

LIBERTY MEDICINE

Annual Report Issue Two, 2018-19 in Review

GUATEMALA 2019 Teaching Guatemalan medical students OMM

LUCOM

GRAND ROUNDS Special guest lectures & presentations

RESEARCH Data that makes a difference

ON A MISSION TO PROVIDE CARE AND HEALING

The Office of Clinical Collaboration and Education (OCCE) collaborates with domestic and international partners for continued medical outreach opportunities.



FACULTY LEAD SMALL GROUPS ON SPRING BREAK

The Return to the Dominican Republic, Honduras, and Perú

LUCOM sent three small teams abroad this past Spring Break continuing and strengthening partnerships that began last year. Each team consisted of nearly 15 student-doctors and one primary faculty member with the trips lasting a full week.

Kathleen P. Bogacz, MD, FACP, assistant professor of internal medicine, led the team that returned to the Dominican Republic. "Participation in a spring medical mission trip in the second year of medical school is one more part of the long pipeline that we have created at LUCOM."

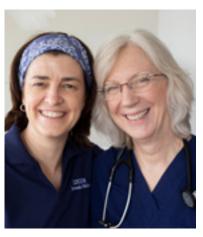
Both domestic and international medical outreach trips organized by LUCOM-OCCE are designed to expose students to patient scenarios outside the classroom, allowing for oneon-one patient interaction, and hopefully encourage them toward international medical needs.

"For those students who are interested in pursuing care of the underserved, we have the Community Care Collaborative events to introduce students to local and regional medical needs, and the medical mission trips at the end of first-year and then in spring of second-year to introduce them to international medical needs," said Dr. Bogacz.

By their fourth year in medical school, if LUCOM medical students are more serious about the pursuit of caring for the underserved, a four-week international rotation is available to provide an even more in-depth experience. "As students prayerfully go through these events and missions, they will discover more about whether the Lord is leading them into this kind of medical career – whether part time or full time," Dr. Bogacz also said.

With the assistance of Tammy Weigner, clinical director of health records and outreach, they were able to lead a team of 13 student-doctors providing care in the village of Pontezuela. The impoverished village has a large Haitian population that is often overlooked. This was Dr. Bogacz's second time leading a small team to this location. "The local church, Iglesias Communidad Multicultural (ICM), is the foundation of our collaboration. By praying for and advocating for the neediest of the needy in Pontezuela for over five years, they have led the way which provides us with a great spiritual foundation," she said.

Additionally, LUCOM-OCCE has established a relationship with a missionary family on the ground, who are members of ICM, and developed key relationships with the director of the local medical school, Pontificia Universidad Católica Madre y Maestra (PUCMM). The school has fostered additional support with the involvement of their students. "This is an incredible group of local providers overall who offer great follow-up care

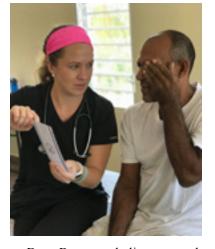


for the patients," said Dr. Bogacz. The Dominican Republic team saw 400 patients, which included 250 adults and 150 children.

The LUCOM team focused on a feeding program for children in Pontezuela, evangelism, worship, and Bible distribution in the village.

"I would like to use the DR model of collaboration everywhere we send our students. The spiritual and medical support is outstanding," added Dr. Bogacz.





Dr. Bogacz believes each trip is unique and provides key instructional pieces for LUCOM's medical students. "With each patient and his or her unique circumstances, we can teach – everything from how to ask questions to performing a physical exam with accuracy and praying for the patient and their family. At night, with case presentations and more time to process the day, we can teach how to handle the hard things and how to rely on Christ for all that you need," she said.

Returning to Clinica Esperanza, an established clinic on the island of Roatán, Honduras, Liberty osteopathic medical students were able to work one-on-one with local clinicians providing medical care to every patient that visited the clinic. Such care included observing and treating young children and providing general medical care to men and women. Under the supervision and guidance of Lauri Ann Maitland, DO, MPH, associate professor of family medicine, the team saw 200 patients, 165 adults and 35 children. The team was also able to distribute Bibles to the patients they treated.

"I'm always thankful to have the opportunity to minister through medicine – to be the hands & feet of Jesus," said Dr. Maitland. "I was blessed by seeing medical students catch the 'medical mission bug' and hearing them remark that they plan to serve again in this capacity."

Dr. Maitland felt a calling to

serve through medical missions back when she was a Family Medicine resident. "I have been obedient in this call for several years and have served on trips with various organizations. One of the factors that attracted me to LUCOM was that, as a faculty member, I am encouraged to participate in medical outreach every year," she said.

On another site in Curahuasi, Peru, a team was providing medical and osteopathic care to underserved rural villages in that area of the country. Partnering with Alcanzando la Mano, many villages at high altitudes were visited where the people don't commonly have access to care of any kind. Like the DR and Honduras trip, the team was also able to partake in evangelism activities and Bible distribution by partnering with local church planting efforts. In Peru, the team saw 165 adults and 35 children during their week there.

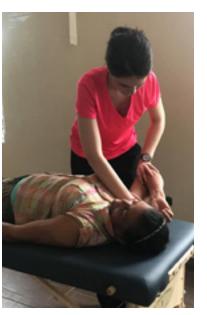
"I love having the opportunity to provide healthcare to those with limited access and to be the link that connects them to groups who can help them with future needs," said Elizabeth Lewandowski, Class of 2021. "Anytime I travel for mission trips, I am reminded of how lucky we are with the access to healthcare and resources where we live. It also always makes me want to keep striving towards my goal of becoming a physician so I can continue to travel to places with limited access to physicians and help in any way I can."

On each clinic day the team traveled through the mountains to different remote villages. "For me, one of the best parts of treating patients was being able to give them reading glasses. Many patients had chronic aches and pains from working and walking in the mountains, and it was hard to tell them that there wasn't much we could do to fix that. But these same patients would light up when we were able to provide them glasses so that they could sew or read again. It was these daily reminders from patients that the little things really can matter most," said Lewandowski.

During her first year at LUCOM, Allie Baldwin, Class of 2021, had the opportunity to travel to Guatemala where, after spending countless hours in the classroom and studying, she was able to spend time with patients, an experience she describes as a true privilege. She traveled to Peru to continue her hands-onlearning.

"For me, being able to see children and work on prevention and teaching them about their body and health was the most rewarding," Baldwin said. "On our last day in the clinic I saw a young mom who was worried about her three-month old baby boy. Having the opportunity to assess an infant and then being able to calm the mother's fears was especially rewarding."

OCCE coordinates these weeklong international trips to teach LUCOM students by design. Leading by faculty example and mentorship, they treat their patients as an integrated whole, incorporating the body, mind, and spirit. This is only year two for these short Spring Break trips; this is truly just the beginning.











RETURNING TO WHERE IT ALL BEGAN

Liberty osteopathic medical students provide care to adults and children on ninth medical outreach trip to Guatemala.

On the first day of June, a team of 62 from LUCOM (consisting of medical students and faculty with members of their families), along with an additional 11 (invited friends and colleagues), traveled to Guatemala for medical outreach. This was the first country that LUCOM visited five years ago and has maintained its presence there every summer since. Including spring break trips, LUCOM has visited Guatemala nine times since 2015.

Under the supervision of LUCOM faculty and staff, the group traveled to three villages; San Antonio in Teculutan within the department of Zacapa and in Chiquimula, El Ingeniero, and Shororaguá. Each village was strategically chosen in an effort to provide quality and patientcentered care that the inhabitants would not otherwise have available, while also maintaining a partnership with local health care providers of those specific areas. Throughout the weeklong trip, nearly 870 patients, consisting of men, women, and children, were seen and treated. "The reason I chose LUCOM was because of their emphasis on a servant's heart," said Hallie Anderson, Class of 2022. "We have the ability to make a difference, even after just one year of school. This trip allowed us to use our skills to better the lives of others and fall in love with medicine all over again."

While the term medical outreach is common throughout medical colleges and schools, for LUCOM it's an annual, yearlong practice of placing its students in local and international regions for a short period of time not only to present opportunities of enhancing their clinical skills, but also (if possible) to bring about a sense of physical, spiritual, and emotional healing to those in need. LUCOM's primary partner for this year's trip was El Centro Universitario de Oriente (CUNORI), a medical school located in Chiquimula, Guatemala. Additional support was provided by several health care providers; Dra. Luna from San Antonio, Teculutan; Pueblo de Salud in El Ingeniero; and the faculty and fourth-year medical students of CUNORI that serve in the Shororaguá Clinic.

According to Kathleen P. Bogacz, MD, FACP, associate professor of internal medicine, the decision was made to return to specific villages where CUNORI had already established a sense of continuity of care and their ongoing interest within those areas. "They (CUNORI) are the source of medical care providers in the area and we always want to have follow up care lined up for those patients who need it. We have developed >>> >>> friendships with the leadership at CUNORI and they are enthusiastic partners every year now when we come. Our students become friends with each other as they learn together."

One unique staple of the trip was a mid-week afternoon workshop held on the campus of CUNORI that centered on the basic components of osteopathic manipulative treatments (OMT). LUCOM student-doctors along with faculty were able to teach common techniques to the CUNORI medical students with the hope that they could use them while serving within their own community.

"We were happy to present a workshop for the CUNORI medical students as part of partnering with those who can provide ongoing medical care in Guatemala. Our osteopathic medical students were able to provide hands on training and reinforcement of osteopathic treatment techniques," said Lockwood, Michael DO. FCA, professor of osteopathic manipulative medicine. "I believe both learners and teachers were engaged and eager to affirm that medical care includes the works of our hands – sometimes as the treatment of choice and always as a tool with the potential for healing."

Dr. Lockwood also explained that there were two treatment types that were described, demonstrated, and practiced. "One group of techniques, notably, has

direct effects on organ system function. The second method was taught that is very useful in pain management and restoration of proper mechanical function of spinal segments, extremities, and rib cage motions. In addition to learning techniques, the patient-centered osteopathic paradigm was evident."

For Blake Thomas, Class of 2022, the experience with the CUNORI faculty and students was very welcoming. "I felt right at home while speaking and working alongside them. I was very grateful to meet many of them and hear about the parallels of medical education for those in Guatemala and those in the United States. Their campus was very nice and an eye-opening experience for me to experience medical education in another country."

CUNORI has been a continual support system for LUCOM the past three years.

"For us (CUNORI) it is an honor and privilege to partner and participate with Liberty as part of our health initiative in each community," said Dr. Ronaldo Retana, dean and faculty member at CUNORI. "The hope that we started three years ago was really to continually develop our relationship with Liberty and make it strong. We also have the hope that our students will connect more with Liberty medical students and that each community that has been marginalized will have help longterm moving forward. There is

no end to what we can dream and help each community achieve."

For three days throughout the weeklong outreach trip, CUNORI medical students worked alongside LUCOM medical students. Together they were able to assess and treat patients while learning from one another.

"Overall, we have had a very positive response from our students in being able to work with Liberty medical students. Every year, our students are very energetic and excited to participate and learn from Liberty medical students and serve alongside them. Their hope is to be able to come to the United States and engage with Liberty students," added Dr. Retana. "Truthfully, this experience is one-of-a-kind because most Guatemalan medical schools and students are not able to engage with US medical students at this level. This relationship with Liberty is truly an honor."

Dr. Retana also went on to express his appreciation for LUCOM's medical faculty and their level of coordination. "We are eternally grateful for this opportunity to continually serve alongside Liberty. It's crazy to think that what started as a conversation three years ago has now developed into a strong relationship and friendship. We are thankful for Dr. Kathy Bogacz for her help in continuing this relationship and carrying on the vision. Thank you, Liberty, for this blessing."



Dr. Retana also serves his country as an obstetrician gynecologist.

This year, LUCOM was also privileged to welcome back Jonathan Giles, MPH, DHSc, CHES, CTC, administrative dean for Liberty University School of Health Sciences. Through a preliminary research survey sent to the student-doctors prior to the trip, Dr. Giles was able to foster a creative academic approach to working cross culturally in another country. The focus was on Cultural Intelligence (CQ), a study that is designed to help offer assessment tools and sensitivity improvements (awareness) in culturally diverse situations.

"Cultural Intelligence is interpreted as a unique skill for young physicians entering the health care field. As a result of the discussions, the topic of CQ was added to the content for the Guatemalan medical outreach trip to provide real-time training in a practical application of crosscultural work," said Dr. Giles. "As a presenter, I hoped that relevant examples of CQ drive, knowledge, strategy, and action could be integrated into the week's activities, enabling LUCOM students to engage a population that may be different from their own. Students remarked on the trip that the concept of CQ was novel and that the examples and activities made the skills applicable to the work they would like to do in the future."

Dr. Giles also added that "LUCOM and Liberty's Health Science partnership is vitally important for both schools. Health Science faculty and students are uniquely poised to offer support to domestic and international outreach programs supporting operations, education, and analytics. Providing CQ training is the first step into building culturally competent health care leaders of the future."

LUCOM is still a young college with only two graduated classes so far. For Bridget Dillon, DO, a 2019 graduate, this was her third medical outreach trip, but her first as an alumna of LUCOM. "I've been fortunate to go to Guatemala with LUCOM twice before and each time I got more out of it than the time before. When an opportunity came up for me to be a part in this capacity, I jumped at the chance. It's really wonderful to watch our rising second-year medical students step into a clinical role and thrive. I got to see the power of medical education from a leadership side."

Dr. Dillon was able to serve as a mentor to the medical students offering OMT techniques and insight from her previous trips. "For rising medical students, I encourage them to go on future medical outreach trips; take a step, take a chance. All we want for them is to grow as they are capable of so much. Someday I hope they will come back as a resident, like me, and teach the next generation."

Dr. Dillon begins her residency in pediatrics this year.

LUCOM For faculty newcomer, Brian Kilpatrick, MD, this was his first medical outreach trip with Liberty. "I have worked in other countries like Guatemala in the past and welcome the opportunities that LUCOM provides to continue to do that. My skill set in Internal Medicine and Pediatrics lends itself to the type of clinics that we provide for the people of Guatemala and I enjoyed working with the students in the entire process," he said. "Medical Outreach is a way to provide practical medical help to people of other countries and areas where medical care is not readily available. We can show the love, joy, and peace of Christ through this process."

Dr. Kilpatrick serves as an assistant professor of internal >>>





>>> medicine and pediatrics. He was also asked to lead several morning devotionals throughout the week to help spiritually encourage and remind the medical students as to the purpose of the trip.

"I would recommend this trip to anyone that has a heart for reaching people with the Gospel in the context of providing medical care for the underserved. Sometimes it may take a bit of physical stamina but is well worth it practically (sharpen historytaking and physical exam skills) and spiritually (you will grow in Christ-likeness and have an effect on your colleagues and patients)," he added. "I would like to travel on these trips as often as I am able ... they are a worthwhile addition to the curriculum."

LUCOM medical outreach trips, from start-to-finish, last one complete week. The studentdoctors are immersed into the country's culture and the schedule is designed to expose them to clinical exposure under less than ideal circumstances. As a side effect, they are often reminded why they chose medicine as their profession.

"The time I spent in Guatemala reminded me of why I wanted to become a doctor in the first place. I was able to use the skills I'd developed in my first year of medical school to better humanity in a different part of the world. I've become more comfortable with talking to patients and developed my physical exam skills in a way I wouldn't have gotten anywhere else," said Brandon Davis, Class of 2022. "I was able to perform OMT on a number of patients. They often felt relief immediately and I prescribed quick and easy stretches the patients can do at home to help relieve future pain."

"Patients were prayed for after every encounter. They often asked for prayers for their family and friends and many left in tears of happiness. This illustrated the importance of the osteopathic philosophy of addressing mind, body, and spirit, while fulfilling the mission of LUCOM to include a Christian component to our health care," added Davis.

Overall the goal of the trip to Guatemala was to help improve the health status of all the patients that were encountered in the villages. In addition to providing preventative and acute care, as well as osteopathic manipulative treatments, LUCOM was also able to set up eye exam screening stations. The medical students had the privilege of shadowing and learning from Brandt Riley, DO, an ophthalmologist from Iowa, and Dr. Sonia Rosales, an ophthalmologist with her own practice in Guatemala. This was Dr. Riley's third trip with LUCOM and Dr. Rosales' second with LUCOM.

A medical outreach trip certainly doesn't come without its own set of unique administrative and cultural challenges; however, the enhanced awareness of medical symptoms the students receive and their increased capacity to serve far surpasses it all. Traveling to Guatemala each summer, offering osteopathic manipulative treatments to patients, along with the CUNORI workshop, and demonstrating patient-to-holistic care, LUCOM student-doctors become more astute observers and providers. "They (students) are empowered, gifted, and there are eternal rewards for serving in His Name. Medical knowledge is said to be infinite and ever expanding. Each year our osteopathic medical students and the CUNORI medical students expand their concept of the art of the medically possible," added Dr. Lockwood.

"God knew each of the people we would come across by name, and He introduced us to their struggles, their joys, and their cares. I had the amazing opportunity to work alongside my classmates, LUCOM faculty, translators, and local Guatemalan medical students in different rural clinics," said Evangel Panicker, Class of 2022. "I will not forget the sweet babies I got to hold, the hugs that I received from patients, the prayers that were prayed, the medical knowledge and insight I gained from our amazing faculty, and the love and joy of the Guatemalan people."





LOCAL MEDICAL OUTREACH

A Community Care Collaborative to serve Martinsville and Lynchburg

For the last several years, LUCOM has continued a partnership with local organizations to serve the neighboring communities of Lynchburg and Martinsville, Va., through the Community Care Collaborative. The full-day event, annually coordinated by LUCOM-OCCE, is designed as a local medical outreach opportunity to hopefully impact lives for the better and improve the overall health of those residents. The organizations that contribute within those surrounding areas all share the same mission of increasing access to various services and connecting their residents with access to care regardless of insurance or income status.

The past fall, the Martinsville location welcomed just under 200 patients, and the spring Lynchburg event impacted the lives of 220 patients.

As with each event, Liberty osteopathic medical students work in pairs: one as a patient scribe and the other performing the examination. With each new patient, the pair rotates responsibility. Following their initial assessment, the students present their findings to a LUCOM faculty member and then return to the patient to offer additional care and, if needed, a response from the faculty member is provided.

"These type of events give students firsthand experience with real people and the mentoring of student-to-student is incredibly valuable," said Sig Seiler, MD, associate professor of family

medicine. "Students also see the sometimes-hurting people of society. This teaches empathy and compassion and I hope the students, especially first- and second-year [students], take home that working hard has its rewards and that there is light at the end of the tunnel. That prayer and spirituality are important parts of people's lives. That we all work together as a team for the good of Lynchburg."

As with most community events, LUCOM-OCCE has to limit the number of volunteer positions available within the medical clinic due to an overwhelming response from students, some purely sign up to volunteer wherever additional help was needed. The invitation also extends to Liberty's School of Health Sciences and School of Nursing.

"This event provides a rich educational experience for our students and is a great inter-professional educational experience as well," said Kathleen P. Bogacz, MD, FACP, chief medical officer. "This benefits LUCOM students as well as the nursing and PA students who are participating. It also benefits the university as a whole in accomplishing its mission of educating compassionate and competent students. It's an opportunity for our students to serve, which grows them in both character and skill. We want to send forth doctors with exemplary compassion and servant leadership."

LUCOM student-doctors also provide osteopathic manipulative treatments (OMT) when needed and also gain experience offering eye exams under supervision. This past spring, LUCOM was privileged to have Robert B. Vogel, MD, JD, retina specialist with Piedmont Eye Center, led the eye clinic.

Often during these events, LUCOM's third- and fourth-year students mentor the first- and second-year students. "It's an amazing feeling to be able to work with our fellow students. I had a case where a third-year was able to help me and teach me a [OMT] technique while with the patient and was a great outcome of release in the patient's shoulder. He was able to move it a lot better and decrease the pain," said Vijay Veerula, second-year studentdoctor. "It's a great experience to be able to work together with everyone."

For LUCOM-OCCE, these medical outreach events are designed to serve as a bridge for

connecting patients for followup care within their area. "A crucial component of the event is that patients get connected to someone who will provide ongoing care," said Dr. Bogacz. "All the hours of planning and preparation are worth it if even one person walks away having experienced the love of Jesus. As a Christian university, that is the underlying foundational goal of all we do."

This past spring, the City of Lynchburg's mayor stopped by during the event. "The opportunity to have this number of community resources, assets, programming, students, and services in one location for folks in our community is tremendous. Because they have the opportunity to come to one site, they can receive medical, eye, vision, dental services ... they are also connected to community resources and can enroll to receive follow-up care," she said.

Referencing the aspiring medical professionals at Liberty University and the University of Lynchburg present, Mayor Tweedy also said, "It makes me feel we are in a blessed city. Because, to have this many

medical resources that are able to come into the community and not just serve on their campuses, but to serve within the community and engage with our citizens, engage with our other nonprofits and agencies, is huge ... it is wonderful."

Erika Spearin, second-year student-doctor, was in a unique position as she had several Spanish-speaking patients visit her with a provided translator. "I volunteered at the Community Care Collaborative because I wanted to give back to the community. I've seen a lot of patients come through including a lot of Spanishspeaking patients that might not have easy access to care and I've just been really happy to help them resolve some of their problems and leave with better health than when they came in," she said on Saturday. "Using a translator can be challenging in health care; I have been able to use translators before so I am familiar with that dynamic. The important thing to make sure is that all the comments you are making, you are addressing them to the patient and looking the patient in the eye. That way they know they are being seen and acknowledged."





MARTINSVILLE PARTNERS

- Boys and Girls Club of the Blue Ridge
- Court Appointed Special Advocates
- Community Dream Center
- Community Recovery Program
- Department of Social Services
- Disability Rights and Resource Center
- Grace Network
- Hope Center
- Martinsville-Henry County Family YMCA
- Martinsville Henry County Coalition for Health and Wellness
- Piedmont Autism Action Group
- Piedmont Community Services
- Pregnancy Care Center
- Reflections Salon and Day Spa
- Salvation Army
- Southern Area Agency of Aging
- Southside Survivor Response Center
- United Way of Henry County and Martinsville
- Veteran's Association
- Virginia Employment Commission -Commonwealth of Virginia
- WIC Program

The most valuable gift you can give anyone is time. Time together, time to think, but most importantly, time to listen. During the Community Care Collaborative events, LUCOM provided behavioral health care with a psychologist and student-doctors providing real-time counseling.

"I thought that given where they are at in their medical education, I was really impressed by how well the students did, how well they stepped up, and how much they cared about the patients," said Linda S. Mintle, PhD, chair, LUCOM Division of Behavioral Health. "I think the patients really benefit from people who take the time to listen, one of the problems of modern medicine is that people don't get a lot of time with their doctor, and in an event like this we took a lot of time to listen to them and hear their story, to find out more about their lifestyles, not just medical symptoms, but how their whole life is being impacted by the things they came in here for."

"Being able to step out of the classroom really showed me why I chose to be a doctor," said Michaela Gartman, first-year student-doctor. "I really like how we benefit the community and not doing 'drive-by' medicine, but doing the connections afterward. Being able to set patients up with resources in the community to overall better their health. We really take in the osteopathic model of body, mind, and spirit, and we're really working to develop that in every patient."

Liberty University is a Christian, faith-based institution, and during events such as the Community Care Collaborative, Liberty osteopathic medical students are able to place their faith into action.

"It's amazing to see what God is doing here. It reminds me of Luke 10:27, 'Love the Lord your God with all your heart, soul, and strength, and mind, and love your neighbor as yourself.' What we're doing at LUCOM is going out to the community, and serving people where they are," said Liberty University Provost Scott Hicks, PhD. "It's amazing to see how students at LUCOM, our faculty, our physicians, our clinicians, and our residencies all coming together to create value not only regionally in our city but nationally and even globally."

This year, the date for the Lynchburg event was decided well as it coincided with Liberty's annual *Serve Lynchburg*, a two-day service blitz that dispatches students, faculty, and staff members across the city to serve at more than 100 organizations and nonprofits.

"I think one of the most powerful components of a day like this is that Liberty University becomes more than just a community in one particular region, there's a sending out," said Liberty University Senior Vice President for Spiritual Development David Nasser. "Our students aren't just coming to LU from 70+ different nations, they're really coming to Lynchburg. Whether it's the Tobacco region or downtown Lynchburg, we get to partner with other organizations and nonprofits and we get to do together what we could never do alone. Our [medical] students don't want to become just great doctors, they want to become great care-givers. They actually want to change the world, they want to use their talents to foster the fruit of the Spirit in and through their lives."

















LYNCHBURG PARTNERS

- Aetna Better Health of Virginia
- Anthem HealthKeepers Plus
- Centra Congregational Health
- Central Virginia Alliance for Community Living
- Central Virginia Community College
- Central Virginia Health District
- The City of Lynchburg
- Community Connected
- DMV [Virginia]
- Hill City Pharmacy
- Horizon Behavioral Health
- HumanKind
- Johnson Health Center
- LACIL Disability Services
- Liberty University School of Health Sciences
- Liberty University School of Nursing
- The Lighthouse
- Lynchburg Daily Bread
- Lynchburg Redevelopment and Housing Authority
- Park View Community Mission
- The Salvation Army
- University of Lynchburg (Physician Assistant Medicine)
- Wholesome Informed Choices/ Women, Infants, and Children (WIC)





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