

## Humanities in Medicine for the Physician

### 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.
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### **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