

### Virtual IM Subinternship - COVID19 Reflection

What is our exact role in the community? To respectfully call people out who aren't social distancing or wearing masks? There are people on my social media accounts who I went to high school with commenting on social media that they can't take this (quarantine) anymore and that the curve has flattened so why are we doing the social distancing and mask wearing still? Do we comment on social media platforms reminding people that this has not all been done in vain? How do we convince the people to care who do not know a friend or family member who has been affected by covid and think it is a hoax? If we can't convince them to listen to the CDC, the scientists, epidemiologists or medical professionals – whom they think are hog tied and hand fed by big pharma – then how do we convince them to care for the human condition? To care for humanity and to have compassion for others? Perhaps the root cause of them not caring for other humans' wellbeing is because we have failed them systemically as a society and they don't have much faith in humanity or the system...and perhaps it is related to a lack of solid public health literacy and education that our society failed to give them...as this pandemic has magnified the very tedious balance our corrupt world was kept in prior to the upending of the status quo we so diligently obliged to fulfill before this.

And the scary thing is, it did not take a single Facebook post to convinced people to believe it was all a hoax or some manmade cooked up conspiracy by Bill Gates and Dr. Anthony Fauci; it just emboldened those who already believed those things...we have grave political, environmental and healthcare problems today. We are all intertwined together; someone makes your clothes, your IV saline bags, your drugs, harvests your food and most of those activities are probably carried out in a different country than where you live...heck we even ship some of our literal garbage to China...the way we exploit and treat each other in the all mighty effort for the bottom dollar is shameful...why do we let the corrupt run the world and why must we continually play into their hand until the day we die?

The government and our society have failed us from a systemic level down. Where the government puts its money clearly shows; and it is not in effective education and it is not in effective ethical healthcare...

All I can do is remain hopeful that after this, the helpers and the kind people in this world will step up and allies to healthcare professionals, educators, environmental groups, ethical companies, etc. will help us make our society a better place in light of this pandemic. It must be a group effort on the population level if we want to succeed in change for the better. We cannot go back to the same systems as before. Continuing to regard certain groups of people as inferior and denying healthcare as a basic right to all in this nation is a dangerous way to proceed following this pandemic. We must come together and change the fabric of society.

**“...Normal never was...We normalized greed, inequity, exhaustion, depletion, extraction...we should not long to return, my friends. We are being given the opportunity to stitch a new garment. One that fits all of humanity and nature.”**

**~ Sonya Renee Taylor**

**“Attitude reflects leadership.”**

**~ Julius (*Remember the Titans*)**

**“There's no measure of health to be well adjusted to a profoundly sick society.”**

**~ Jiddu Krishnamurti**

I decided to record and create a dance as part of this reflection. This 10-week school hiatus has been interesting for me. I was fortunate enough to have a long overdue hip surgery done right before elective procedures were cancelled. This time off school has been rich for me to spend time healing myself physically, but also mentally. The end of last year was rough for me, with family health ailments and then my own health ailments catching up to me. During this mandatory stay-at-home from clerkships, I have truly realized the importance of taking care of oneself and how depleted I was –

both physically and mentally. Although these times are scary and can challenge our mental strength, I had much time to reflect and explore what makes me happy. One day after doing my physical therapy exercises for my hip, I just started dancing – something I have not been able to do since I began medical school due to my hip. It just flowed out of me – and it was like I had never stopped 4 years ago. I decided to dance as part of my reflection because in each obstacle we face, new strengths and skills – or even old ones we have forgotten – reemerge. While my strength, balance and range of motion is still quite limited, I was proud of my improvised dance session. I am someone who often is not gifted with expressing my true feelings with the spoken or written word – dance has been a form of expression for me throughout my life and many times, helps me realize how I am actually feeling. I randomly began dancing to this song the other day and decided to film it – something spoke to me through the lyric given the pandemic. I used the mask as a prop as these face coverings have gotten a lot of press throughout covid. I will let the viewer decide what the dance means to them – to me, it reflects the eb and flow of chaos and contraction into ourselves... how we deal with emotions internally and how exhausting that is, especially as a healthcare provider and especially during this pandemic.