

AUBM *Cares* Chronicles

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EDITORIAL

BY KAMAL BADR, MD (ADVISOR TO AUBMCARES)



I am delighted and very proud to be writing this editorial for the AUBCares Chronicles. Since its founding in 2017, AUBMCares has been an amazing success story, thanks largely to the enthusiastic and growing involvement of our medical students. The most gratifying aspect of its success story has been the response to the triple strikes we have endured since 2019: the collapse of the Lebanese state and economy, the COVID-19 pandemic, and the Beirut explosion. Because AUBMCares had been prepared and ready, our students, residents, and faculty played a crucial role in meeting these challenges, and we emerged with honor, stronger than ever before. Each of our clinics dedicated to serving specific patient needs saw a big increase in the number of volunteers. This is not just rhetoric; the numbers speak for themselves: the total number of volunteering hours has increased by a staggering 179% to reach 8557 hours. Furthermore, the number of AUBMCares student volunteers administering its multiple functions has also increased. A new leadership and executive team was formed, and enthusiasm for volunteering and service is at an all-time high.

These results are heart-warming to all of us and attest to the fact that our students are not just excellent academically, but are also sincerely and genuinely humane and altruistic individuals. The highlight of our year was the special presentation dedicated to AUB at the annual national meeting of the Gold Humanism Honor Society, during which an outstandingly produced video* was received with praise and admiration by the over 180 chapters of the GHHS in the USA and worldwide, and for which we received special praise from the GHHS leadership leading to new avenues of joint cooperation with the AUB Chapter, which I will detail in a future Editorial.

Meanwhile, let us keep growing and innovating; let us never forget that medicine, above all, is about compassion and mercy, and that the underserved in our society deserve to receive excellent medical care, delivered with dignity and respect.

[*click here to watch video](#)

Healing the Heart of Healthcare

By Sahar Assi and Sarah Wehbe

On May 5th-7th, the Gold Humanism Honor Society (GHHS) held its 2022 Virtual International Conference Healing the Heart of Healthcare. The conference aimed to connect GHHS chapters from around the world and to offer a platform for sharing personal and exceptional experiences in maintaining humanism in medicine with the impact of the COVID-19 pandemic. The conference linked individuals from numerous locations and allowed us to revisit the way we listen and collaborate.

The AUB-FM GHHS chapter was proud to be offered the unique opportunity of holding a 90-minute session to share its distinctive story with listeners from across the world, a story of three strikes: an economic collapse, a pandemic, and the Beirut blast.

Following over three months of work, the AUB-FM GHHS chapter presented on May 6th the session entitled: Three-Strikes but we're still in: Lebanon's Resilience in the Face of Three Catastrophes.

The session was initiated by President Dr. Fadlo Khuri as well as Executive Associate Dean for Medical Education and AUB GHHS Chapter Co-Advisor Dr. Kamal Badr. An overview of AUBMCares and AUBMC's various student-led initiatives was then presented in which every initiative had the chance to introduce its purpose and its goals, and to shed light on the contribution it offered to its target population and to society. We then proceeded to present a short video illustrating the three strikes in question and the impact these left on our community. This was followed by describing the response we carried in the face these crises and the support we were able to provide through the generous efforts of the AUBMC community. This was introduced by Vice President for Medical Affairs and Faculty of Medicine Dean Dr. Raymond Sawaya, whose appointment served a crucial part in catalyzing the response. Finally, AUBFM's GHHS chapter was presented by Assistant Dean for Students' Affairs and AUB GHHS Chapter Co-Advisor Dr. Zeina Kanafani. We finally proceeded to describe our GHHS chapter's activities paralleling the society's values in addition to mentioning future potential plans. The session was concluded with a live Q&A in which we had the chance to directly communicate with the audience and share our views and with attendees from all around the world.

[Click here to access the link to the conference portal](#)



HEALING THE
HEART of HEALTHCARE
2022 GOLD HUMANISM VIRTUAL CONFERENCE
reimagining how we listen, connect, & collaborate

HEAL

By Elsa Hebbo

HEAL has been able to provide healthcare services to marginalized and vulnerable communities in Lebanon throughout the past four years and is hoping to be able to do so for the coming years. The clinic has worked this year to partner with more NGOs like Bassmeh, SIDC, and Al Younbouh in order to reach out to more individuals in need and target new populations including adult people living with special needs like Down Syndrome and intellectual disability as there is a lack in primary health services provided to them. With this, we are hoping to fulfill one of our most important goals in training the next generation of health care workers on proper clinical skills and inclusive communication tactics in order to build a more supportive and solid medical environment, where all patients are encouraged to seek help no matter who they are.

The challenges of this year were daunting. As the prices of transportation and lab tests increased, many of our patients were not able to make it to the clinic. To solve these issues, HEAL is working on increasing our funds to be able to refund transportation to our patients and provide free lab tests. Apart from the bake sales, we are reaching out to donors through the AUBMCares donation system and have enrolled in an incubator based in Montreal called CHASM. This incubator doesn't only provide us with funds, but also with mentors and feedback on ways to manage the clinic.



By Sarah Saad

This year, and with the pandemic, economic crisis and deteriorating conditions in the country, prevention has been at the forefront of HEAL's goals. We covered a variety of topics including safe sex practices, vaccines, breast cancer awareness, and others. A major problem faced this year was the reluctance of people to take the COVID vaccine, so HEAL health education team made sure to spread awareness about its importance. We made brochures for our patients, helped them sign up, and gave classes about the importance of taking the vaccines. Our influence even reached outside Lebanon where we gave an online lecture to migrant workers in Jordan regarding the different vaccines, and provided them with contacts that helped provide vaccines.



Moreover, we collaborated with OGIG in a women's health clinic where the team taught women how to do a self-breast exam. We also distributed free menstrual cups which would ameliorate the economic burden of buying expensive menstrual products.

With every new topic discussed, our team shoots short videos in three languages and posts them on social media to further spread awareness. It is also a pleasure for us, the health education team, to have a room in each HEAL clinic, where we give patients a safe space to communicate their thoughts and inquire about any topic of interest.

Humblebee

February 5th, 2022 marked the first edition of our pediatric clinic; Humblebee!

Humblebee Clinic is a student-led initiative that aims to provide free healthcare services to the youth of Lebanon. This includes many forms of medical assistance, including consultations, lab tests, imaging, vaccinations and infant services. The clinic tackles both simple medical issues as well as complex cases, which are managed in conjunction with the Pediatric Outpatient Department (OPD). Our clinic occurs monthly in the OPD building, and is completely run by a combination of medical and nursing volunteers from AUB and beyond.



Our volunteers are divided into diverse teams, each taking an essential function that allows the clinic to run smoothly. This includes but is not limited to volunteers which keep count of our medicines, record patient information, follow-up on patient affairs, as well as those who entertain the children whilst the clinic is taking place.

This all occurs under the watchful supervision of respected senior figures in the AUBMC Pediatrics division. Interested families can register by phone or through social media, and our team will attempt to process all cases that come our way.

In addition, Humblebee also provides cutting-edge Pediatrics information for prospective pediatricians and medical students. This way, we ensure both the present and future of Lebanon's families are in good hands.

Through the collaboration between our 80 volunteers and our generous donors, Humblebee is set to strengthen operations and continue to help as many of Lebanon's children as possible!



CARE

By Lynn Kobeissi

Care is a student-led initiative launched in 2021 aiming to provide free medical services for the underprivileged Lebanese citizens.

It is formed of 8 teams: Patients recruitment, Patient affairs, Volunteers Affairs, Fundraising, Pharmacy, Labs, Social media and PR, and lastly Health Education. All teams work in synchrony to make the clinic as smooth as possible.

Our first clinic was held on November 20, 2021 after a preparation of a year, during which we were able to help 9 patients. With the continuous hard work and dedication of our teams and volunteers, our clinics have grown and thus we were able to help 13 patients during our last clinic in December 2022. To this date Care has organized 6 clinics helping over 135 patients, with the help of 150+ on site volunteers.

Collaborating with different NGOs like Loyac, RedOak, and Nada, a group of passionate medical and nursing students, residents, and physicians meet frequently on the second floor of the Sawwaf building, to provide medical consultations, as well as free medications, EKGs, laboratory tests, and other free services. The team follows up with the tests results and refers the follow up cases to the OPD department of the AUBMC.

As for the future of CARE, we plan to have an ambulant clinic, providing free medical days in different geographic regions covering the entirety of Lebanon

Furthermore, Care will continue collaborating with different NGOs and interest groups in order to provide specialized clinics, such as screening for colon cancer that occurred on April 9th in collaboration with LOIG.



You can help us "Care" by donating through the following [GoFundMe link](#)

OGIG

The OBGYN Interest Group at AUBMC is an initiative that originated with the mission of enhancing medical students' exposure to the field of obstetrics and gynecology. Moreover, the aim is to also raise awareness on, and promote women's health and empowerment.

OGIG was launched in late 2020 with a total of 20 members. Today, the OGIG family constitutes over 120 members.



From the group's core values, came forth the foundation of the OGIG Women's Health Clinic providing free comprehensive gynecologic and reproductive healthcare to the exponentially increasing underserved women population across the country. During our clinics, medical students, residents and attending physicians join together to deliver essential medical care to these women. Since its establishment in July 2021, and through collaborations with community-based organizations, the clinic has catered for over 100 women with limited access to gynecologic and obstetric care.

During the past year, OGIG has also partnered with other AUBMC student-led initiatives in hosting specialty clinics, such as breast cancer and cervical cancer screening clinics, as part of its health promotion campaigns. Through these many encounters, volunteers were able to build the skills necessary to become advocates for community health and health promotion, and guide women in developing positive perceptions and behaviors surrounding their health.



One of our prospective plans is to establish a mentorship platform whereby attendings, residents, and students provide adequate support to one another throughout their journeys in medicine and OBGYN.

Despite the many economic and political setbacks, OGIG has been able to thrive under the pressure and uncertainty. We look forward to seeing OGIG continue its mission and thrive with each generation of medical students over the upcoming years.

By May Abiad & Lina Hamad

Champs Fund

Champs Fund was established in 2014 within the Department of Family Medicine at the AUBMC. It was founded by Dr. Mona Osman in memory of her son Hicham El Hage, a 15-year-old young athlete who collapsed on the football field in 2010, due to an undiagnosed hypertrophic cardiomyopathy.

Today, the fund aims at preventing sudden cardiac death in young athletes through advocating for mandatory cardiac screening of athletes, raising public awareness regarding cardiac risk in the young, and ensuring better preparedness and safety of the sports areas through the availability of defibrillators and CPR-certified coaches.

Throughout 2022, Saturday clinics were held in the Sawaf Building to provide mandatory free cardiac screenings to all of the athletes of the different AUB Varsity Teams. Students from the AUB Medical and Nursing Schools, and Pre-Medical Student Society worked together with the Champs Fund team to make these days a success.

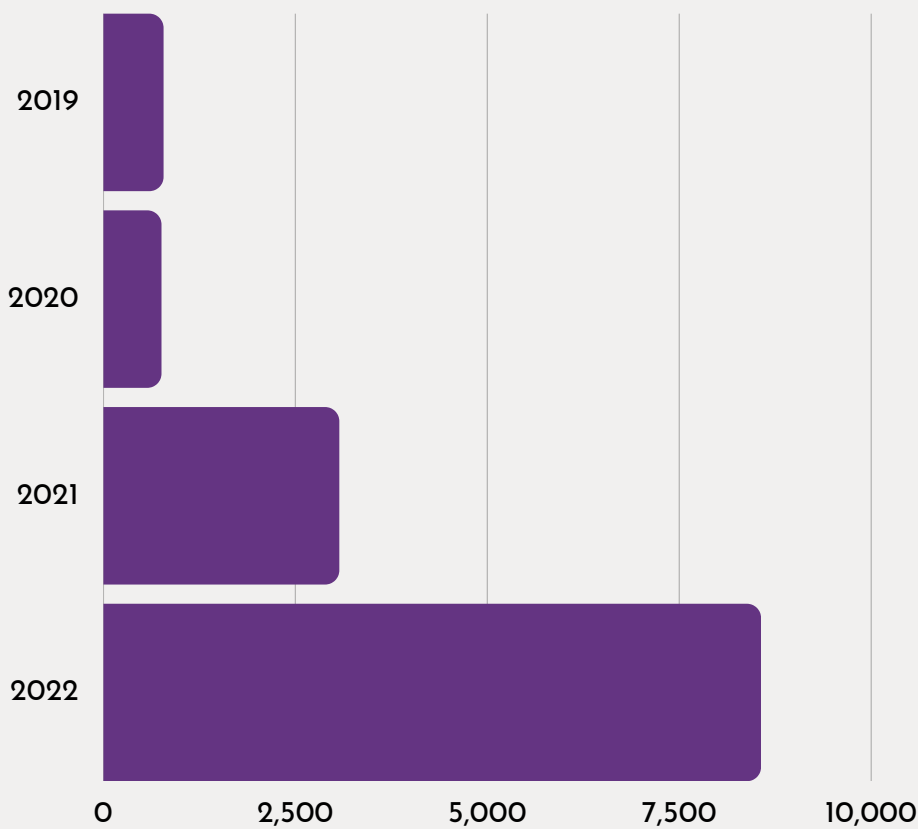


After receiving the necessary instructions, they took charge of taking their medical history and vitals, and performing EKGs to be read by the specialized physicians. It was heartwarming to see them divide the tasks, back each other up and work tirelessly while comforting the patients to provide them with the best and most efficient care possible, finally screening up to 100 athletes every week.

Ultimately, the athletes left the clinic with checked hearts and eased minds, and the clinic left the volunteers with fulfilled hearts and concerned minds, as they were henceforth fully conscious of the paramount importance of these pre-participation exams and ready to raise awareness about the mission of Champs Fund.

On behalf of all the athletes who were screened and future generations of AUB varsity competitors, we are grateful for the dedication and effort the Champs Fund team and volunteers assiduously invested into preventive healthcare.

By Diane Saab



VOLUNTEEROMETER



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AUBMCares initiatives

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- 2- Under designation , click on "I would like to select another designation"
- 3- Scroll down, to find Others, and select AUBMCares.

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