van credits art with bringing balance to his life.

Dr Nikravan is a Urologist...coming through the door—express my depth and gratitude for all that I have.

Depression. Dr Nikravan..."Path: Homage to Edward Lawrence Patient Safety Award 2007

15 Implementation of a High-Alert Medication Program. Susanne Graham, RN, PhD, Molly P Clopp, RN, MS, MBA; Nicholas J Konkel, BPh, MS, Barbara Crawford, RN, MS

High-alert medications—50,000 doses annually through Kaiser Permanente Northern California—carry a high risk of alarm, with potential clinical outcomes from administration errors. With program introduction, a statistically significant drop in errors occurred for 23 consecutive months. As of November 30, 2007, 232 doses had passed without a negative event. The multidisciplinary group standardized handling, enhanced education, and developed monitoring functions.

23 Abdominal Lipoatrophy: A Prospective, Randomized, Double-Blind, Placebo-Controlled Study Among Patients with HIV/AIDS. Chris C Rosenthal, MD, FACP, Brian W Ryan, MD, FACP, Kristin A Gonzales, DO, FACP, Gary Fleisher, MD, FACP

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REVIEW ARTICLE
Lee L Swansstrom, MD, FACS; Yashodan Khajanchee, MD, Maher A Alkas, MD, FACS, FASCS
Flexible endoscopy, used to perform therapeutic procedures beyond the wall of the gastrointestinal tract, is gaining prominence and application. It could provide all of the advantages of laparoscopic surgery and, with the elimination of all abdominal wall incisions, could completely eliminate the risk of wound infections. This article reviews technology, technique, challenges, and impact.

CASE STUDY
48 Cauda Equina Syndrome—Think of Cancer.
Mohammad Sami Walid, MD, PhD; Mohammed Aljan, MD; Kim W Johnston, MD, FACS; Joe Sam Robinson Jr, MD, FACS
In the presence of the triad: back pain, weakness in the lower extremities, and urinary urgency/incontinence, leptomeningeal carcinomatosis is a serious complication found in approximately 1% to 8% of patients with solid cancer.

CLINICAL MEDICINE
Corridor Consult
53 Informed Consent and Consent Forms.
Paul Deiter, MD, LLB
Informed consent is a process of communication between patient and physician. A completed consent form does not effectively obviate the need for a documented discussion in the medical record of the risks and benefits of the proposed treatment.

55 What Is Trying to Happen Here? Using Mindfulness to Enhance the Quality of Patient Encounters.
Philip Knowles, PhD
Mindful self-awareness is a disciplined means of directing attention to the thoughts, affect, intentions, and physiologic shifts that occur moment to moment, and is a way of promoting optimal outcomes in patient encounters, such as the formation of an empathic relationship.

COMMENTARIES
61 The Integral Model: Answering the Call for Whole Systems Health Care.
Marilyn Mandala Schlitz, PhD
Integral Health Care—an emerging new model—acknowledges multiple dimensions of living, healing, and curing that go beyond reduction of symptoms. Tools include: a ten-minute mindfulness break; working together in teams to make shared decisions; expanding to meet your patient’s needs and perspectives; and finding new ways to stay open to new ideas.

69 Caring for the Whole Person with HIV: Mind, Body, and Spirit.
The Very Reverend Father Drew A Kovach, MD, MDiv, ABFM
“When we care for our patients, we care for whole people to make people whole, and meet people on the road where they are, not where we think they should be.” Experienced approaches are offered for issues of finance, job, partners, depression, and relationship.

73 A Conversation with David Bates, MD, MSc, Chairman of the American Medical Informatics Association.
Brian Raymond, MPH
In an interview, Harvard Professor of Medicine, David Bates, MD, speaks on recent progress towards widespread health information technology adoption; why decision-support tools are now more important than ever; and the necessity to develop the next generation of health informatics professionals.

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Amy Stein, MFA
During a step-by-step drawing lesson by a portrait artist, participants unconsciously draw their own faces, and explore their drawings through a meditation and visualization exercise.

82 Reflective Writing in the Competency-Based Curriculum at the Cleveland Clinic Lerner College of Medicine.
J Harry Isaacson, MD; Renee Salas; Carl Koch; Margaret McKenzie, MD
A report from a five-year medical school, with an emphasis on training physician investigators, places the reflective writing competency at the level of the medical knowledge and clinical skill competencies, because writing is one of the most powerful and concrete ways to learn the art of reflection: vital for personal and professional development.

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93 From Wolfman to Medicine Man: Podcasting for Clinicians.
Robert W Hugan, MD
If Gen X youth can walk about with tens of gigabytes—thousands of their favorite tunes—nestled in MP3 players the size of a short stack of credit cards—could this technology make life better in clinical medicine? Learn how to glimpse the clever, technically sophisticated world of medical podcasting: audio files.

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