

Catherine MacLean -- The Schwartz Center for Compassionate Healthcare

EDUCATION

Wesleyan University, Middletown, CT May 2014
Bachelor of Arts Candidate. Majors: Biology and Science in Society
GPA: 3.85/4.0

Related Coursework: Introductory Biology with Lab, Sociology of Medicine,
Psychology of Stress and Health

EXPERIENCE

Introductory Physics TA, *Physics Dept.*, Wesleyan Univ. Jan. 2013-Present
Facilitate weekly problem solving sessions to deepen students' understanding of
physics concepts.

Microforms Center Monitor, *Olin Library*, Wesleyan Univ. Sept. 2010-Present
Monitor the microforms center, maintain equipment. Duties include basic repairs to
machine, stocking paper, re- shelving microfilm rolls and microfiche cards.

Laboratory Intern, *Gerontology Dept.*,
Beth Israel Deaconess Medical Center. June 2012 -August 2012
Worked in the lab of Dr. Konstantin Khrapko assisting with a project to test the
incidence of mutations in mitochondrial DNA. Ran PCR and ligation experiments,
collected and interpreted data, reviewed written works.

Introductory Biology TA, *Biology Dept.*, Wesleyan Univ. Fall 2011, Fall 2012
Assisted students in weekly critical thinking problem-based sessions to deepen
their understanding of biological concepts. Aided professor and graduate student in
grading assignments

Lead Driver/Counselor, *The Hole in the Wall Gang Camp*,
Ashford, CT May 2011-Aug. 2011
Created and executed schedule for transportation of campers, staff and supplies
throughout the summer, including emergent transports. Worked with team of
counselors to care for eight critically ill campers.

Clerk/Cashier, *Connolly's Pharmacy Inc.*, Hamilton, MA Aug. 2007-Aug. 2010
Created spreadsheets for prescription insurance billing, filed and tabulated
prescription logs, served customers and stocked shelves.

Volunteer, *Aplastic Anemia & MDS International Foundation*,
Rockville, MD Aug. 2000-Sept. 2009
Founded and organized a yearly fundraiser which raised over \$15,000 in ten years.
Advocated to Congress for beneficial legislation.

LEADERSHIP ACTIVITIES

Student Leader, Wesleyan Students for Disability Rights, Wesleyan University
Director, Cardinal Players Pep Band, Wesleyan University

SKILLS

Lab Techniques

Pipetting, PCR, DNA gel electrophoresis, and restriction enzyme DNA ligation
Other Knowledge of Microsoft Word, Excel, PowerPoint, BLAST/FASTA, and
CodonCode Aligner

Summer Program

1. Provide a brief overview of the organization for which you will intern or program/project you are developing.

The Schwartz Center for Compassionate Healthcare (SCCH) is the only national nonprofit organization dedicated to strengthening relationships between patients and caregivers and promoting compassionate, patient-centered care. The Center's mission is to use compassionate care as a vehicle to improve health outcomes. Through nationwide awards for health care practitioners who demonstrate excellence in compassionate care, development and distribution of information on the tenets and importance of compassionate care, the center has gained national attention. Their most widely implemented program is Schwartz Rounds, which are done at over 300 hospitals nationwide. These uniquely styled panel discussion exercises, focused on paying attention to a single case, give practitioners an opportunity to discuss the emotional impact of a given case on the patient, family members, and the doctors themselves. I will be engaged in a half-time (20 hours per week) Program Internship with the organization.

I am additionally proposing to simultaneously complete a project with the Aplastic Anemia & MDS International Foundation (AA&MDSIF), under the supervision of the Senior Director of Programs and Services, Stephanie Chisolm, PhD. AA&MDSIF is the nation's largest non-profit devoted to people with bone marrow failure diseases. By funding support programs and services, scientific research on these diseases, and medical practitioner education, AA&MDSIF works to support those dealing with bone marrow failure disease, and to eventually eliminate them. The project will be the creation a workbook/handbook and a webinar (online seminar) to educate young patients and families about the process of transitioning from pediatric to adult health care.

Assuming responsibility for their personal healthcare is a topic that is often overlooked for young adults with serious illnesses. Given that bone marrow failure syndromes often end up being long term or chronic afflictions, this affects a large number of patients who are diagnosed as children or adolescents and reach adulthood while still dealing with these illnesses. As they age out of pediatric care, this is a critical part of their growth. Transition of care is also important for young adults who completed treatment as children, as the difficult treatments for bone marrow failure diseases often have long-term consequences that must be handled by appropriate specialists.

Developing these resources will fill a need that the organization has identified, but not been able to fill. Being a small non-profit that already does so much, they are not currently able to devote the time it would take to develop these much-needed resources. As a former patient I provide unique perspective for this project. I am a survivor of aplastic anemia who has recently completed the transition process. Also, I have studied health care and worked on smaller transition-related projects on a voluntary basis. In developing these materials, I will be able to blend academic and first-hand knowledge to create a comprehensive program for the young adults and families being served by AAMDSIF.

2. Briefly provide details of the internship or experience, including responsibilities and tasks.

In working at the Schwartz Center, I will research developments in compassionate health care and be responsible for outreach to many of the hospitals across the country that host the Schwartz Center's programs. I will also work to maintain the database of the hospitals that engage in the Schwartz Rounds program and process applications for Schwartz Center awards.

I will also be responsible for assisting with grant writing and creation and distribution of materials through the Center's blog, website, and other media outlets. I will work as a part of the Program Team to support all of their work and projects, with the opportunity to develop and work on some projects independently, including creation of content for the Center's YouTube channel. I will be supervised by the Program Director.

My work at the AA&MDSIF will be conducted primarily at a distance and will be an independently developed but supervised project to create educational materials for patients and family members regarding the transition from pediatric to adult care. I will be responsible for managing an online meeting of other young adult bone marrow failure disease survivors. I will research the materials presented regarding healthcare transition, and compile it into a final live and recorded webinar, promoted and hosted by AA&MDSIF. In addition print materials containing strategies, exercises and information to facilitate health care transition will be developed. These will be available free of charge to families through the AA&MDSIF website and through the Foundation's regional Patient and Family conferences. Working with the Foundation will provide an opportunity both during development and after gather feedback from patients and families on the effectiveness and usefulness of the material provided. I will confer with my supervisor at the Foundation via weekly phone calls. At the end of the summer, I will travel to the AA&MDSIF offices in Rockville, Maryland to finalize the project and prepare it for distribution.

3. How have you communicated with the employer and determined mutual interest?

I discovered the Schwartz Center's work in January and after some research, I inquired about their summer internship program. I was put in contact with Heather Olson, the Program Manager at the Schwartz Center. I have been in regular contact with Ms. Olson, the hiring manager for this position at the Schwartz Center and have submitted my

resume and cover letter and have been asked to interview. This interview will take place at the Center on March 15 during Spring Break, which is the typical interview season for the Schwartz Center. Once they have completed interviews with selected candidates, the interns will be selected. My academic and extracurricular experience all contribute to my qualifications for this internship.

I have communicated several times with the Aplastic Anemia & MDS Foundation regarding my interest in developing materials for them. I was put in touch with Dr. Stephanie Chisolm, the Senior Director of Programs and Services. I have had several phone calls with Dr. Chisolm to discuss the project I will be working on and how to supervise and arrange the project. We have agreed on the project's form and how she will supervise me. Given my academic background and a history of volunteer work for the organization, as well as my personal experience with bone marrow failure and health care transition, I am a fantastic candidate to complete this project and Dr. Chisolm and her colleagues at the organization are very excited to have me complete this project. She has completed an official letter of support for the project, which is attached, and includes contact information for the organization.

4. How will this experience enhance or broaden your career goals?

Over the course of my time at Wesleyan I have been continually refining my career goals. I came in quite sure that I was going to become a doctor, but as I progressed through my time at Wesleyan, I have broadened and expanded my horizons. I have now arrived at a passionate and firm desire to improve the field of medicine. Through courses in Science in Society, I discovered the importance of scrutinizing science through a wide variety of lenses. My work with Wesleyan Students for Disability Rights, advocating for and the needs of those with disabilities at Wesleyan and beyond, opened my eyes to the abundant inequalities that exist in our society. Work that I have done outside of school with The Hole in the Wall Gang Camp, the Boston Center for Independent Living, and the Dana-Farber Cancer Institute have reaffirmed my conviction that there is a different way, a better way, that we could be practicing and implementing medicine. There is a need and a hunger for change among both patients and practitioners. I strongly believe that education on both sides of the patient-practitioner relationship can improve experiences and health outcomes. Educating patients on the importance of self-advocacy and educating practitioners on the humanity inherent in practicing medicine are key avenues for effective change in the field of medicine.

This interest has become a guiding force in my educational pursuits, as I have selected a double major in Biology and Science in Society so that I can continue to understand human biology and medicine from multiple perspectives. I have taken courses in Molecular, Cell, and Developmental Biology, as well as The Sociology of Medicine and I am currently taking Psychology of Stress and Health.

In order to be well positioned to make an impact in this field, I need concrete and focused experience that will allow me to understand the issues more clearly and to begin to develop solutions, while making professional connections. Interning at the Schwartz Center is an incredible opportunity as they are the only organization in the country that

focuses on compassion in medicine. I will gain first-hand experience in researching the effects of interventions aimed at increasing compassion. I will be able to conduct outreach to hospitals nationwide to promote these important principles. My work will bring me in contact with practitioners, social workers, and other players in the world of health care. This opportunity will build on the communication skills I already have and provide me with experience that will open many doors for me as I develop my work and career.

My work with the Aplastic Anemia & MDS International Foundation will allow me to work on the other side of the patient-doctor relationship, and to fill a distinct need for young adult patients and survivors. Too often, they are not given the tools they need to protect and advocate for their health, and do not have any guidance as they transition from pediatric to young adult care. Having recently completed this transition myself, I believe I am in an ideal position to provide first-hand advice. My academic background also allows me to provide the most carefully researched data and strategies to facilitate health care transition for the young adults served by AA&MDSIF. The ability to independently research and develop educational content for a health care nonprofit will be invaluable experience as I move forward in my career.

Neither experience would be possible without the Summer Experience Grant. Internships at the Schwartz Center are unpaid, and commuting from my family's home to Boston will require a significant time commitment. In order to fully devote myself to the project of creating transition materials for AA&MDSIF, I will need a great deal of time to create high-quality and useful materials. Both organizations have a need that I am well-positioned to help fill with the help of this grant.

Both of these experiences will be incredibly beneficial as I continue to develop towards my future career. In the short term, I am in the process of developing a student forum called The Humanity of Medicine, which will focus on blending multiple disciplines to give pre-medical students information and skills that will make them effective communicators and compassionate practitioners. My experiences this summer will inform this work directly.

In the long term, the experience I gain from these projects will be invaluable as I look towards developing a career in health care policy, education, and advocacy. As with some of my past experiences, they will help me to evolve and focus my career goals, and act as a stepping stones for my progress. The skills I gain will also prove valuable as I pursue my long-term goal of obtaining an advanced degree in public health.

The work I have already done for health care has been some of the most exciting and passion-fueled work I have ever done. It is deeply gratifying to be able to fill a need in health care, as I know how much the support and resources can mean to those struggling with illness. From my personal and professional experience, I understand and am ready and able to fill that need. With this grant, I will be able to start out on what will hopefully be a long journey of using my talents and experience to smooth the way for others, and to improve the way everyone interacts with the health care system.