MHIF FEATURED STUDY: Complexa PH

CONDITION: Pulmonary arterial hypertension (PAH)

PI: Eric Fenstad, MD

RESEARCH CONTACT: Sarah Dennis
Sarah.Dennis@allina.com | 612-863-6257

SPONSOR: Complexa

DESCRIPTION:
Purpose of the study is to determine the efficacy and safety of CXA-10 in patients with pulmonary arterial hypertension.
Primary endpoints include change in RVEF by cardiac MRI and change in PVR by right heart catheterization.
CXA-10 is different from currently available PAH therapy as it works through anti-oxidant, anti-inflammatory and anti-fibrotic activity.

CRITERIA LIST/QUALIFICATIONS:
Inclusion
Diagnosis of pulmonary arterial hypertension on stable background therapy, including PDE5 inhibitors, ERAs, etc.

Exclusion
Significant co-morbidities or recently medically unstable
Diagnosed with atrial fibrillation (AF)

Pulmonary arterial hypertension is uncommon; however, the 5-year survival rate for patients is only 57 percent.
Ongoing research is important for patients!
Title: What William Shakespeare can teach us about the practice of medicine
Speaker: Tod J. Worner, MD
  Internal Medicine Physician & Director of Outpatient Resident Education,
  Abbott Northwestern General Medical Associates
  Adjunct Assistant Clinical Professor, University of Minnesota Medical School
  Adjunct Assistant Professor, St. John’s University
Date: April 1, 2019
Time: 7:00 - 8:00 AM
Location: ANW Education Building, Watson Room

OBJECTIVES
At the completion of this activity, the participants should be able to:
1. Appreciate the role of literature in the practice of medicine.
2. Understand the profound wisdom William Shakespeare conveys about human nature.
3. Find time in their busy practice to sit down and read purely for enjoyment.

ACCREDITATION
Physician - Allina Health is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. Allina Health designates this live activity for a maximum of 1.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Nurse - This activity has been designed to meet the Minnesota Board of Nursing continuing education requirements for 1.0 hours of credit. However, the nurse is responsible for determining whether this activity meets the requirements for acceptable continuing education.

DISCLOSURE POLICY & STATEMENTS
Allina Health, Learning & Development intends to provide balance, independence, objectivity and scientific rigor in all of its sponsored educational activities. All speakers and planning committee members participating in sponsored activities and their spouse/partner are required to disclose to the activity audience any real or apparent conflict(s) of interest related to the content of this conference.

The ACCME defines a commercial interest as “any entity” producing, marketing, re-selling, or distributing health care goods or services consumed by, or used on, patients. The ACCME does not consider providers of clinical service directly to patients to be commercial interests - unless the provider of clinical service is owned, or controlled by, an ACCME-defined commercial interest.

Moderator(s)/Speaker(s)
Dr. Worner has disclosed that he DOES NOT have any real or apparent conflicts with any commercial interest as it relates to presenting the content in this activity/course.
Planning Committee
Dr. Alex Campbell, Jake Cohen, Jane Fox, Dr. Mario Gössl, Dr. Kevin Harris, Dr. Kasia Hryniewicz, Rebecca Lindberg, Amy McMeans, Dr. Michael Miedema, Dr. JoEllyn Moore, Pamela Morley, Dr. Scott Sharkey, and Jolene Bell Makowesky have disclosed that they DO NOT have any real or apparent conflicts with any commercial interest as it relates to the planning of this activity/course. Dr. David Hurrell has disclosed the following relationship - Boston Scientific: Chair, Clinical Events Committee.

NON-ENDORSEMENT OF COMMERCIAL PRODUCTS AND/OR SERVICES
We would like to thank the following company for exhibiting at our activity.

Akcea Therapeutics    Bristol-Myers Squibb

Accreditation of this educational activity by Allina Health does not imply endorsement by Allina Learning & Development of any commercial products displayed in conjunction with an activity.

A reminder for Allina employees and staff, the Allina Policy on Ethical Relationship with Industry prohibits taking back to your place of work, any items received at this activity with branded and or product information from our exhibitors.

PLEASE SAVE YOUR SERIES FLIER
When you request a transcript this serves as your personal tracking of activities attended. Most professional healthcare licensing/certification boards will not accept a Learning Management System (LMS) transcript as proof of credit; there are too many LMS’s across the country and their validity/reliability are always in question.

If audited by a licensing board or submitting for license renewal or certification renewal, boards will ask you not the entity providing the education for specific information on each activity you are using for credit. You will need to demonstrate that you attended the activity with a copy of your certificate/evidence of attendance, a brochure/flier and/or the conference handout.

Each attendee at an activity is responsible for determining whether an activity meets their requirements for acceptable continuing education and should only claim those credits that he/she actually spent in the activity.

Maintaining these details are the responsibility of the individual.

PLEASE SAVE A COPY OF THIS FLIER AS YOUR CERTIFICATE OF ATTENDANCE.

Signature: __________________________________________________________________________

My signature verifies that I have attended the above stated number of hours of the CME activity.

Allina Health - Learning & Development - 2925 Chicago Ave - MR 10701 - Minneapolis MN 55407
What William Shakespeare Can Teach Us About the Practice of Medicine

To capably practice medicine, what do we need?
• a fundamental vocabulary in science
• the skills to gather history & perform a physical exam
• the capacity to think critically
• a decisiveness to recommend a diagnostic/treatment plan
• an aptitude to operate efficiently and communicate precisely

But it also requires a fundamental understanding of human nature...

...and a willingness to care.
Somehow someone believed that a year of intense training in Organic Chemistry would better qualify us to be doctors.
We may memorize the facts and pass the tests. We may be very smart.

But without understanding human nature, we are not wise.
One of William Osler's greatest gifts was a keen sense of human nature.

He recognized the profound value of seeing what motivated people as well as what plagued them.

How did he become so adept at this?

By seeing lots of patients
By caring about them
By reading great literature which further delved into the depths human nature
AND by trying to better understand himself

But this requires humility, patience, experience.
It requires a willingness to learn that which is almost unteachable
“Start at once a bedside library and spend the last half hour of the day in communion with the saints of humanity.” - Sir William Osler

But who do you start with?
THIS guy...

Oh, sure...would could justify physicians reading Shakespeare for the medical maladies alone...
When the fit was on him, I did mark,
How he did shake: 'tis true, this god did shake;
His coward lips did from their colour fly,
And this same eye whose bend doth awe the world
Did lose his lustre: I did hear him groan.

(Cassius critical of the "god-like" Julius Caesar, epilepsy)

O, thou art a perpetual triumph, an everlasting bonfire-light! Thou hast saved me a thousand marks in links and torches, walking with thee in the night betwixt tavern and tavern.

(Falstaff on Bardolph’s rosacea in Henry IV, pt 1)
But even more, William Shakespeare had an uncanny ability to capture the essence of human nature in his play's characters. In tragedy, comedy and history, his figures came to life simply because they seemed... well... like us.

- Smart and foolish, brave and cowardly, innocent and guilty, generous and selfish
- The heroes were heroic, but flawed
- The villains were villainous, but sympathetic
- Shakespeare's characters were everyday figures from different walks of life and were comprised of shades of light and dark.
“The line separating good and evil passes not through states, nor between classes, nor between political parties either -- but right through every human heart -- and through all human hearts. This line shifts. Inside us, it oscillates with the years. And even within hearts overwhelmed by evil, one small bridgehead of good is retained. And even in the best of all hearts, there remains ... an unuprooted small corner of evil.”

– Aleksandr Solzhenitsyn

“It is the business of art to seize these nameless points of greatness and littleness: the truth is...that art has to single out sins that are not to be found in any decalogue and virtues that cannot be named in any allegory.”

- G.K. Chesterton
But does one need to be a Shakespeare scholar to appreciate his wisdom regarding human nature?

Hardly.
“I hasten to say that the [scholar] is very learned and I am very ignorant. I do not profess to know much about Shakespeare, outside such superfluous trifling, as the reading of his literary works.”

– G.K. Chesterton

“Aesthetes have goaded and jaded their artistic feelings too much to enjoy anything simply beautiful. The definition of an aesthete is a man who is experienced enough to admire a good picture, but not inexperienced enough to see it.”

- G.K. Chesterton
When we read Shakespeare’s works, I mean *really pay attention*, what do we see?

In essence, we see that Shakespeare’s characters are complicated, extraordinary, frustrating, inspiring beings of great consistency and contradiction...like our patients...

...and, *in fact, quite like ourselves.*
“Shakespeare opens a mine which contains gold and diamonds in unexhaustible plenty, though clouded by incrustations, debased by impurities, and mingled with a mass of meaner minerals.”

- Samuel Johnson

“The highest achievement possible to a man is the full consciousness of his own feelings and thoughts, for this gives him the means of knowing intimately the heart of others.”

- Johann Wolfgang von Goethe
But remember, to understand Shakespeare, you must feel – to truly tap into the deeply human – and not simply think.

Too often, we are convinced that we can reduce human nature to some predictable formula – that, in our modern scientific age, we are capable of fully divining why people do what they do...when, often, we can’t fully explain why we do what we do.
“Many a lad has known less about Shakespeare than he did when the only phrase he knew was ‘Anoint thee, witch’ – and he didn’t know where that came from. Now he can write the etymology of the words on an examination paper; but the witch herself has vanished. Information is the enemy of poetry.”

- John Jay Chapman

• If we arrogantly consider ourselves masters at interpreting the way others think and act, we will find ourselves wrong and our patients frustrated time and again...

• But if we humbly accept our limited understanding of the mysteries of human nature, we open ourselves to a fuller experience with our patients & ourselves

• Shakespeare’s characters explore those mysteries in their splendor & complexity
"Poetry is sane because it floats easily in an infinite sea; reason seeks to cross the infinite sea, and so make it finite. The result is mental exhaustion...To accept everything is an exercise, to understand everything a strain. The poet only desires exaltation and expansion, a world to stretch himself in. The poet only asks to get his head into the heavens. It is the logician who seeks to get the heavens into his head. And it is his head that splits."
– G.K. Chesterton

“Don’t think, but look.”
– Ludwig Wittgenstein
In taking snatches of time to warm ourselves by the fires of life found in Shakespeare’s works, we will be reminded of the human and transcendent in our daily practice. If we appreciate the varied hues in Shakespeare’s characters, we will better see the diverse hues within the patient seated before us in the exam room.

So... perhaps a little time with The Bard can teach us a even more about our very human patients (even more than Organic Chemistry)...and while we are at it, ourselves.
All the world’s a stage,
And all the men and women merely players;
They have their exits and their entrances,
And one man in his time plays many parts...

(As You Like It)
Don’t miss the unfolding drama of the patient sitting before you. Our patients (like us) are living lives with hints of tragedy mixed with heroism.

On Grief

Ah, dear Juliet...
I still will stay with thee;
And never from this palace of dim night
Depart again: here, here will I remain
With worms that are thy chambermaids; O, here
Will I set up my everlasting rest,
And shake the yoke of inauspicious stars
From this world-wearied flesh.

(Romeo on presuming Juliet dead)
You will never begin to understand someone unless you allow yourself to ache – just a little – when they ache.

On Uncertainty

There are more things in heaven and earth, Horatio, Than are dreamt of in your philosophy. (Hamlet)
You don't know it all.
Pay some deference to uncertainty and mystery.

On Dignity

CORDELIA
O, look upon me, sir,
And hold your hands in benediction o'er me.
No, sir, you must not kneel.

KING LEAR
Pray, do not mock me:
I am a very foolish and old man,
Fearsome and appalled, not as base nor low.
And, to dwell plainly,
I fear I am not in my perfect mind.

What place this is; and all the skill I have
Remembers not these garments; nor I know not
Where I did lodge last night. Do not laugh at me:
For, as I am a man, I think it is but
To be my child Cordelia.

CORDELIA
And as I am, I am.

KING LEAR
Be your tears not; yea, 'faith, I pray, weep not:
If you have poison for me, I will drink it.
I know you do not love me for your sisters,
Here, as I do remember, done me wrong:
You have some cause, they have not.

CORDELIA
No cause, no cause.

(King Lear)
Regardless of age or station, the dignity of the person before you is inviolable.

On Despair

No matter where; of comfort no man speak:
Let’s talk of graves, of worms, and epitaphs...
For God’s sake, let us sit upon the ground
And tell sad stories of the death of kings;
How some have been deposed; some slain in war;
Some haunted by the ghosts they have deposed;
Some poison’d by their wives: some sleeping kill’d;
All murder’d: for within the hollow crown
That rounds the mortal temples of a king
Keeps Death his court...

(Richard II)
On Reprove & Reform

[An unrespected king] is but as the cuckoo is in June,
Heard, not regarded; seen, but with such eyes
As, sick and blunted with community,
Afford no extraordinary gaze,

Being with his presence glutted, gorged and full,
And in that very line, Harry, standest thou;
For thou has lost thy princely privilege
With vile participation: not an eye
But is a-weary of thy common sight,
Save mine, which hath desired to see thee more;
Which now doth that I would not have it do,
Make blind itself with foolish tenderness.

- Henry IV (to his wayward son, Prince Hal)
(Henry IV part 1)

This, in the name of God, I promise here:
The which if He be pleased I shall perform,
I do beseech your majesty may save
The long-grown wound of my intemperance:
If not, the end of life cancels all bands;
And I will die a hundred thousand deaths
Ere break the smallest parcel of this vow.

- Prince Hal (in response)
Never underestimate the value of tough, honest advice. And never grow cynical about people’s ability to reform.
Everyone worries.

On Appetites

Men at some time are masters of their fates.
The fault, dear Brutus, is not in our stars
But in ourselves, that we are underlings.
Brutus and Caesar: what should be in that 'Caesar”
Why should that name be sounded more than yours?
- Cassius, plotting, to Brutus (Julius Caesar)
Be careful of your friends and desires.

On the Transience of Life

Alas, poor Yorick! I knew him, Horatio: a fellow of infinite jest, of most excellent fancy: he hath borne me on his back a thousand times; and now, how abhorred in my imagination it is! My gorge rims at it. Here hung those lips that I have kissed I know not how oft. Where be your gibes now? Your gambols? your songs? your flashes of merriment, that were wont to set the table on a roar? Not one now, to mock your own grinning?

........

To what base uses we may return, Horatio!

- Hamlet to Horatio
**Life is short. Don’t miss what matters.**

---

**On our capacity to be irrational**

Trifles as light as air  
Are to the jealous confirmation strong  
As proofs of holy writ.  
(Iago plotting to make Othello jealous over Desdemona)
We are all capable of being irrational.

On Purpose

This day is called the feast of Crispian:
He that outlives this day, and comes safe home,
Will stand a tip-toe when the day is named,
And come he at the name of Crispian.
He that shall live this day, and see old age,
Will yearly on the vigil feast his neighbours,
And say “To-morrow is Saint Crispian.”
Then will he strip his sleeve and show his scars.
And say “These wounds I had on Crispin’s day.”
Old men forget: yet all shall be forgot,
But he’ll remember with advantages
What feats he did that day: these shall our names
Familiar in his mouth as household words
Henry the king, Bedford and Exeter,
Warwick and Talbot, Gloucester and Pembroke,
Be in their flowing cups freshly Remember’d.
This story shall the good man teach his son;
And Crispin Crispian shall ne’er go by,
From this day to the ending of the world,
But we in it shall be Remember’d.
We few, we happy few, we band of brothers
That fought with us upon Saint Crispin’s day.

(Shakespeare)
Everyone is hungry for purpose and inspiration.

On the Limits of Our Practice

Canst thou not minister to a mind diseased,  
Pluck from the memory a rooted sorrow,  
Raze out the written troubles of the brain,  
And with some sweet oblivious antidote  
Cleanse the stuffed bosom of that perilous stuff  
Which weighs upon the heart?  
- Macbeth to physician about his wife

Therein the patient  
Must minister to himself.  
- Physician

(Macbeth)
Science cannot always speak to the stuff of the soul.

“The fool doth think he is wise, but the wise man knows himself to be a fool.”

(As You Like It)
If the true vocation of medicine is to heal our patients, we must also seek to know them. Curiously, as we do this we simultaneously begin to know ourselves.

In this pursuit, William Shakespeare is an indispensable guide.

“It is always time to stop repeating the wise sayings and begin to believe them.”
- Jacques Barzun
I wonder if she knows I exist... Should I call her? Maybe she doesn’t even know I exist? Well, maybe she does... I’ll call her. No, wait! I’m not sure if she knows I exist... Dang!

You know, I think I really like vanilla.

Same planet, different worlds.

YOUR CLOSET FULL OF INSECTS IS AGAIN OPEN FOR BUSINESS.

POW! POW! POW!

CAN WE GET YOU ANYTHING? CRUSTED ON / NUMPHER, WRITE?, A LARGE SNAKE? WONDREFUL.
"LIFE SURE IS STRANGE... AND THEY SAY WE ONLY COME THIS WAY ONCE...

WHAT DID I COME THIS WAY FOR?

"I never thought it was such a bad little tree. It's not bad at all, really. Maybe it just needs a little love."
They say the world is a stage.

But obviously, the play is un rehearsed and everybody is ad-libbing his lines.

Maybe that's why it's hard to tell if we're in a tragedy or a farce.

We need more special effects and dance numbers.
It was on a Sunday morning much like this one that Binkley awoke with the truth. It had presented itself in a short dream involving talking coffee pots and a shimmering image of Bob Barker’s head on Bette Midler’s body. Its credibility thus firmly established, our hero, freshly burdened with an awesome clarity of vision, realized what he must do...

So long... have a good day...

Survive!
The keys to grappling with the mystery of human nature are humility and a willingness to care enough to pay attention.

---

On the Depths of Guilt

O, my offence is rank it smells to heaven...

.........

It hath the primal eldest curse upon't
A brother's murder.

My fault is past. But, O, what form of prayer
Can serve my turn? "Forgive me my foul murder?"

That cannot be; since I am still possess
Of those effects for which I did the murder,
My crown, mine own ambition and my queen.
May one be pardon'd and retain the offence?

- King Claudius kneeling in his chapel (Hamlet)
Don’t deign that you know just how someone feels.