delivered at PRIDoC that related to our overall goals in medical education, cultural competency training, and workforce development.

Original articles were solicited from PRIDoC 2018 presenters whose abstracts or presentations aligned with NHCOE's specific legislative objectives; to improve the competitive pool of underrepresented and Native Hawaiian medical school applicants; support Native Hawaiian medical student and faculty development; offer faculty/student research development; and enhance medical student rural health curriculum and cultural competency training.

PRIDoC is a stage for leaders in indigenous health and medical education throughout the Pacific to shine a light on successful and innovative programs and curricula that are improving the health of our indigenous populations.

Some of the articles included in this special issue :

1. An overview of PRIDoC 2018 that included the genealogy of PRIDoC
2. Results from the PRIDoC 2018 student track curriculum
3. A review of the Indigenous Faculty Forum, a collaborative effort between Oregon Health Science University's Native American Center of Excellence and NHCOE at JABSOM
4. The Cross Cultural Health Care initiatives led by UH JABSOM's department of surgery
5. Post baccalaureate physician workforce development programs at OHSU and JABSOM that help Native Americans and disadvantaged students in Oregon, Hawai'i and US affiliated Pacific Islands get into medical school
6. A school-based health center program for students in Waianae,
7. Medical student professionalism development and mentoring at Nanakuli High and Intermediate
8. Literature review on end of life care for Native Hawaiians and Pacific islanders (student research project)

PRIDoC conferences offer indigenous physicians and medical students the opportunity to network and support each other as well as immerse ourselves deeply into culture, to renew our spirits and to understand what it really means to be an indigenous medical practitioner. PRIDoC also provides a forum and a safe place for leaders in healthcare and health education to come together to explore solutions to problems contributing to health disparities affecting indigenous peoples. Multiple factors impact the health of indigenous people throughout the world, therefore, a multifaceted approach is needed for indigenous peoples to regain the health and stature that they had prior to colonization. The collective energy created at PRIDoC supports a global stirring and movement to take the lessons of our challenges, successes, innovative ideas and plans and lead our indigenous communities to a brighter future.



JABSOM medical students and 'Ahahui o na Kauka physicians at the PRIDoC opening Awa Ceremony.

Photo courtesy of Dr. Malia Lee.

## LIME Cont'd from pg 1.

The following presentations were given at LIME by JABSOM faculty:

- Professional and cultural development of medical students mentoring adolescents in a predominantly Native Hawaiian community (Voloch & Lee)
- Don't you want to see your mo'opuna grow up? A Native Hawaiian Cross-Cultural Standardized Patient Exercise for first-year medical students (Wong, Carpenter, Kamaka)
- Intercultural curriculum scaffolding to work in community for pharmacy and medical students (Sumida/Carpenter)
- Indigenous Toolkit (Kamaka, et al.)
- The place of Indigenous health curriculum within medical colleges – 3 case studies (Panel on Cultural Competency Training for Residents/Registrars) (Dr. Kamaka represented Hawai'i on the panel)

A conference highlight was the opening protocol and presentations that took place at Onuku Marae situated on beautiful Akaroa Harbour in the Banks Peninsula. A special mahalo as well to Dr. Malia Lee who led many of the Hawaii team's musical contributions. Keynote speaker Nadine Caron, MD from British Columbia, Canada, thanked the Hawai'i delegation for leading in "songs that touched her right to the soul" and brought attendees to heartfelt tears. Overall the conference was an amazing and inspiring meeting for all who attended!



Drs. Malia Lee, Kelli-Ann Voloch, Wes Sumida, Martina Kamaka, Vanessa Wong, and Dee-Ann Carpenter at the University of Otago, Christchurch, Aotearoa.

For more information on the LIME network and LIME connection, please visit: [www.limeconnection.net.au](http://www.limeconnection.net.au).

## WAIMEA Cont'd from pg 2.

medical training and never forget those on the neighbor islands who need care the most and will wait patiently and later express their deepest gratitude for my time and medical expertise as a physician. It is my wish for future medical students and practicing physicians to take the leap of faith in serving our neighbor island and rural communities, now more than ever, in a much needed effort to improve the overall health and wellness of our beloved local people and the entire state of Hawai'i.

Mahalo to Queen's Health Systems, Native Hawaiian Center of Excellence, and the Area Health Education Center (AHEC)-Hawai'i for generously supporting the travel expenses for third year medical students completing a longitudinal rural rotation servicing Hawai'i Island's North Hawai'i communities. Mahalo to Dr. Kehau Kong, former 'Imi Ho'ōla and UH JABSOM graduate, whose service as clinical preceptor continues to inspire students to engage in cultural practices as they provide care for their community as well as their patients.

## For Our Native Hawaiian Students

**NHCOE offering up to \$1000 in stipends to Native Hawaiian JABSOM students for USMLE prep materials (Step 1 & 2).**

**Please contact Sachi Kaulukukui at [sachi@hawaii.edu](mailto:sachi@hawaii.edu) for details**

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Nū 'Oli o NHCOE is a newsletter of NHCOE at the John A. Burns School of Medicine. Opinions expressed herein are not necessarily those of JABSOM or of the University of Hawai'i. Suggestions and submissions are welcome. Please submit to [nhcoe@hawaii.edu](mailto:nhcoe@hawaii.edu) - Mahalo!

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