



HEAL Initiative

Health, Equity, Action & Leadership

HEALinitiative.org



22 Fellows from 6 Countries and Navajo Nation: HEAL launched its inaugural fellowship class in July of 2015!

Checkout page 4 to read more about their 3-week immersion in global health training.

more from HEALers from around the world!

Jimena Maza, MD
Compañeros en Salud
Chiapas, México



"There are a lot of people trying to improve the world. They [HEAL] want to help you improve yourself in order to improve that change."

Leonard Shirley Jr, MSW
Indian Health Services
Fort Defiance, AZ



"I have developed life long friendships with people here."

Want to hear more about fellow experiences? Visit the [HEAL blog!](#)

Save the date. **Giving Tuesday.** Dec 1, 2015.

Giving Tuesday is an international day of giving back. For HEAL, it's about giving back to your community – one that goes beyond these borders.

Please pledge and support the HEAL Initiative's goal of raising \$15,000. Your support will help strengthen the skills and capacity of site fellows in Navajo Nation and across the world in Liberia, Haiti and Nepal!

Pledge your support!



Message from HEAL Co-founders

Dear Friends,

As Albert Einstein famously said, "We cannot solve our problems with the same level of thinking that created them." HEAL is an experiment that aims to train health professionals who are committed to serving the poor, directly contrasting it with the approaches that have created such inequalities. Since HEAL's launching 6 months ago, the HEAL approach comes alive in clear and impactful ways. With 22 fellows coming from 6 countries and Navajo Nation, they come with passion and expertise to tackle injustice and health inequality.

It is evident with Alice Johnson, a hard working community health worker (CHW) from Liberia, who is finally getting the opportunity to train as a nurse in Monrovia. Her access to this training was made possible through HEAL, and we recognize the indirect benefits to her community, which will ripple throughout the Liberian health system.

There is also Isha Nirola, who is the community health director at Possible Health in Nepal. Her contribution to global health has been the development of group-care strategies to help reduce childhood diseases in a pilot program.

At home in Navajo Nation, we see interdisciplinary collaboration with Meghan Ritz a Physician Assistant from Shiprock, and Annie Khan a Family Medicine doctor. Together they are tackling neonatal malnutrition through a novel breast feeding initiative.

It also comes alive with Tim Laux and Sushil Patil at Jan Swasthya Sahyog in India. They are systematically revamping the curriculum for junior medical doctors in order to create a more sustainable medical workforce in rural North India.



At HEAL we don't have all the answers, but we do hold the questions. How do we build a global movement that erodes the root causes of inequality? How do we make serving the poorest a viable career for the American doctor or the Liberian nurse? How do we equip front-line health professionals with the necessary skills to care for the marginalized in an under-resourced health system?

We know that a network of health professionals who exchange ideas and collaborate across Malawi, Navajo Nation or rural India will unlock some of these answers. We know that walking the path with them will help us learn how to support the most isolated of health providers. But more importantly, we know that people like you will support not just HEAL but current and future fellows who believe in justice and quality healthcare for all!

In July 2016, we will welcome 32 new HEAL fellows from 7 countries and Navajo Nation. This will bring us to a total of 54 HEAL fellows! The profound level of commitment from supporters like you are and will continue to bring about excellent health care delivery to the poorest of the poor around the world!

Sri and Phuoc on behalf of the HEAL team.


Sriram Shamasunder,
MD, DTM&H


Phuoc Van Le,
MD, MPH, DTM&H

Spotlight on HEAL Mentors & Fellows



Chris Carpenter, MD
HEAL Mentor

Mentorship is a “combination of academic, emotional and social support.”

Chris describes his role as a HEAL mentor as that of a facilitator. He spends about 20% of the time actively teaching. During calls with his mentees, the fellows mostly talk amongst one another. He says, “The fellows have a great group dynamic, and they teach each other effectively. They receive support and empathy from each other. Any challenges that they share are supported.” Chris believes that their group dynamic is much stronger and closer when he sees them actively listening and supporting one another, and subsequently talking through each other’s professional and personal challenges.

Of all the things that have stayed with Amelia since her time at HEAL’s 3-week Global Health Bootcamp were the memories from the clinical simulations. The simulations were designed to teach fellows the skills and tools to be effective clinicians. “The poverty and ethics simulations bore an uncanny resemblance to the situations that I face here [in Malawi]; and the ultrasound skills session has proven particularly useful. I had a patient with an abnormally large head, and we were out of ultrasound jelly. Thus, using what I learned at the Bootcamp, we carried out the ultrasound using Herbal Essences conditioner.”



Amelia Fisher, MD
Rotating Fellow
at PIH in Malawi

“When [living and working] abroad, reach out to colleagues from work and classmates, as they can often help with the more difficult cases.”



*photo courtesy of Possible Health

Isha Nirola, MPH
Site Fellow
at Possible in Nepal

As the Community Health Director for several years, Isha noted that she felt disconnected from the work that she was doing.

“HEAL brought it all back, and made me realize the importance of seeking out moments of compassion and love for the patients.”

HEAL’s Global Health Bootcamp felt like magic to her. She grew quite close with her cohort, and they brought back the motivation. Meeting the fellows reminded her of the importance of sustainable work. Isha’s most memorable session was on the importance of self-care. She feels that working in a leadership environment can be isolating and stressful, but after that talk she realized the significance of staying connected with her feelings. She said, “HEAL healed me.”

Global Health Bootcamp



"This [global health] is not something you learn in medical school, residency, or a hospital."



-Kelvin Chan, MD, Rotating Fellow
Indian Health Services, Gallup, NM



This past July, HEAL launched its inaugural fellowship class, welcoming 22 fellows from 6 countries + Navajo Nation. They represented an enthusiastic and passionate cohort of community health workers, nurses, dentists, social workers and physicians hoping to change the status quo on global health. Fellows convened in San Francisco from all corners of the world, from south Asia to Africa, and right here in the USA and Navajo Nation, for a 3-week Global Health Bootcamp. The fellows engaged in didactic classroom sessions and hands-on trainings on ethics, poverty and complex humanitarian emergency response simulations. The bootcamp served as the beginning to a 2-year curriculum that will ultimately equip fellows with the tools and skills to serve effectively as clinicians and leaders in global health.

Lecture Sessions

Fellows from around the world engaged in dialogue on how to effect health systems change in their respective countries.



Hands-on Clinical Skills

Fellows received training on ultrasonography through simulation trials and skills building.



Simulations

Fellows got hands-on training on emergency response through a *Complex Humanitarian Emergency (CHE)* simulation.



*photo courtesy of Zach Sumner



Updates: Recruitment & Partner Expansion

Recruitment for the 2nd Fellowship Cohort: Class of 2016-2018

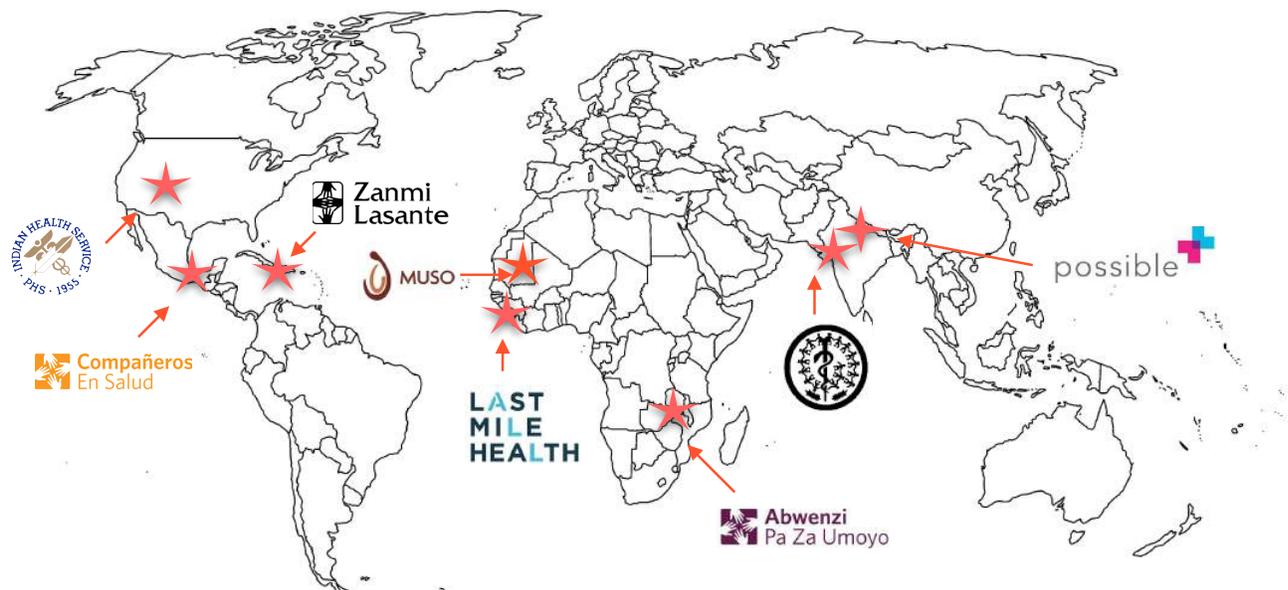
Currently, HEAL is working with its partners to ensure that the best and brightest clinicians are recruited for the 2nd fellowship cohort. We have received a record number of applicants this year to fill 32 fellowship spots. And we are happy to say that we are expanding our breadth of impact through interdisciplinary professionals such as Family Medicine, Internal Medicine, OB-GYN, Pediatrics, Med/Peds, Emergency Medicine and Nurses, Nurse Practitioners, Social Workers, Dentists, Physician Assistants, and Community Health Workers.

Partnership Expansion

HEAL is excited to be recruiting 32 new fellows next year, for a total of 52 HEAL fellows. With this growth comes expansion. We have been working with existing partners as well as new ones. We are ecstatic to be expanding domestically in Navajo Nation, specifically at Chinle Comprehensive Health Facility. Additionally, we will be expanding our international cadre of partners with the addition of Muso in Mali.

Where HEAL Fellows bring change

In 2015, HEAL officially launched its first fellowship class at 10 sites in 6 countries plus Navajo Nation. Next year, HEAL will expand to 12 sites and 7 countries plus Navajo Nation.



★ Partner Sites

*In Navajo Nation, HEAL is working in four facilities in Shiprock, Tuba City, Gallup and Fort Defiance, In 2016, HEAL will add Chinle as a partner site.





HEAL Initiative

Health, Equity, Action & Leadership

Donate to HEAL today!

<https://crowdfund.ucsf.edu/heal>

HEALinitiative.org



@HEALInitiative



<https://twitter.com/healinitiative>

<https://www.facebook.com/healinitiative/>