

DALTON SHAULL

THE BUTTERFLY EFFECT OF HEALING



Afterword

Dalton Shaull

Dr. Tetteh's book is a story of a man's ultimate pursuit of purpose and surrendering to the call of service. It bears a fruitful collection of experiences and insights that provide a renewed perspective of what it means to heal and our abilities as artists, coaches, teachers, or doctors, to transform our routine encounters into routine inspiration.

Dr. Tetteh's theory of Human Care is an art that has implications far exceeding the walls of the hospital. It reminds us that by taking the holistic approach to healing with every patient, we can set off a cascade of purpose—the ultimate butterfly effect.

About this drawing

My drawing symbolizes this "butterfly effect" of healing. I start by covering the entire page black with a mix of black charcoal and conte. Then using subtractive or negative technique, I use an eraser to draw the organ (essentially I erase more where I want it lighter and less where I want it darker). I then use scissor to cut the organ out closely to its edges. I do this to symbolize the practice and art of procurement and recovery.



I then place the organ on a colorful background that I paint using acrylic paints. This rather 'dark' organ (or dead) is being placed into an environment full of color (or life) and this is to symbolize the transplant and implant of a new organ into the recipient.

Finally, in this particular example, I use acrylic paint to paint in flowers coming from the veins and arteries of the heart. This is to symbolize the patient being weaned from bypass and the patient's blood now flowing through its new organ—new life.

Transplant is truly a remarkable example of not only amazing surgical skill, medical innovation, and finesse, but also the orchestration of a myriad of other components, which makes this one of the most complex and fascinating procedures in medicine. So fascinating to me that I have chosen to dedicate the rest of my life to working and innovating within this field. If you are receiving this drawing it is because of my admiration for what you do to advance health and save lives. Your passion, your pursuit of personal mastery (with your clinical/surgical skills and/or administration and leadership), and your determination in continually challenging the status quo. I look forward to working with you on our shared mission of saving lives for many years to come. Thank you.



Acknowledgments

First, this book would not exist without the service, care, sacrifice, and compassion of all who have cared for another human. I am especially thankful to those who work every day in our places of healing to do the hard work of restoring health and wellness. These individuals deserve all the honor.

I am indebted to the many patients met over the years, for they provide inspiration and wisdom. Stories and drama connect more effectively with people than facts and random words. Thus, the story of Nicias and Hippocrates were adopted from a book called *The Sublime Engine: A Biography of the Human Heart*, by brothers, Stephen and Thomas Amidon. The story resonated with me because I visited the Healing Temple of Asclepius referenced in the story long before I read their book.

My teachers, mentors, and coaches have directly and indirectly influenced this work and taught the healing art of medicine and surgery. The conceptual, editorial, and artistic work of Juanel Teague, Karen Brownlee, Karen McDiarmid, Jessica Legon, Dick Bruso, Dalton Shaull, and Steven Dana was invaluable.



Finally, the most thanks must go to my family, Isabel, Viviana, and especially my wife Lisa, son Edmund, and daughter Ella for tolerating and supporting both a surgeon's and an author's schedule. Thank you all for always listening at the kitchen table to endless recitals, for enduring many drafts and revisions, and for your patience, love, and support with tea, a special treat, and warm embrace through many days and long nights. You are all a blessing I am very lucky to have and thank God for every day..

Hic Pro Bonus
Here for Good...
Hassan A. Tetteh MD
Baltimore, Maryland

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ABOUT THE AUTHOR

Dr. Hassan A. Tetteh



Dr. Hassan A. Tetteh is a US Navy Captain and Associate Professor of Surgery at the Uniformed Services University of the Health Sciences and adjunct faculty at Howard University College of Medicine. He was a Robert Wood Johnson Health Policy Fellow from 2012–13, assigned to the US Congress, Congressional Budget Office, (CBO). Currently, Tetteh is a Thoracic Surgeon for MedStar Health and Walter Reed National Military Medical Center. He leads a Specialized Thoracic Adapted Recovery (STAR) Team, in Washington, DC, and his research in thoracic transplantation aims to expand heart and lung recovery and save lives.

A native of Brooklyn, New York, Tetteh received his BS from State University of New York (SUNY) at Plattsburgh, his MD from SUNY Downstate Medical Center, his MPA from Harvard's Kennedy School of Government, MBA from Johns Hopkins University Carey Business

School, and MS in National Security Strategy with a concentration in Artificial Intelligence from the National War College. He completed his thoracic surgery fellowship at the University of Minnesota and advanced cardiac surgery fellowship at Harvard Medical School's Brigham and Women's Hospital in Boston.

Tetteh is founder and principal of Tetteh Consulting Group, a best-selling author of four books including *Gifts of the Heart*, *Star Patrol*, *The Art of Human Care*, and *Seven Pillars of Life*. Tetteh is board certified in thoracic surgery, general surgery, clinical informatics, and healthcare management, and is a Fellow of the American College of Surgeons and Fellow of the American College of Healthcare Executives.

Tetteh received the Alley Sheridan Award by the Thoracic Surgery Foundation for Research and Education, was named a TEDMED Front Line Scholar, and is TEDx speaker. He's an alumnus of the Harvard Medical School Writers' Workshop and Yale Writers' Conference and lives near Washington, D.C. with his wife, son, and daughter.



Kudos

"Navy Captain, Dr. Hassan Tetteh, is a triple threat agent for change. He is at once a skilled cardiothoracic and combat trauma surgeon, a talented artist, and as evidenced by his authorship of *The Art of Human Care*, a passionate, caring professional with keen insight into how to begin to fix what's wrong with how we deliver healthcare today. This book is an inspirational reminder about how any one physician—how any one person, really—can change the world. I highly recommend it."

*Rear Admiral David A. Lane, USN (Ret.)
Physician, Humanitarian, Mentor, Lifelong Learner, Veteran*

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"*The Art of Human Care* reinforces—for both Physicians and their Nurse colleagues—the importance of addressing not only the physical, but also the mental and spiritual factors, to achieve true healing."

*Patricia C. Seifert, MSN, RN, CNOR, CRNFA(e), FAAN
Educator, Independent Cardiac Surgery Consultant*

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"Fate and a near-fatal event early in life often shape the commitment and perspective of a physician. Technology and science have advanced medical diagnoses and treatment. However, the best physicians master the 'Art' of medical practice. Compassion, judgment, communication and social awareness are essential elements in the "Healing Arts." This book, *The Art of Human Care*, is a must-read!"

*Richard J. Shemin, MD
Robert and Kelly Day Professor and Chief, Division of Cardiac Surgery
Vice-Chairman, Department of Surgery
Co-director, Cardiovascular Center at UCLA
David Geffen School of Medicine at UCLA*



"Dr. Tetteh is a renaissance leader whose brilliance is reflected from start to finish of this book. He skillfully mastered the art of storytelling, healing and teaching in one body of work.

The Art of Human Care is full of interdisciplinary wisdom and therefore a must-read for students, teachers and leaders who aspire to usher in the next wave of healthcare innovation and transformation!"

Chanté Thurmond, M.A., BSN, RYT-200
Cofounder & Cohost of *The Darkest Horse*

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"In his latest book, Dr. Tetteh brings home a clear and valuable message to the medical profession. We are not just interpreters and messengers of test results. He reminds us of our ancient history in the healing arts and of the importance of healing theory today. Presented here is a call to action for doctors to be passionate healers, empathetic listeners, and most importantly, assistants to a patient's healing and deeper purpose."

Dr. David R. Whittaker
Vascular Surgeon, Principal, Whittaker Solutions, LLC

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"Dr. Tetteh is a gifted healer, writer, and storyteller. In *The Art of Human Care* he weaves a beautiful tapestry of educational, inspirational and entertaining prose. He has a unique gift that takes his readers on a wonderful journey that will leave them with a renewed faith in the wonders of science and the human spirit."

C. Randall Mann
Vice President, Marketing & Public Relations, Acadian Companies

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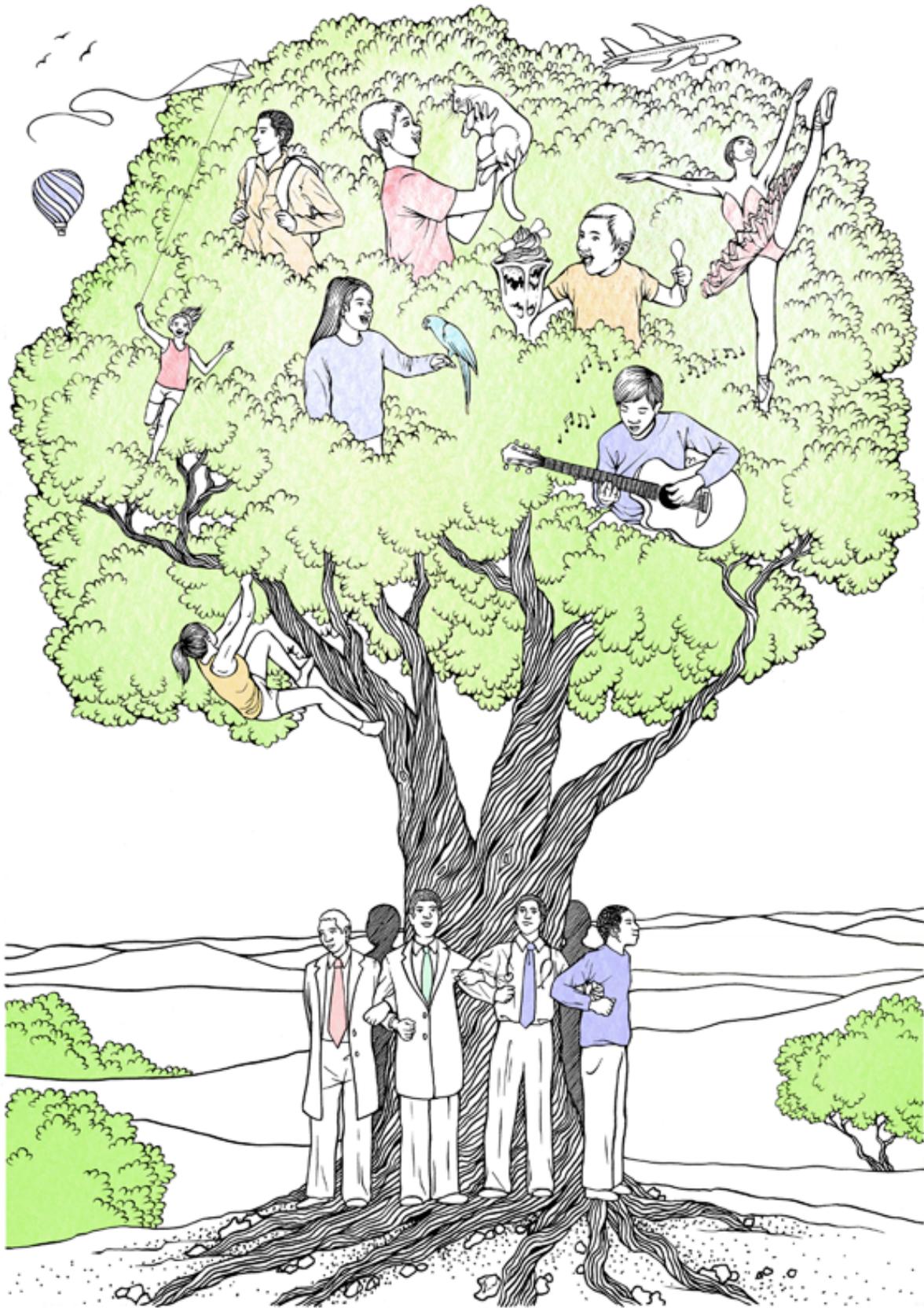
"More than just a book. It combines a compelling narrative with a beautiful layout that takes you on a journey of discovery that is life-changing."

—Steven Samblis
Author and Creator of *1 Habit™* book series

"An inspiring work linking Dr. Tetteh's personal life experiences with valuable lessons in becoming a thriving and resilient physician/caregiver. Changing the conversation from "What's the matter?" to "What matters most to you?" as a starting point, coupled with reflective listening, recognizing and empathetically responding to the emotions of our patients and colleagues, and creating an environment of hope, positivity, and gratitude allows physicians/caregivers to connect to their purpose—to provide health and healing to the patients and families they have the privilege of serving. *The Art of Human Care* provides a blueprint to gracefully and successfully navigate the challenging healthcare transformation which is upon us."

Dr. William Maples
President and CEO, *The Institute for Healthcare Excellence* "





MEDICS TREE: Jessica Legon