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