

## Solidarity Week for Compassionate Patient Care February 11-15, 2019

**The Waiting Room:** provided bottles of water and fruit to patients and their families in outpatient waiting rooms.

**Taking Care of Caretakers:** provided coffee and doughnuts and other refreshments to nurses and other team members at change of shift to thank them for their integral role on the healthcare team.

**Inspiration Photo Booth:** Share Why You Pursued Your Career

**Free Hug Friday**

**Pancakes for Puerto Rico fundraiser**

**LGBTQ People in Medicine:** a lunch a learn session was held to address issues that LGBTQ patients face.

**I See You campaign:** Recognized the individual roles people play in the hospital daily, and the emotions associated with challenging work. (*For example, "to the nurse holding a patient's hand as we perform a brain death exam, I see you" or "to the hospital assistant who patiently attends to patients' needs day in and day out, I see you."*)

**Art Aloud:** Poetry Slam Contest

**Be Bold, Be Kind, Be Awesome:** Recorded random acts of kindness encountered with the slips of paper at nursing units—displayed for everyone to see.

**Star-grams:** notes were given to people who epitomize teamwork in bringing humanism into medicine.

**Humans of Mount Sinai:** A photojournalism project, modeled after the popular blog Humans of New York. Photographed and conducted short interviews with Mount Sinai patients, students, faculty, and staff from across the hospital.

**Human Experience of Illness Panel:** Panel of patients who have experienced illness in the hospital and outpatients settings moderated by a Mount Sinai physician to better understand their experience rather than their illness.

**Stories of Medicine Panel:** Discussion consisting of fourth year medical students shared their stories with community members.

**Penny Wars for Puerto Rico:** A drive to raise money for the ongoing needs of the Puerto Rico communities.

**Care Packages:** Students developed still born and preemie care packages for the local hospitals to help families struggling through a stillborn/premature baby birth.

**Everyone Thrives:** This was a four day even that focused on the importance of learning about the patient. Student's and nurses inquired about what makes their patients thrive.

**Hearts of Gold:** Hearts were displayed on a poster; hospital visitors and patients wrote appreciation notes about staff on each heart.

**"Why medicine" bulletin board:** Handed out small pieces of paper during class the week before Solidarity Week for students in the 2020 and 2021 class to write a couple sentences on what motivated them to enter the field of medicine. Their reasons were displayed on a bulletin board during Solidarity Week.

**Hate has no Place Here:** Pins were created by the students and distributed throughout the hospital to share this powerful message.

**Compassionate Student Hearts -** Students put the name of another student that they saw giving compassionate care to a patient. These hearts were displayed in the student lounge.

**Compassion is Contagious:** Students asked people to share how someone had recently made them feel valued or how they show compassion to others

**Take Five Minutes:** Students encourages their peers and faculty to add just 5 minutes to the time spent with patients to better understand patients as people. To do this they placed mini Take 5 candy bars in various specialty team/student rooms with a note reminding them to take an extra five minutes with their patients.

**Thank you for letting us be your Medical Student:** Banners were hung throughout the hospital that shared these words to thank patients for allowing students to learn from them.

**Compliment Carnival:** Students handed out notes to their classmates to write a quick note to compliment staff, faculty and residents. Throughout the week students encouraged everyone to complement one another.

**What Should a Doctor be?:** Students conversed with their patients and asked them this important questions. All responses were hung on a bulletin board.

National Solidarity Week  
for Compassionate Patient Care

We  our patients!

THE ARNOLD P.  
GOLD  
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