

International Orthopaedics; Providing Meaning and Balance



RR Coughlin MD, MSc
Int SF OrthoTrauma Course
9/30/22



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DIRECTOR IGOT



INSTITUTE FOR
GLOBAL ORTHOPAEDICS
& TRAUMATOLOGY

FROM GOOGLE!

- What is my **dharma in life**?
- Essentially, your dharma means **your life purpose**. Your dharma is your true calling – what you were put here to do. Ancient yoga texts describe dharma as an inner wisdom, or a cosmic guidance that governs not only you and me as individuals, but the entire Universe itself!
- [What Is Your Dharma? Here's How to Find Your True Life Purpose](#)
- <https://www.yogiapproved.com › dharma-find-true-life-p..>

My own path

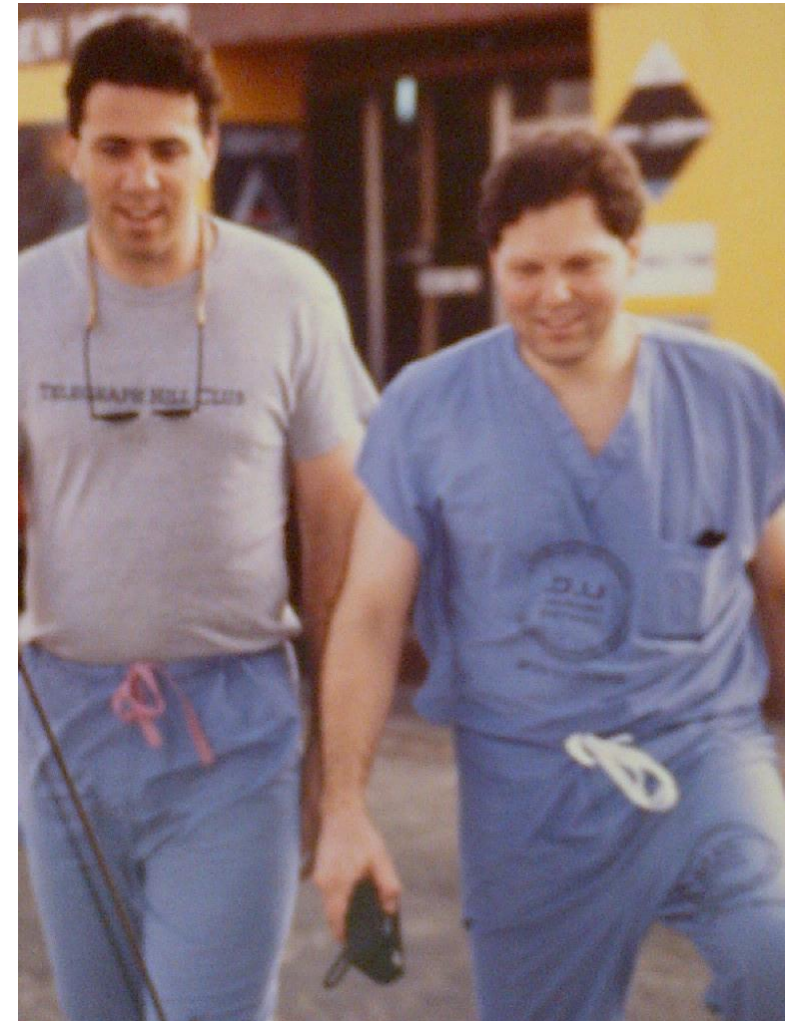
- Too busy building a practice
- Not surgically confident
- What do I know about TB and Polio?



Volunteer Service Organization



Over 25 “service trips” to Central America



“We must expand upon our Hippocratic oath by... partnering with our patients throughout the world”

Robert D. D'Ambrosia

President AAOS

1999





Overseas Volunteering: The Antidote to Managed Care

R. Richard Coughlin, MD

On a flight to Johannesburg, South Africa—for my 15th overseas volunteer trip as a physician—I finally connected with a defining image of my childhood. The woman sitting next to me on the airplane, whom I would later discover was a nurse going to Malawi, was reading *Out of My Life and Thought* by Albert Schweitzer.¹ I vividly remembered being in third grade listening to my teacher lecture about this great 20th-century physician. The African pictures spoke of adventure, history, and exotic lands, but I was challenged by the deeper sense of humanitarianism. These elements continue to motivate me in my present passion for overseas volunteerism.

MY FIRST OVERSEAS EXPERIENCE

needed at least two overseas volunteer trips each year to maintain a professional balance with my private practice, which treated a largely privileged population. My friends joked that my motivation to volunteer overseas was actually the Central American beer beckoning me. However, having portable skills and the willingness to unselfishly offer them without compensation allowed me a passport to cultural experiences that would not necessarily happen as a traveler.

To share these volunteer experiences with physicians in training, I began to take a resident and a medical student on my twice-yearly volunteer trips (Figure 1). This exposure to so many challenges in an unfamiliar setting provides memorable teaching and life experiences for physicians in training. Without sophisticated diagnostic

Volunteering: Managed Care

Loughlin, MD

needed at least two overseas volunteer trips each year to **maintain a professional balance** with my private practice, which treated a largely privileged population. My friends joked that my motivation to volunteer overseas was actually the Central American beer beckoning me. However, having **portable skills and the willingness to unselfishly offer them without compensation** allowed me a passport to cultural experiences that would not necessarily happen as a traveler.

To share these volunteer experiences with physicians



1992 San Francisco General Hospital



Orthopedics Overseas
Mthatha, South Africa
1998

Volunteerism at UCSF



- 1992: Resident Operation Rainbow trips
- 1999: Formal rotation in Umtata, South Africa

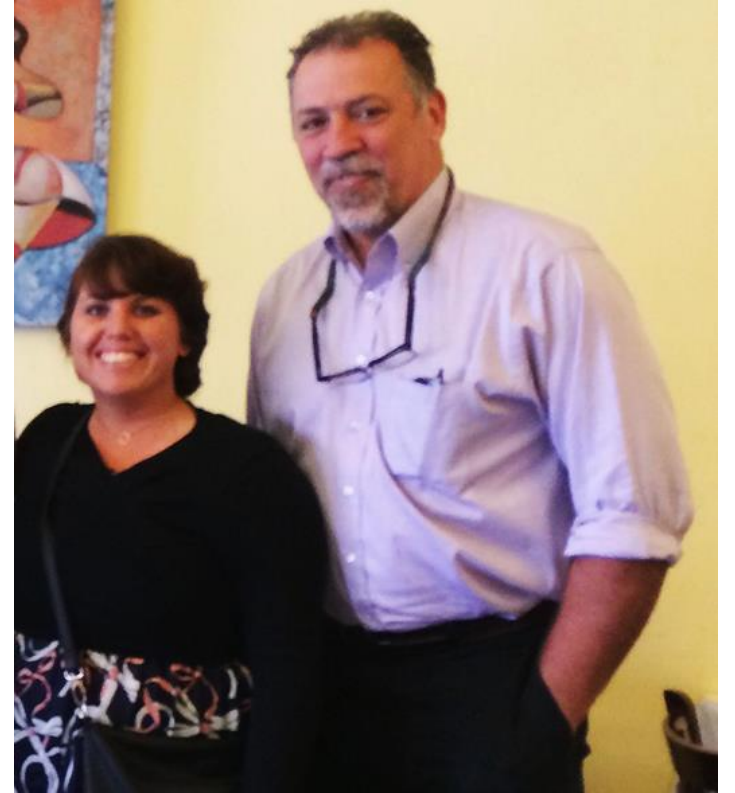
MSc Public Health for Developing Countries 2003/4





The Institute for Global Orthopaedics and
Traumatology

- **Founded in 2006**
- Initiative in the Department
- Academic to Academic
Partnership Model



SF SMART COURSE 2010!



Global Knowledge Exchange



International Research Symposium



Global Citizenship Promotes Personal Wellness

Growth in Empathy, Self-efficacy
Gratitude
Global Community
General Professional Commonality
Giving Back
Generosity
Gain Friendships
Globally Make a Difference
Generates Curiosity
Gather and Exchange Knowledge

Good for You

Gives you Balance/Wellness/Reduces Stress

