



stories

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A Child's Place

Duke Children's celebrates 10 years of family-centered, child-focused care in the McGovern-Davison Children's Health Center.

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In Service to Society

Students gain invaluable learning opportunities while improving the health of communities around the world

For 10 years, Duke Children's Chief of Primary Care Pediatrics Dennis Clements, MD, PhD, MPH has taken a group of medical students to Las Mercedes, Honduras—a location high atop the mountains—to a barefoot community of people, each living on less than a dollar a day. For 10 days, students in Clements' course, "Exploring Medicine and Other Cultures," treat patients for trauma, skin problems, dehydration, parasites, and a variety of other conditions. However, this trip isn't only about the medicine, it's also about the lessons learned in the process, and about understanding the opportunity to become a doctor comes with the responsibility to share knowledge and caring with others.

One of Clements' main objectives is teaching his students to be better doctors at home. The students learn never to presume anything based on appearances or where their patients live. They are encouraged to learn their stories and use them in the practice of medicine.

"It is important for the students to learn to approach patients with a knowledge of where they are coming from," says Clements. "Even in the United States, someone from New York, Idaho, or



Duke medical and nursing students treating Honduran children in Las Mercedes.

down the street from you may walk into the clinic, each with his or her own perspective. For example, most people in Honduras are very religious, and they manage their health care a different way than someone from an area where religion is less important. But it is easier to teach that lesson in Honduras than in my US classroom."

While the students are gaining these insights and learning valuable life lessons, the people of Las Mercedes are receiving exceptional care, and some

have their own special take-aways as well. "I have gotten to know a woman who comes to the clinic often," says Clements. "She recently told me that our relationship made her unafraid to see her own doctor in Honduras. It was an unexpected result of our presence and one that really touched me."

The research of Clements and others has helped foster a better understanding of ways to efficiently deliver care in this area. Under Clements' leadership, along with support of other organizations, Duke engineering students are building a mother/child clinic that will serve as a venue for student research, service delivery, and training opportunities.

There's no end in sight for this amazing opportunity to deliver care to this population and use that experience as an education of a foreign culture and an emphasis on understanding. Everyone learns.

"I just hope that through this process I am helping to make my students better doctors and opening their eyes to a different way of approaching patients," says Clements. ●



Arts for Life

Remember as a child completing a beautiful drawing and the pride of accomplishment that you felt? It might have been the highlight of your day. Imagine that your day is filled with needle pricks, pokes, and IV medications. Now that art project becomes something to feel really great about and serves as an important distraction from the medical hustle and bustle and stress going on around you.

For patients at Duke Children's, the Arts For Life program is a highlight of their visits. During the long hours, weeks, and months of treatment, the Arts For Life team strives to make each moment one of discovery, joy, and peace for the children they teach.

The team, led by Mary Margaret Fulk, program director for Arts For Life Durham, provides more than 40 hours of art lessons to young patients and their families at Duke Children's each week. The beloved Mary Margaret and her art table are fixtures in the Valvano Day Hospital within the McGovern-Davison Children's Health Center.

Arts For Life is a separate non-profit organization, which receives partial funding through a Children's Miracle Network Kids Care



Grant to bring activities and lessons to Duke Children's. The goals of Arts For Life include keeping patients active and engaged in life and decreasing patient stress and anxiety.

"Every single day I see how our programming positively affects patients and their families," says Mary Margaret. "When a child comes over to the art table, IV pole in tow, grins and asks, 'What are we doing today in art?' I know that we have the ability to turn a negative situation into a positive one. It is a way to show them that their time in the hospital can be filled with affirming and engaging experiences."

"I cannot say enough about the impact that the Arts For Life program has made on my daughter and our whole family," says Cathy Allen. "The art program has allowed our daughter to feel normal when everything in her life has been turned upside-down. She actually looks forward to her monthly treatments to see what new craft she will be able to create. While some things about her treatment are out of her control, she knows that she will be able to accomplish great things at Mary Margaret's table." ●



A Beacon of Hope

The McGovern-Davison Children's Health Center Celebrates 10 Years of Hope and Miracles



It took seven years to plan, and 22 months and \$32 million to build, and one could argue that this single building transformed not only Duke Children's but children's health care as a whole.

The level of medical treatment has always been exceptional at Duke Children's, but 10 years ago, a building was dedicated that transformed the way that care was delivered and propelled the growth of the Department of Pediatrics.

Before the McGovern-Davison Children's Health Center opened in the spring of 2000, pediatric patients visited the basement of Duke Clinic for appointments. There were only 16 cramped exam rooms. Any diagnostic testing such as a sonogram or MRI was performed in Duke University Hospital, nearly a half mile away by walkway and tram, up elevators and down corridors. What's more, this physical separation inhibited collaboration among caregivers.

The new building brought light, color, more than 80 exam and treatment rooms, and family-centered, child-focused care. The proximity of physicians, surgeons, anesthesiologists, and others has enhanced the quality of the health care experience for everyone. In addition, these collaborations have fostered an environment conducive to clinical research, so that new therapies can reach patients even more quickly.

"One of the most rewarding and gratifying parts of working to build the CHC is the way everyone came together," recalls Thomas R. Kinney, MD, who spearheaded the construction project. "Everyone had a sense of fulfillment to see this building open. It had been a long time coming."

Always Growing and Changing

Since the CHC opened, construction projects have redefined the physical space, enabling even further enhancements to the way doctors and other caregivers deliver care and develop the treatments for children's diseases.

Most notably, when the building first opened, the main lobby had an overlook to the ground floor, which houses the administrative offices for the Department of Pediatrics. That area was enclosed a few years ago, to create a space for the Arena-Palumbo Office of Pediatric Education, centralizing all education services for the department. The consolidation created efficiencies that gave rise to new opportunities for medical students, residents, and fellows.

The new floor also created space for a new echocardiography lab, bringing this service closer to patients and expanding the number of rooms for evaluation of patients.

Spotlighting Children's Health Care at Duke

The McGovern-Davison Children's Health Center was built with warmth, love, and collaboration. It stands as a monument to Duke's emphasis on the importance of children's health care. Equally as impressive as the building itself is the fact that funds for this building came almost entirely through philanthropy.

The John P. McGovern Foundation

In 1942, John P. "Jack" McGovern, a Duke undergraduate who desperately wanted to be a doctor, was forever changed during an admission interview with Wilburt Cornell Davison, MD, founding dean of Duke University School of Medicine. During that interview, McGovern was introduced to the wisdom of Sir William Osler, Davison's mentor. Osler had dedicated his career to the art of patient care and was credited with pioneering the modern-day residency system and introducing the bedside as a teaching ground. At Dean Davison's suggestion, McGovern

studied a collection of Osler's essays and took the writings to heart.

McGovern received his medical degree from Duke in 1945 and spent his life emulating the values of Sir William Osler: patient-centered care, and compassion and respect for both patients and medical students.



John McGovern, MD, pictured with his wife Kathrine, made the lead gift for the building of the Children's Health Center.

His investments in securities and land in Houston and the success of his allergy practice enabled him to establish the John P. McGovern Foundation in 1961. In 1998, Dr. McGovern gave a \$6.5 million gift to help build a children's health center for Duke's youngest patients.

"Facilities for children haven't changed at Duke since I was there [in the 1940s]," said Dr. McGovern in a 1998 newspaper article. "I knew that to bring the pediatric clinics and technology contiguous to



Decades Later, Thanks for a Second Chance

On a Saturday evening in February 1945, Alban Kingsley Barrus Jr., a 12-year-old boy from Kinston, NC, was riding his bicycle to a friend's house—mere blocks away. As he crossed Vernon Avenue, young Alban was hit by a car and severely injured.

Sixty-five years later, he still remembers his thoughts in those critical moments: "If the car just runs over my body, but misses my head, I will make it through this." Although the car did, in fact, "miss his head," the boy suffered a broken collarbone, leg, ankle, and arm.

Today, Barrus credits his ability to walk to the pediatric care he received at Duke University Hospital. He spent a month in traction at Duke under the watchful eye of Lenox Baker, MD, and another six weeks at home in a full body cast. Barrus recalls how grateful he was to have another chance at life and to just be able to walk.

In the rural farm community where Barrus grew up, Duke was known as the place to go for medical care when the need was great. His family always relied on Duke for their specialty care, yet never imagined they would one day need Duke to help save their only child.

Barrus believes, in addition to the care he received, his positive spirit helped save his life. Spending time with him, it becomes clear this attitude continues to have an impact on the people he meets.

What is most extraordinary about Barrus' story is the impact his time in the hospital had on him as a young boy and how he and his wife would one day



Alban and Juliet Barrus gave \$1 million toward construction of the McGovern-Davison Children's Health Center.

show their gratitude. Alban and Juliet Barrus gave a \$1 million gift to help build the McGovern-Davison Children's Health Center.

"Due to the care Alban received as a child and to a dear family connection with Dr. David Sabiston [former Chief of the Department of Surgery], we had a yearning to give back to Duke," recalls Juliet Barrus. "Dr. Sabiston was a true practitioner of the famous words of Dr. Francis Peabody, 'the secret of the care of a patient is in caring for the patient.' He planted in us a seed and showed us the difference made when a caring physician

is on your side. We were inspired to help touch others' lives in this area. And when is an entire family more vulnerable than in a health crisis of a child?"

While the care at Duke Children's was top-notch, the facility did not lend itself to the level of patient-centered care. So when plans began evolving for the Children's Health Center, the couple was drawn to the ideals that the needs of children and their families would be addressed in every aspect of this new building. "Great thought went into the design of the facility," said Barrus. "I remember my experiences as a patient in the early days. This building set out to provide a warm, welcoming environment for children and a place to foster hope for their families. It does just that today. One walks in and immediately feels the security of 'here we care, here we relate to you as a child.' If I can do anything to help children feel safe and find hope, that's what I will do."

"To do something for a child is most important of all." —Alban Barrus

Alban and Juliet Barrus have two sons and daughters-in-law and will soon welcome their fourth grandson. They have a passion for their family and for helping others. They want most to instill in their children and grandchildren the drive to contribute to mankind and the importance of always giving back.

the hospital would be of tremendous help to the physicians of the pediatrics department in the care of their patients. And I know Dean Davison would be more than pleased and supportive of this plan. He represented the best of medicine at Duke, and I wanted to make this gift in memory of him."

His gift to Duke Children's, the largest gift in the John P. McGovern Foundation's history, provided transformational funding for this five-story outpatient specialty clinic—one that would bear the name of both Dr. McGovern and the late Dean Davison, his esteemed mentor, hero, and lifelong best friend.

Dr. McGovern died in 2007. His wife, Kathy, honors her late husband's positive impact on children as the president of the John P. McGovern Foundation today.

"Duke had a special place in Jack's heart," Kathy said. "If his gift helped a Duke Children's doctor save one child's life, it was worth it. He wanted sick boys and girls from North Carolina and all over the world to find the best physicians and receive the best care here. Jack wanted each family to find hope when they walked inside the McGovern-Davison Children's Health Center. I am so happy to carry on his legacy and support for children's causes."

The Duke Endowment

The Duke Endowment solidified the McGoverns' commitment by giving \$5 million toward a full-service outpatient specialty clinic for pediatrics. This gift, along with the McGoverns' gift, set the pace for the most successful philanthropic campaign to date at Duke. The Duke Endowment gave their portion of the lead gift in memory and honor of Dean Davison.

Started in 1924 by Duke University founder James B. Duke, the Duke Endowment's mission is to improve lives of North and South Carolinians and make



positive change in their communities. The McGovern-Davison Children's Health Center not only makes a daily difference in the lives of patients and their families, but has also positioned Duke Children's as an international resource for care of children and adolescents in more than 30 medical and surgical subspecialties. It has kindled a fire for new research and discoveries and has helped Duke Children's attract leading faculty from around the world.

Investing in the Future

The Duke Endowment continues to be a catalyst for change, pledging \$15 million for the expansion of services for children who seek hope and miracles

at Duke Children's.

"James B. Duke's original gift in 1925 created the school of medicine, hospital, and nurses' home, and the Duke Endowment has continued that important relationship over the years," says Russell M. Robinson, chairman of the Duke Endowment. "This new gift reflects so very well our founder's compassion for children and his desire for quality health care and education. As Mr. Duke was driven by a spirit of innovation, we saw this as a unique opportunity to help create state-of-the-art facilities, provide patient-centered care and educate people of ability and vision." ●



Couple Shares Duke Children's Vision, Shows Ultimate Support

Dr. Glenn A. Kiser's contributions to medicine along with his and wife Muriel's legacy of philanthropy and friendships are remarkable. Dr. Kiser was a pediatrician, author, photographer, and philanthropist. Mrs. Kiser spent 30 years as an elementary school teacher. Their love for children was evident to all who knew them.

Dr. and Mrs. Kiser strongly supported their community and various causes close to their hearts, including more than three decades of support for Duke Children's Hospital & Health Center. So it comes as no surprise that they remembered the Duke Department of Pediatrics in their will. Upon their passing they left (to the department that trained Dr. Kiser) nearly half of their estate. However, it was a surprise that the gift exceeded \$18 million dollars.

Dr. Kiser was educated at Duke and trained under Jay Arena, MD. Together they recognized the need and developed the concept for the childproof cap. This simple piece of plastic revolutionized patient safety, especially for children, and spared countless lives. Dr. Kiser was among the first pediatricians to focus on lye poisoning of children.

Dr. Kiser opened and operated a pediatrics practice in Salisbury, North Carolina, for seven years before becoming Chief of Pediatrics and Chief of Staff at Rowan Regional Medical Center. With a jovial and positive attitude, he ensured that his community recruited and retained well-trained physicians.

The Kisers' gift—the largest ever to the Department of Pediatrics—will be used to fund child health research and pediatric physician education. It is an investment in the future of Duke Children's Hospital & Health Center and will help attract bright talent and fund promising research.

This landmark gift from the Kisers lays the foundation on which Duke Children's can build a tremendously exciting future. It imparts a level of financial stability that allows us to



In 1997, Dr. and Mrs. Kiser pledged \$1 million to Duke Children's as part of the campaign to build the Children's Health Center. Upon entering the building, a sign bearing their names greets visitors.

confidently focus on deepening and accelerating our aspirations for improving the lives of children in North Carolina and around the world through research breakthroughs, cures, and advances in therapies. Just as Dr. Kiser wanted to be sure the people of Rowan County had access to the very best physicians, this gift attracts top-notch physicians to Duke Children's and offers priceless learning opportunities to those we train. This impact is further amplified when you consider that Duke Children's-trained physicians and scientists share knowledge with caregivers around the world.

"People are the foundation of a strong department," says Joseph St. Geme, MD, chairman of the Department of Pediatrics. "This gift is unprecedented in Duke Children's history and will support our

dedicated faculty and young scientists who are making great progress in diverse areas of pediatrics—from cardiology and cancer to childhood allergies and genetic disorders. I am excited about the opportunity it presents to recruit new faculty, to support research, and to continue our robust training programs for future specialists in children's health."

Where do a friendly pediatrician and school teacher from Salisbury amass such wealth? Dr. Kiser invested in a fledgling local grocery store from its beginnings. That grocery store turned out to be Food Lion, part of the international giant Delhaize Group. It is so fitting that this community-minded investment generated a fortune that will benefit the community for generations to come. ●



Gifts of Stock

The donation from the late Glenn and Muriel Kiser was made possible because of a wise investment in Food Lion stock. Making a gift of stock can sometimes be a sound choice for both you and Duke Children's.

Publicly traded appreciated stock that you have owned for more than one year can be given as a donation. These gifts are deductible at their fair market value regardless of what you paid for the stock. This is an attractive option for stock that has made great gains since your original purchase. You can avoid paying capital gains tax on the increase in value of the stock over what you paid for it.

For more information on making a gift of stock to Duke Children's, please call Jim Ervin at 919-667-2576.

TEDDY BEAR BALL TO HONOR KISER, FOOD LION

This year's Teddy Bear Ball, set for Saturday, December 4, will honor the extraordinary generosity of Dr. Glenn and Mrs. Muriel C. Kiser and Food Lion as our corporate partner of the year. For nearly 20 years Food Lion has supported Duke Children's as a Children's Miracle Network sponsor. Food Lion associates throughout central and southeastern North Carolina and parts of Virginia hold fundraisers in stores and encourage customers to donate at the cash register. Their energy and enthusiasm to continually top the previous year's total has resulted in Food Lion's raising more than \$400,000 annually for Duke Children's. With the efforts at the store level combined with event sponsorships and donations at the corporate level, Food Lion's total giving to Duke Children's exceeds \$4 million. You can help keep Food Lion roaring past fund-raising goals by supporting their efforts in stores during their annual fall and spring campaigns.



These two philanthropic standouts will be honored at the Teddy Bear Ball. This annual black-tie gala event to benefit Duke Children's held at the Durham Marriott features silent and live auctions, dinner, and dancing. To join the fun call Kristen Johnson at 919-667-2578 or e-mail dukekids@notes.duke.edu.

From Here to There and There to Here, Positive Change Is Everywhere

More than 9 million children under age five die every year—most from preventable causes, and mostly in the developing world. Several Duke pediatrics faculty and numerous residents, fellows, and medical students are working to change this statistic by participating in projects around the world.

Duke Medicine has a long-standing relationship with Kilimanjaro Christian Medical Center in Moshi, Tanzania. Five years ago, Duke Children’s physicians helped develop a pediatric agenda for the partnership and began addressing issues facing HIV-infected children in Moshi.

Coleen Cunningham, MD, Chief of Pediatric Infectious Diseases at Duke Children’s, travels to Moshi where she primarily conducts research, but also provides care in the clinics and inpatient wards. “Our focus is to ask the questions: why are so many children dying of tuberculosis? How can we deliver care to them? We pose the research questions, then work with the local care providers on discovering the solutions.”

Simple measures and interventions can save lives, making the impact very real for those who travel across the ocean to help. “You can have a real impact here,” says Cunningham. “Every day you see a child whose



A child’s smile is the same in any language. Here, two Tanzanian boys pose for the camera.

outcome you can improve.”

The teaching and learning goes both ways. On a recent trip to Bangladesh, Cunningham discovered a very successful care model. Women from the villages are trained to diagnose pneumonia and other common ailments, to perform basic health measures, and to educate families on care and prevention of the diseases. This has made a significant impact on reducing morbidity and mortality. “This is a model of care that has the potential to be very successful here at home in our own communities where health needs are not being met,” Cunningham says. “There is always

something to learn when you work among other cultures.”

The concept of global health has become a popular one, and enrollment in global health curricula has grown exponentially in recent years. The need has always been there, but historically there was a sense of helplessness at the scope of the problems plaguing the global community. Those who dove in and rolled up their sleeves have demonstrated how simple interventions evoke measurable change. “It can be done,” Cunningham says. “It is far from hopeless.”

The Tanzania partnership has been a two-way street with learners from

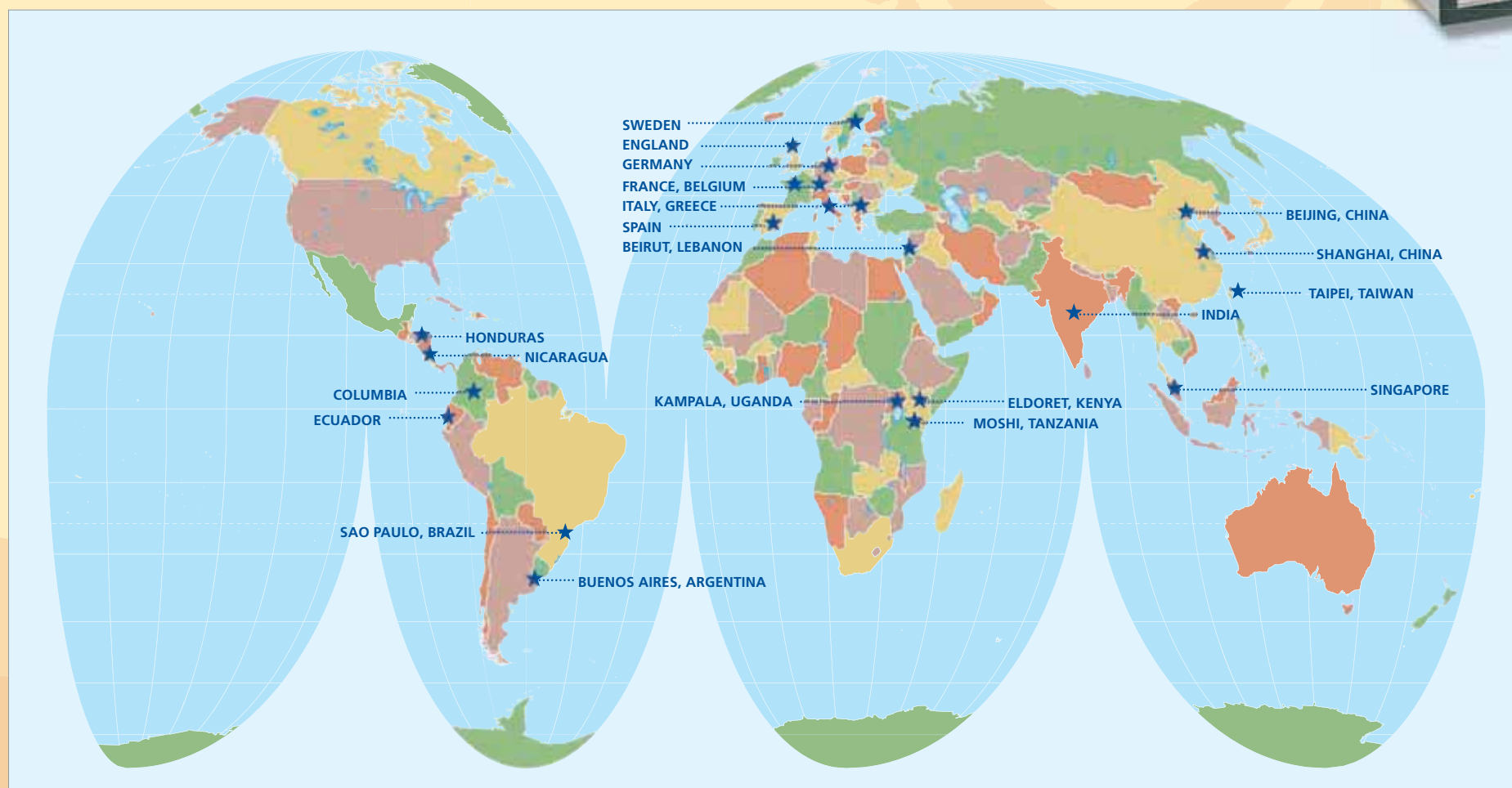
Moshi traveling to Duke to collaborate with physician researchers. And Duke Children’s donors supporting the Catherine Wilfert Endowment allowed for the first pediatric infectious diseases global health fellow, Annie Buchanan, MD, to spend 18 months in Moshi. Buchanan is running a number of research studies aimed at improving the care of children there. She has become so invested in the people, she adopted a young boy whose mother died of HIV.

“Cathy Wilfert is a true leader in this field and someone I have always greatly admired,” Buchanan shared via e-mail. “I am also very appreciative that I am able to stay here for almost two years of my fellowship. There are very few programs that would be this flexible, and because I plan to be based internationally long term, this has been a perfect fit for me.”

If you would like to support Duke Children’s international work, you may make a gift to the Catherine Wilfert, MD, Fellowship Fund or the McGovern Global Health Fund. You may send your contribution to Duke Children’s Development Office, 512 S. Mangum Street, Suite 400, Durham, NC 27701, or give online at dukechildrens.org and indicate you would like to support global health.

Duke Children’s in the World:

The places Duke Children’s caregivers and researchers are working to transform health care around the globe



“I believe that Duke Medicine, as one of the world’s leading medical institutions, has both the opportunity and the responsibility to lead the way in meeting deep-rooted needs in our world. Caring for the underserved has been part of our mission since the beginning, when James B. Duke founded our medical school and hospital with the vision of improving care in the rural, underserved Carolinas.” Victor J. Dzau, MD, President and CEO, Duke University Health System



Stories



It's a Small World... With Big Needs
Duke Children's helps improve the health and lives of children from Durham to Tanzania and all points around the globe.

4 Growing Up With the CHC Always side by side, London and Jordan have grown up with Duke Children's in their corner

A *Durham Herald-Sun* article from April 29, 2000, bears the photo of Joy Gleason and her nine-month-old daughter London in the lobby of the nearly complete McGovern-Davison Children's Health Center. While the famous turkey feather mobile has yet to be installed above, what is not missing from the picture is the happiness on Joy's face and the promise of a healthy future.



London and her twin sister Jordan started their lives beating incredible odds. While still in their mother's womb, they were diagnosed with twin-to-twin transfusion syndrome, a disease of the placenta affecting identical twins during pregnancy.

As a result of the disease, London was receiving too much blood from the placenta, causing her heart to pump harder than normal. This put her at risk of heart failure. Jordan was also at risk for anemia and heart failure because she was getting too little blood for normal development.

Their mother faced an agonizing decision: she could either have a selective abortion, giving one baby a greater chance of survival, or serial amniocentesis to reduce amniotic fluid and give the babies more room to grow. Joy chose

to give both unborn babies a chance at life and sought the help of Duke Children's Hospital & Health Center.

London and Jordan received treatment for twin-to-twin transfusion syndrome at Duke Children's



For six months Joy visited Duke Children's for amniocentesis treatments to remove large amounts of fluid from her placenta. She went into labor two months early. London was born weighing two pounds, 11 ounces, and Jordan, one pound, eight ounces. Both girls continued their struggles for life in the neonatal unit at Duke. London was deemed healthy after 54 days and was able to go home. Jordan was diagnosed with a narrowing aorta of the heart and required specialty care. She joined her family at home one month later.

The girls have had some bumps in the road, but thankfully Duke Children's was there for each and every one. London had a narrowing of her airway—a result of prolonged use of a respirator. Jordan still sees cardiologists and has endured echocardiograms, CAT scans, EKGs, and a heart catheterization monitoring her aorta. Both girls have visited the Children's Health Center for speech therapy, physical therapy, allergy testing, and to have eyes and ears checked.

"The CHC is a wonderful place," says Joy. "It is very comforting to my girls to have one familiar place they can go for all of their health care needs. The CHC is very child friendly, from the huge fish tank that greets the girls when they enter to the very friendly staff that cares for them from the moment they arrive until they depart. We consider the CHC a part of our family!"

Want to Help?

Great things are possible because of you! If you are interested in supporting Duke Children's Hospital & Health Center, please contact our Development office.

dukekids@notes.duke.edu
dukechildrens.org