



What We Carry Back

Recently, I had the opportunity to spend time at the Harvard Medical School Center for Bioethics, engaging in conversations centered on some of the most complex and challenging aspects of healthcare today.

While the setting was academic, the focus was anything but theoretical. The discussions reflected the realities that patients, families, and healthcare professionals face every day—particularly in moments of serious illness, uncertainty, and end-of-life decision-making.

One theme surfaced repeatedly: in the midst of complex medical decisions, people are not simply looking for options—they are looking for guidance. They are seeking clarity, honesty, and a sense that they are not navigating these moments alone.

In our work here at the hospital, we see this every day. Families sitting at the bedside, trying to make sense of difficult information. Patients facing decisions they never expected to have to make. Clinicians striving to balance compassion with responsibility, often carrying a significant emotional and moral burden.

What I was reminded of during this experience is that presence matters. Clear communication matters. And perhaps most importantly, the willingness to engage in difficult conversations with both honesty and compassion matters.

These are not abstract ideals—they are essential components of good care.

As I return, I do so with a renewed appreciation for the work already being done here. The commitment of our staff, the resilience of our patients, and the dedication of families who walk alongside their loved ones are all part of what makes this work meaningful.

My hope is to continue supporting this environment—one where patients and families feel heard, staff feel supported, and care is guided not only by clinical excellence, but by compassion and integrity.

Because in the end, what we carry back from experiences like this is not simply knowledge—it is a deeper commitment to serve well in the moments that matter most.

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