What Is First Aid? First aid is very definitely aid given at first in case of injury or sickness. That word “first” suggests that there is more to follow—the aid given by a person who has many years of training for the job—the doctor. Never play at “doctoring.” If a case is at all serious, get a doctor.

To do a good first aid job, you must realize that there is more

"HURRY CASES"

Arterial bleeding needs to be stopped by immediate action.  

Stopped breathing calls for application of artificial respiration.
Universidad Central Del Este.

- La Universidad Central del Este (UCE) fue fundada el 15 de octubre de 1970 en la ciudad de San Pedro de Macorís.
We met over a dead body...
The Milton S Hershey Medical Center
The Pennsylvania State University

1985
Assistant Professor 1988
THE ACADEMIC MISSION

Research  Teaching  Patient Care

Fleming et al..JAMA Sept 7, 2005—Vol 294, No 9; 1101-1104
WHAT IS ACADEMIC MEDICINE?

- Medicine practiced at a University or School
- Involves patient care +/- research +/- teaching
- Academic physicians pass knowledge and/or skills onto others, especially trainees
- GOAL: Trainees create new knowledge that is used to improve patient care.
An Academic Physician:

1. Clinician

2. Researcher

3. Teacher
So what should I work on?
"REAL SUPERHEROES LIVE IN THE HEARTS OF SMALL CHILDREN FIGHTING BIG BATTLES"

www.nwoapraxiasupport.org
In 1996 I had a remarkable experience. The family of a French patient I had consulted on asked me to visit them while I was at a meeting in France. At that time I was given a menorah that had once belonged to a family that had perished in the Holocaust. I was so moved by the experience that I felt compelled to write about it.
“It should once again see light”
I realized that each and every patient told a unique story and that understanding that story was critical to the task of healing, and sharing those stories could help others heal...
So I started to write about them
As I wrote more I learned to pay more attention to the each patient’s story. I heard incredible tales of suffering, loss, and despair. But I also heard of courage, perseverance and redemption in the face of great odds. Telling their stories was part of the healing process.
Photo after winning the Scheafer/Penworld New Writers Contest
READ

Dr. Blair Grubb
Distinguished University Professor of Medicine and Pediatrics

Reading The Calling by Blair Grubb
By the early 2000s I was beset by a series of challenges:

October 2004: Disc rupture causing spinal cord compression and partial paralysis

January 2005: Renal and Adrenal cancer

June 2006: Myocardial Infarction and stent Placement
I learned that illness can steal your sense of self and self worth, leaving you empty, angry, bitter and resentful. That you bring your past with you to your illness, and it can return with a vengeance...
In the depths of my despair I found solace in literature, poetry, art, music and spirituality. No one turns to a chemistry book in times of distress...
BARBARA LYNN STRAUSS

OCT. 5, 1950 - JAN. 22, 2015

mother, wife, physician, dancer, community leader, educator, adventurer, soul mate

a life well lived
What have I learned?

That medicine is a sacred relationship between a person who is suffering and a person who can help them. In no other profession in today’s world is a person as able to share in the life of another individual to such a degree as in medicine.
WE ARE HERE TO ADD WHAT WE CAN TO LIFE, NOT TO GET WHAT WE CAN FROM IT.

SIR WILLIAM OSLER
My life in Medicine has allowed me to be

1. A Physician: Internist
   Surgeon
   Pediatrician
   Neurologist

2. A Teacher/Professor

3. A researcher/clinical scientist

4. A writer
And I would do it all over again, all of it, every moment, in a heartbeat... Because there is no better job in whole world, and no higher calling...
“All journeys have secret destinations of which the traveler is unaware...”

Martin Buber
NEVER FORGET YESTERDAY, BUT ALWAYS LIVE FOR TODAY, BECAUSE YOU NEVER KNOW WHAT TOMORROW CAN BRING, OR WHAT IT CAN TAKE AWAY.