Goals and Objectives

Upon completion of this course, participants should be able to:

1. Identify attributes of compassion as illustrated in paintings, sculptures and works of art.
2. Analyze the affective aspects of their personal/professional experience through critical art analysis.
3. Evaluate the nature of suffering in paintings, poetry and literature.
4. Interpret patient stories (narratives), vis-à-vis impact on choice of health care through guided discussion.
5. Integrate contemplative relaxation exercise (guided imagery) for self-care.

ACGME Core Competencies

Interpersonal and Communication Skills

- Communicate effectively and compassionately with patients and families.
- Communicate effectively with colleagues and health care team members.
- Communicate empathically and respectfully, vis-à-vis broad range of cultural and socioeconomic backgrounds.

Professionalism

- Demonstrate compassion and empathy to all patients, families and colleagues.
- Respect patient ethical and religious perspectives.
- Demonstrate sensitivity to diverse patient population including diversity in gender, age, sexual orientation and race.
- Enhance the profession of medicine in our society and community.

Patient Care

- Demonstrates empathy regarding the suffering patient as manifested in the various expressions of art; i.e. painting, music and prose/poetry.
- Demonstrates expanded capacity and sensitivity to the emotional context of medical maladies.
- Enhanced expressive ability and skills (verbal and non-verbal).
- Enhanced awareness of the broad range of human behaviors manifested in the arts to improve clinical assessment skills.

Medical Knowledge

- Increased capacity to assess clinical manifestations of suffering.
- Demonstrate recognition of the behavioral manifestations of social concerns reflected in the arts.
• Demonstrate acceptance of social conditions created by illness and disease as it relates to public health.
• Recognition of the ethical dimensions and lessons manifesting in the arts.

Goals of Humanities in Medicine for the Physician

• Learn the role of arts in healing.
• Learn applications, modalities and strategies to integrate arts into the healing science.
• Develop additional resources for professional growth and development in arts in healthcare.
• Enhance the quality of life for the professional as it relate to their own enjoyment of the arts.
• Encourage research in the outcomes as it relates to the arts in healthcare.
• Broaden the scope of medical humanities in the practice, education and research in medical care in the academic medical setting.
• Study cost effectiveness of arts in health care.
• Contribute to the body of science and effect policy change locally and in the broader academic medical community.

Methods and Venues

• Museum attendance (Cummer & MOSH)
• Visual Arts
• Literary Arts
• Performing Arts
• Movement (Relaxation, Tai Chi, Yoga)
• Mindfulness Meditation
• Creative Expression (Art making)
• Poetry
• Reflective Writing
• Healing Gardens
• Art Exhibits
• Musical Performances
• Bedside Music and Art
• Cross Cultural Media
• Creative Cooking / Healthy Nutrition
• Self Care Strategies