

Resources: Spring 2020

By Amber Baas, SPT and Keenan Whitesides, PT, DPT, NCS

What We're Watching

[HOW DOCTORS CAN HELP LOW-INCOME PATIENTS AND STILL MAKE A PROFIT](#) BY P.J. PARMAR, MD



Image Credit: Ted.com

In this TED Talk, Dr. P.J. Parmar shares how he's been able to create and maintain a successful medical practice serving low-income patients. His practice focuses on the personal and environmental factors that often keep these patients from seeking medical care. He demonstrates that paying attention to personal and contextual factors, rather than just the biomedical diagnosis, helps to improve outcomes in vulnerable populations. This is a great video for those working or interested in working with underserved populations, and it demonstrates how businesses can benefit from understanding the human experience.

[WHY THINGS HURT](#) BY LORIMER MOSELEY



Image Credit: Mitchell Hollander on Unsplash.com

In this Ted Talk, Professor Lorimer Moseley offers an introduction to the myriad factors that can influence pain perception. He shares how our experiences influence how our brain interprets possibly painful sensations. However, in doing so, he does not mitigate the reality of the pain for the person experiencing it. This talk is an accessible introduction to the subject for professionals, patients, and families, and underscores the point that in order to treat pain we must look beyond diagnosis and explore the experience of pain.

What We're Reading

[“AFTER GREAT PAIN, A FORMAL FEELING COMES”](#) BY EMILY DICKINSON



Image Credit: Emily Dickinson Museum

For those seeking to further explore the topic of the experience of pain, this poem by Emily Dickinson offers a different expression of what pain involves. The poem provides an opportunity for active contemplation on what follows in the wake of both physical and emotional pain. The website linked to above is also a great resource for those looking to further explore poetry, as it offers a searchable collection of poems free of charge.

[CHANGING HOW THE WORLD SEES DISABILITY ONE PHOTO AT A TIME](#) BY DENISE BRODEY



Image Credit: Alireza Attari on Unsplash.com

This article discusses an effort to bring people with disabilities further into the public eye by creating a bank of stock-photo images of them performing everyday tasks. The goal is to offer a broader representation of this population in the media we encounter daily. The project asked people with disabilities how they want to be seen, and includes a broad range of people from various backgrounds. The article provides a link to the gallery of stock photos; readers are encouraged to explore the gallery and reflect on how these pictures differ or align with how they think of and interact with people with disabilities.

[THE AMPUTEE CYCLIST'S ART OF SELF-REPAIR](#) BY C.S. GISCOMBE



Image Caption: Chepe Nicoli on Unsplash.com

This opinion piece offers a poet and essayist's perspective on living life with a prosthetic arm. He discusses how the many aspects of his life—being an amputee and UC Berkeley professor, having been raised in the black middle class—interweave and contribute to his life experience. He highlights how one's sense of what is inconvenient, as well as what one would consider to be a disability, can vary greatly depending upon one's perspective. He also shares his experience of functioning with, and appreciating the

function of, an uncomplicated prosthetic. The essay may help readers develop a more rounded understanding of how people experience disability. It is part of a series of essays on disability from the *New York Times*; the link to the collection can be found at the end of the article.

About the Authors



Amber Baas is a first-year Doctor of Physical Therapy Student at Emory University. Prior to this, Amber attended Baylor University, where she earned a Bachelor of Arts Degree in University Scholars. She enjoys exploring the fields of literature, medical humanities, and engineering and how they interact to help us to effectively attend to others and develop methods to best support patients.



Keenan Whitesides, PT, DPT, NCS, is a staff physical therapist at the Emory Brain Health Center after completing her neuroresidency at Emory University. Dr. Whitesides received her Bachelor of Science degree in Neuroscience and Behavioral Biology from Emory University, her Master's degree in Secondary Education from American University and her Doctor of Physical Therapy from Duke University. She has previously published some of her work in *The Intima – A Journal of Narrative Medicine*, an interdisciplinary, online journal of narrative writing from Columbia University. She considers writing and reflection an essential component of her practice.