



# GLOBALCATS

Global Health Updates from the University of Arizona College of Medicine - Tucson  
and Office of Global and Border Health



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Aldulaimi, MD., Malak Akl,  
MS3, Jasmine Taylor, MS2

## Annual Awards

### 2022 Ron & Karen Pust Faculty Global Health Award

This award is given annually to the faculty member  
who shows excellence in global health



**Lynn Coppola, MD, MPH**

Department of Obstetrics & Gynecology  
Specialties: Maternal-Fetal Medicine  
Clinical Services Provided: High Risk Pregnancy  
Month in Ghana:  
<https://obgyn.arizona.edu/news/2022/global-health-outrreach-dr-lynn-coppola-ghana>

### 2022 Tracy Carroll Resident Global Health Award

This award is given annually to the resident  
who shows excellence in global health



**Clare Donahue, DO**

Class of 2022  
Family & Community Medicine Residency  
DO: Western University of Health Sciences College of  
Osteopathic Medicine of the Pacific  
Clare Donahue's Bio:  
<https://www.fcm.arizona.edu/resident-alum/clare-donahue-do>

## 2022 Ron & Karen Pust Faculty Global Health Award:

Dr. Pust had a 47-year career as a global health physician. He interfaced curriculum development with teaching and field research with clinical practice. After 4 years with the CDC (2 in the Navajo nation/reservation and 2 in Nigeria on TB and smallpox) and 6 years as a general practitioner in Papua New Guinea, he was board certified in Preventative Medicine and Family Practice. In 1979, he joined the Department of Family & Community Medicine in 1979 and designed the interdisciplinary Arizona course, "Global Health: Clinical & Community Care" ([www.globalhealth.arizona.edu](http://www.globalhealth.arizona.edu)), which has graduated over 750 students who have gone to over 70 developing nations. His field research has dealt with low-technology assessment of lung disease, and with leprosy, malnutrition, and family planning. Dr. Pust retired in 2018, but remains active in the Hansen's Clinic, teaching, and advocating for global health.



Karen Bloomquist Pust, RN, BSN and Ron served together, she as mother and nurse. In 1981, Karen began her 30 years as a nurse case manager, serving southwest Tucson.

### Criteria

- Nominee must be current faculty in any department at The University of Arizona COM-Tucson
- Formal teaching and/or academic contributions (publications, national presentations, etc.) to global health
- Mentoring of medical students and residents in global health
- Significant clinical global health experience in LMIC
- Advocacy for global health or global health issues

### Nominations

- Faculty must be nominated by another current faculty member
- 1-2 page nomination letter from the nominator about why the nominee should get this award
- CV of the nominee
- Submission by deadline

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## 2022 Tracy Carroll Resident Global Health Award

Tracy Carroll has been a practicing physical therapist in Tucson for over 35 years. Prior to her PT profession, she taught special and elementary education for both the Bureau of Indian Affairs and United Farmworkers. Joining the University of Arizona Family & Community Medicine Department in 1997 as lecturer and associate faculty, she has served as a clinical preceptor with the CUP Shubitz Refugee Family Clinic and as a clinician and residency mentor at the monthly Phoenix based Hansen's Disease Clinic.



She has also dedicated great effort in promoting health, safety, and economic security with Mexico border communities. Through the UA Office of Equity, Diversity and Inclusion, Ms. Carroll developed and co-taught the course "Conversantes" for the COM as a service-learning course that provides bilingual Spanish-speaking premed students with training and opportunities to volunteer as medical interpreters in health care clinics.

In 2008, Ms. Carroll was a founding member and continues to be a consultant for the Arizona Sonora Border (ARSOBO) Projects for Inclusion. Now a binational, Mexico-based NGO, ARSOBO trains and then hires individuals with disabilities to construct high-quality, low-cost medical devices that they themselves use and make available for others. Since 1997 Ms. Carroll has co-directed and taught in the annual interdisciplinary COM Global Health Course. From 2012 she, Ron Pust and Arleen Heimann directed the COM Global Health Distinction Track. In 2010, Ms. Carroll was a faculty founder of the South Campus FCM Residency's Global Health track. Integrating curriculum that is strongly rooted in service-learning, Ms. Carroll has engaged UA COM residents with community and border-based humanitarian groups in which she herself serves. Retiring from her academic position in 2018, Ms. Carroll continues to volunteer to promote health education and human rights.

### Criteria

- Must be a current resident in any department at The University of Arizona COM-Tucson in the LAST year of training
- Resident must have attended a conference or course (i.e., Global Health: Clinical & Community Care course, INMED, etc.) or other formal global health learning in residency (unfunded)
- Completed a global health rotation during residency
- Advocacy for global health or global health issues

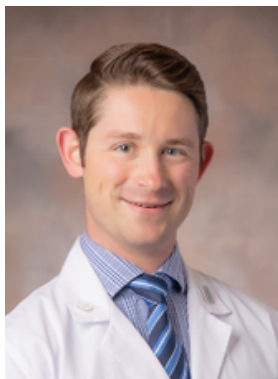
### Nominations

- The resident must be nominated by a current faculty member
- 1-2 page nomination letter from the faculty about why the nominee should get this award
- CV of the nominee
- Submission by deadline

# Awards

## Annual Nehal A. Shah Memorial Global Health Award

This award is presented annually to a 4th year medical student for outstanding dedication to and leadership in global health.



**Zachary Elwell**  
**Class of 2023**

For the Class of 2023, the Shah Memorial awardee is Zachary Elwell, a member of the College's Global Health Distinction Track.

Zachary discovered his interest in global health while studying Spanish as an undergraduate at Arizona State University. Seeking to combine his interests in healthcare and Spanish, he became involved in volunteer work in Central America, opening his eyes to the health disparities in some low- and middle-income countries. These experiences left a lasting impact, leading to a passion for global health that strengthened upon entering medical school.

As a medical student, Zachary partnered with the College of Medicine to launch its first national chapter of the Global Surgery Student Alliance (GSSA), providing his colleagues the opportunity to join a robust network of like-minded students actively engaging in the global surgery community. He has made significant contributions to the GSSA Equity Initiative and currently serves on the GSSA National Team. In addition, he recently joined the leadership team of the Global OHNS Initiative, a research collaborative dedicated to equitable access to high-quality, affordable otolaryngology care for all. Zachary plans to participate in global surgery in April 2023 in Kapsowar, Kenya, to care for others and "further strengthen his knowledge and cultural humility."

Nehal died May 4, 2009, in Phoenix, 11 days before her College of Medicine graduation date. Shortly after her death, Nehal's parents and her classmates started a memorial fund in her name. The Nehal A. Shah Endowment for Global Health Education, in the UA Department of Family and Community Medicine, assists College of Medicine students to actualize their commitment to service in Global Health.

"Nehal always wanted to get to the root of everything; she wanted to make a difference," remembered her parents, Anil and Surekha Shah of Phoenix. They recalled Nehal's aim to serve society by extending her knowledge of medicine to the less fortunate, locally and globally. "What inspires me is the belief that healing involves more than treating individual health needs, but rather means to fight for humanity, human dignity and justice," Nehal wrote in her personal statement, which led to her admission to the College of Medicine.

Her short life was full of accomplishments. Nehal graduated from high school in only three years. She then earned her bachelor's degree in molecular and cellular biology from the UA. At age 20, she traveled to the slums of Mumbai, India, to care for those in need. During medical school, she edited the College's 2007 arts magazine, Harmony, attended the AIDS Leadership Institute, and helped to plan AMSA's National Circle of Healers Retreat.



**Nehal Shah, MD**  
**Class of 2009**

**Gifts to the Nehal A. Shah Endowment for Global Health Education may be made out to UAF: Shah Endowment and mailed to the Department of Family and Community Medicine.  
P.O. Box 245052, Tucson, AZ 85724-5052. For more information, please call (520) 626-6799.**



# Student Global Health Rotations

"A decent provision for the poor is the true test of civilization."

- Paul Farmer

## Kapsowar, Kenya

This rotation to Kapsowar Mission Hospital was my first trip abroad. The clinicians I shadowed included those from family and internal medicine, surgical specialties, pediatric urology, and OB/GYN. At first, I was excited to see some problems that most people only read about in textbooks - a patient with a dramatically enlarged spleen, a baby with spina bifida, or an irrefutable holosystolic murmur of a baby with a VSD. I even heard the diseased lung of a baby with a "type E" TE fistula. However, in my spare moments my excitement waned; these patients were real people suffering terrible diseases, most of which were treatable, or non-issues in the States.

I found myself carrying deep-seated frustration and asking myself: "What would we need to run an ICU properly in this setting?" I realized most people here can't afford what it would take, or the needed procedures.

Often, there's no cost-effective way to obtain drugs and equipment. Sometimes these items were not possible to attain in the entire country. These are some problems global health practitioners face everywhere - the cure exists but the resources are unavailable. This was the most important realization I experienced here; it deepened my drive to work with incredible people whose goal is delivering healthcare to all.

- **Jasmine Taylor, Class of 2025**



Jasmine Taylor, UACOM class of 2025 in Kapsowar Mission Hospital Newborn Unit, June 2022

## Nkololo, Tanzania



Pictured from the left (Jasmine Lock, Lacey Culpepper, Dr. Aldulaimi, Pantea Sazegar)

We spent 2 weeks at the Songambele Hospital in Nkololo, Simiyu Tanzania. While there, we rotated through emergency medicine, pediatrics, labor and delivery and the ICU. As someone interested in going into obstetrics and gynecology, it was exciting to witness multiple OB/GYN routine and emergency procedures including C-sections and uterine rupture repairs. Dr Aldulaimi and the doctors at Songambele were amazing teachers. My fellow medical students and I witnessed their cases, then were able to participate in and discuss the differentials, tests, and treatment plans.

We also got to see many cases unique to lower income countries related to infectious diseases, malnutrition, and food/water borne illnesses. I grew up in Ghana, West Africa and got sick with malaria multiple times as a child. Fortunately, I never had to be hospitalized and neither did any of my family members. However, while at Songambele,

each day we admitted an average of 5 pediatric patients with severe cerebral malaria. It was surprising, yet gratifying, to see many of these sick obtunded children respond so well to treatment that they were awake and playing in just a few hours. My time at the Songambele hospital was an extremely enriching learning experience and I look forward to returning.

- **Jasmine Lock, Class of 2025**

# Dr. Jerry Koleski's 1-year-Sabbatical

Dr. Jerry Koleski returned from a 1-year Sabbatical at Kapsowar Mission Hospital (KMH) in Kapsowar, Kenya. He was the onsite Residency Coordinator for the Family Medicine Residency directed by Kabarak University in Nakuru, Kenya. He had the privilege of working with four Kenyan Family Medicine residents.

Dr. Koleski welcomed four students from the U of A College of Medicine (UACOM), Max Klahr, MD and Brianna Quincy, MD class of 2022 and Marija Shahid and Jasmine Taylor, class of 2025. All four U of A students were able to observe and even help in all areas of KMH, Obstetrics, Adult Medicine, Surgery, Pediatrics and the Newborn Unit.

UACOM Global Health and Kapsowar Mission Hospital hope to expand this educational program in the future as U of A students, residents and faculty go to work in Kapsowar. Dr. Koleski will be going back to Kapsowar for three months each year to continue the relationship between KMH and U of A, and to share the work load with the full-time physicians at KMH.

UACOM Global Health Programs see all Global Health work as a two-way street of learning: we learn different diseases and how to provide excellent medical care in under-resourced settings while U of A residents and attendings can educate the Kenyan physicians on medications and practices which will likely be coming to Sub-Saharan Africa in the near future.

Highlights of the year, beside welcoming the UACOM students were: working with health care professionals from Australia, Canada, Germany, Northern Ireland, Singapore and the United States; caring for over 900 patients over the year. Jerry taught the residents and students, and learned quite a bit from the Kenyan physicians and visiting faculty.

Overall, the year was exhilarating and exhausting, with a lot of time to learn, teach and write papers about the specifics about medical care in rural Kenya. If you are interested in working with Dr. Koleski, no matter what your level of training, please contact him by email or in person.

**-Jerry Koleski, MD**



**Marija Shahid, Class of 2025, Jasmine Taylor, Class of 2025 and Jerry Koleski, MD, Department of Family and Community Medicine outside of the Operating Theatre at Kapsowar Mission Hospital in Kapsowar, Kenya.**



**28-week premature infant inside of a Ziplock bag to maintain warmth and hydration in the Newborn Unit at Kapsowar Mission Hospital, Kapsowar, Kenya.**



**Marija Shahid, UACOM class of 2025 in Kapsowar Mission Hospital Pediatric Ward June 2022**

# Students Who Travelled Abroad Summer 2022 from the Class of 2025

Last Name	First Name	Country	Site	Dates
Coffeen	Max	Peru	Oftalmosalud Eye Institute	6/12/22 – 7/8/22
Culpepper	Lacey	Tanzania	Songambele Hospital	6/4/22 – 6/20/22
Dominguez	Isabellyana	Ecuador	Cachamsi	5/30/22 – 6/10/22
Gallego	Charlie	Ecuador	Cachamsi	6/4/22 – 6/20/22
Goldsmith	Riley	Ecuador	Cachamsi	6/4/22 – 6/20/22
Gotwalt	Jordan	Ecuador	Cachamsi	6/4/22 – 6/20/22
Kumar	Aarzoo	India	Patiala Children & Maternity Hospital	6/4/22 – 6/24/22
Lock	Jasmine	Tanzania	Songambele Hospital	6/4/22 – 6/20/22
Majeed	Zain	Ecuador	Cachamsi	6/4/22 – 6/20/22
Saeed	Sabina	Ecuador	Cachamsi	6/5/22 – 6/20/22
Sazegar	Pantea	Tanzania	Songambele Hospital	5/31/22 – 6/14/22
Shahid	Marija	Kenya	Kapsowar Mission Hospital	6/28/22 – 7/20/22
Taylor	Jasmine	Kenya	Kapsowar Mission Hospital	7/11/22 – 7/22/22
Taylor	Megan	Ecuador	Cachamsi	6/6/22 – 6/20/22



M Y A N M A R

## GHDT Collaborative Meeting with Mynamar Medical Students

On August 24, 2022, current UACOMT medical students in the Global health Distinction Tract had an interactive online session with current medical students and faculty in Myanmar. Each group presented a summary of their medical education system to highlight similarities and differences. Additionally, faculty from Myanmar gave an insightful talk on what it is like to be a physician and medical student in the current situation in the country. The meeting successfully provided a realistic look into different medical systems and challenges that physicians in lower middle income countries are facing.

## How You Can Help:

To donate to global health, go to <https://give.uafoundation.org/com-tuc-family-community>. In the Your Gift section, for "I would like to support," choose International Health Teaching Program from the pull-down menu.