

# Arts-in-Medicine (AIM) Annual Program Review

## Part I: Summary of Growth and Development (June 2023-May 2024)

## Part II: Quantitative and Qualitative Evaluation of AIM (September 2023–May 2024)

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### Part I: Summary of Growth and Development

#### CLINICAL SERVICES BRANCH

- **Total number of participants** September 2023 through May 2024 is estimated at **32,405**. (based on shift reports from artists and body workers)
- **New and Expanded Services:**
  - **Patient massage in the Trauma/Surgical Intensive Care Unit.** Due to strong positive response from TSICU staff, patients, and family members, this service will expand in spring of 2025 to include MICU and eventually NSICU.
  - **Collaboration with Spiritual Health.** 1 presentation, 2 concerts, and ongoing communications with Spiritual Health department. Working toward more direct access for Spiritual Health providers to AIM services.
- **Special Events:**
  - Music, Art, Energy Work and Massage for *UNMH Mental Health Fair*, May 2024.
  - Chair Yoga and Creative Movement for *UNM Cancer Center's Colorectal Cancer Support Group*, May 2024.
  - Art for *UNM Cancer Center's Colorectal Cancer Support Group*, April 2024.
  - Art for *UNM Cancer Center's Belonging Beyond Cancer Support Group*, April 2024.
  - Music for *UNMH Cancer Center Holiday Reception*, December 2023.
  - Massage and Music at *UNMH Pharmacy Tech Appreciation Day*, October 2023.
  - Music at *UNMH BBRP Café* performed by *UNM Music Department Summer String Festival* students, June 2023.

#### EDUCATION BRANCH

- **Invited Consults, Lectures & Presentations** (by Dr. Patricia Repar):
  - **Consulting for**
    - Sandoval Regional Medical Center
    - New Mexico VA Hospice
    - UNM Senior Health Clinic
  - **UNM Cancer Center Patient and Family Support Staff** (workshop), University of New Mexico Comprehensive Cancer Center, Albuquerque, NM, March 2024.

(Education Branch, continued)

- **UNM Psychiatry Residents and Fellows' Integrative Medicine elective** (presentation), *Arts-in-Medicine at UNM's Adult and Children's Psychiatric Hospitals*. In collaboration with Tomoko Hamma DO, UNM Health Sciences Center, Albuquerque, NM, December 2023.
  - **UNM Internal Medicine, Division of Palliative Care** (lecture), *Arts-in-Medicine at UNM and Beyond*, University of New Mexico Hospitals, Albuquerque, NM, November 2023.
  - **University of Portland, Palliative Care Class** (lecture), *Arts-in-Medicine and Palliative Care at UNMH*, online, September 2023.
- **Healing Arts Certificate Program**
    - Courses offered in FY 2024 co-taught with Lauren Coons; cross-listed with UNM's College of Nursing and Honors College.
      - *Arts-Based Community Engaged Projects: Healing Arts IV*, spring 2024.
      - *Healing Arts VI: Practicum*, spring 2024.
      - *Body as Living Story: Healing Arts III*, fall 2023.

## RESEARCH and INTERNATIONAL BRANCHES

- Article, *Stress Reduction for Nurses Through Arts-in-Medicine at the University of New Mexico Hospitals*, cited in online blog: *The Healing Power of Art* by Karie Pinnix, Minority Nurse, June 6, 2024. <https://minoritynurse.com/the-healing-power-of-art/>
- Grants and Financial Rewards
  - Awarded Santa Fe Community Foundation grant for massage in the Trauma/Surgical ICU pilot project.
  - Awarded New Mexico Arts grant for clinical services at UNMH.
  - Awarded Provost's Professional Conference Support Funds.
  - Awarded College of Fine Arts Creative and Scholarly Research grant.
  - Awarded Music Department travel grant.

## Part II. Quantitative and Qualitative Evaluation of AIM September 2022–May 2023

### 1. For Healthcare Workers and Staff at UNMH: **Massage, Music, and Mindfulness**

Location	Participants (type)	AIM Services	Participants (#)	Sessions (#)	Session Length (hrs)
UNMH	staff & healthcare professionals	massage, music & mindfulness	2,449	242	1.5

#### Participant Feedback:

- *“We’ve had a really hard week on the unit. Having you here is exactly what we need.”*
- *“I love the work you did on my hands. I have arthritis. My hands were hurting and now they feel great.”*
- *“The massage and music were a really nice break from the intensity of my normal day caring for patients. Thank you for caring for us!”*
- *“The music and massage combined is so much more powerful. These 15 minutes have energized me, and I feel ready to get back out on the floor.”*
- *“I feel like I want to cry. I can’t believe that not just one person, but two people are here in the hospital at almost midnight to make sure I am taken care of. This must be a dream!”*

#### Artist Observations:

- *“Mindfulness participants mentioned continued usefulness of the practice, both in terms of the short break they get and in terms of the habits and skills they bring into their daily work. They said, ‘the skills help them manage stressful and overwhelming situations.’”*

### 2. Cancer Center Waiting Rooms and Chemo Suite: **Live Music (guitar, alto flute, cello or harp), Open Art Studio, and Chair Massage**

Location	Participants (type)	AIM Services	Participants (#)	Sessions (#)	Session Length (hrs)
Comprehensive Cancer Center	patients & families	music	17,118	312	2.5
		art	1,351	196	2.5
		massage	45	20	2.5
<b>TOTAL</b>			<b>18,514</b>	<b>528</b>	

#### Participant Feedback:

- *“I’m so glad that you all are back! I had a patient asking about you over the summer and about the art materials. Making art means so much to them. I thought you should know that.” – Nurse*
- *“When I walked into this lobby, the sound of your music just changed the mood, it changed MY mood. It calmed me so much and is so peaceful. It really changes the whole center.”*
- *“What you are doing is so important. I really believe that art saves lives. My friend, who has ALS, paints with her mouth and she is so happy! People need a creative outlet no matter the circumstances.”*

(Cancer Center, continued)

- ***“I think it’s so incredible to have people like you and the musician here. When I came to this place, I thought it was going to be cold and rushed. It’s not like that at all! I feel very comfortable here and I enjoy sitting and listening to the music after my appointment.”***

**Artist Observations:**

- “I turned the corner and saw that the patient was in tears. Her sister-in-law looked concerned and quiet. I gently entered the suite and quietly introduced myself. I acknowledged her signs of sadness and suggested that perhaps engaging in something creative could at the least help distract her. The patient replied, ***‘yes, please.’*** I showed her the color meditation card deck and watched as they sparked something behind the eyes. She was able to take a large inhalation and exhalation as she flipped through the cards. After choosing 3 of them, I asked her what it was she liked about these three? She shared she liked how the one with leaves reminded her of ***‘nature and peace’***, the balloon one was ***‘fun,’*** and the flower of life was ***‘intriguing.’*** She decided to use the gel pens and seemed content to work silently. I sat with her for a few minutes and said I would be back shortly to check in on her. She looked at me with grateful eyes and said, ***‘Thank you! You came at the perfect time.’***”
- “The patient was apprehensive at first but when I mentioned beads she said, ***‘Oh, I’ve been wanting to try making jewelry.’*** We talked about art and peace found in nature while I helped walk her through the process. She was complaining of recent neuropathy, so I helped her along the way. After we had finished, she said, ***‘Thank you for making my day and teaching me something new!’***”
- “One man was in a poor mood because he was sure that he had an appointment scheduled, but they couldn’t find him in the system. He was waiting to see whether he had an appointment. The ***‘Mad Libs’*** we tried were so goofy, though, that he lightened up right away. After a couple sentences, he said, ***‘Thank you. I needed that.’*** I could tell that it had transformed his mood and thus, his day.”

**3. Emergency Room:**  
***Live Music (guitar) and Open Art Studio***

Location	Participants (type)	AIM Services	Participants (#)	Sessions (#)	Session Length (hrs)
Adult ER	patients & families	music	1,540	26	2
		art	174	26	2
<b>TOTAL</b>			<b>1,861</b>	<b>52</b>	

**Participant Feedback:**

- ***“I have been here since this morning, and the man over there has not been able to calm down. You just offered him some art materials and his whole demeanor changed instantly. Amazing!”***
- ***“Wow! [The music] is wonderful. It’s really helping me relax and stay calm.”***
- ***“You know, the art is really great. It’s about time that science realizes that tactile sensory helps with health!”***

**Artist Observations:**

- “The patient wanted me to keep making the origami roses until he was able to do it entirely on his own. He said that he was feeling a lot of pain in his stomach and that this was helping him keep his mind off it. Together we made about 6 origami roses. He expressed his appreciation for the program. His words were few, but he said, ***‘Thank you. This is really cool.’***”

(Emergency Room, continued)

- “There was a woman cuddled up in her sweater and watching something on her phone. She looked relieved when I offered her some chalk pastels. She put away her phone and started drawing right away. When I checked back in on her, she had drawn a landscape with mountains, trees, and a smiley sun. ***‘This was very soothing, thank you. I was able to tune out all the noise in here and just focus on the music while drawing this whimsical scenery!’***”
- “A patient sat in a wheelchair holding a bead necklace. I approached the guardian and asked if I had permission to offer him some Model Magic because I observed that he enjoys tactile objects. When I handed him the clay, he squeezed it tightly and a big smile spread across his face. The guardian exclaimed, ***‘This is the first time he smiled today!’***”

**4. Adult Psychiatric Center:**  
***Live Music (guitar) with Open Art Studio,***  
***Time-Slips Storytelling, Poetry and Creative Movement***

Location	Participants (type)	AIM Services	Participants (#)	Sessions (#)	Session Length (hrs)
Psychiatric Center	patients	music & art	605	52	1.5
		storytelling/poetry	79	20	1
		creative movement	445	26	1.5
<b>TOTAL</b>			<b>1,129</b>	<b>98</b>	

**Participant Feedback:**

- ***“I really appreciated getting to make art without there being any judgement. It was relaxing and freeing. Thank you!”***
- ***“[The origami] was very challenging, but I eventually got my mind to focus on what I was doing. It was really peaceful.”***
- ***“I needed [the creative movement]. It put a smile on my face.”***

**Artist Observations:**

- “The staff told me there weren’t a lot of people in the unit who wanted to participate, but I ended up with a group of four who were enthusiastic about the activity. When I introduced the ocean movement activity, one participant lit up and said, ***‘Oh, like sea turtles! When I get out of here, I want to help care for the environment.’*** He continued to tell me about how he had come to a difficult place in his life but was really happy that he ended up at UNM. He offered to create the first ocean movement which symbolized his love of and desire to care for the ocean, as well as his newfound hope. I felt like through performing his movement, I could feel a little bit of the hope and compassion that he was expressing.”
- “There were a couple of patients that did not want to participate, but eventually changed their mind after seeing others enjoy themselves. One patient even tried a couple of different art media, and ended up making a collage for his wife and baby girl that he was planning to see the next day when he went home. He told me, ***‘This was a really special thing I got to do instead of just sitting around. I got to learn some cool art things I never would have learned if I wasn’t here. Thank you!’***”

## 5. UNMH Inpatient Services:

Location	Participants (type)	AIM Services	Participants (#)	Sessions (#)	Session Length (hrs)
ICUs - Nite Lite Music	patients, families, & healthcare staff	music	1,135	26	2
TSICU Patient Massage	patients	massage	56	26	2
Hospital-wide Bedside Services	patients & families	music, life review, art, massage, bereavement support	318	48	3
<b>TOTAL</b>			<b>1,509</b>	<b>100</b>	

### Participant Feedback:

- *“I’m glad you are doing this work because there is only so much I can do with medicine.”* – TSICU Nurse
- *“Patient disposition greatly improved. Massage therapist provided excellent care and patient very happy.”* – TSICU Nurse
- *“I sure wish you were here all the time. All the staff love to listen to the music. It starts the night shift off just right and gives us a little boost.”* – Resident Physician
- *“Thank you. I haven’t seen my mother this relaxed in a long time.”*
- *“We were visiting our mom and heard your music. She smiled! It was nice to see her smile with all the pain she is in.”*

### TSICU Quantitative Data Collected in Response to Patient Massage:

18 feedback sheets collected by RNs; Out of 13 patients who responded quantitatively to pain, **10 reported less pain, 2 the same pain and 1 more pain**; Out of 13 patients who responded quantitatively to anxiety, **11 reported less anxiety, 1 the same anxiety, and 1 more anxiety**.

### Artist Observations:

- “Both the MICU and TSICU were busy with several new [admits]. While playing [guitar], a nurse told me, *‘Thank you for sharing your beautiful music.’* Another nurse said, *‘Everyone loves to hear you play.’* I really appreciate the feedback from staff.
- “As I was playing across from a patient’s room, the family came out and started watching me. They opened the door wide for their family member to hear me. They said, *‘She is a violinist and loves the music of Bach. We know she can hear you and we really appreciate that there’s music here for the patients and families.’*”

## 6. Carrie Tingley Unit: Art-making

Location	Participants (type)	AIM Services	Participants (#)	Sessions (#)	Session Length (hrs)
Carrie Tingley Unit UNMH	patients & families	art	269	52	2

### Participant Feedback:

- *“[The patient] really loves painting. Getting to see her painting the same things that she was before the accidents is really encouraging and hopeful.”*

(Carrie Tingley, continued)

- ***“It is so good that you are here. I was feeling so angry. We’ve been through too much. Painting with you has really helped me stay calm and focused. I needed this!”***

**Artist Observations:**

- “I had a fun encounter with a patient who expressed interest in meeting my son because they both love Minecraft. I told my son about the conversation when I got home, and he made a little Minecraft book. The next day, I gave the patient the home-made book and his eyes grew wide, and he said, ***‘Please tell your son that I say thank you for this,’*** and he read the book out loud. The patient’s mother was also pleased and inspired. ***‘What a great way to get him reading! We’re in it for the long haul. Your visitation is greatly appreciated.’***”
- “In the hallway, a patient’s mother approached me, asking for materials for herself. Her daughter was sleeping when I walked in, and the mother tearfully began sharing her burden. ***‘I just need to get my mind off of this.’*** I’m glad that I was there for her with creative, grounding tools readily available.”

**7. Pediatric Dermatology Clinic:**  
**Art-Making**

Location	Participants (type)	AIM Services	Participants (#)	Sessions (#)	Session Length (hrs)
Pediatric Dermatology Clinic	Patients & families	Art-making, live music	210	26	2

**Participant Feedback:**

- ***“There is something about chalk pastels that just makes me feel so good. Thank you for being here!”***
- ***“I think my daughter was nervous about her appointment, but now she is smiling. Offering art while we wait is great for both of us.”***

**Artist Observations:**

- “Toward the end of my shift, I saw a woman I had talked to before and invited her to sit with me. We overlapped shapes using stamps and we colored them with different colored pencils while chatting. I could see her relaxing and enjoying the process her whole body language changed as she left for her appointment.”
- “The atmosphere was calm, and it felt easy to spark conversation with patients and their families. I decided to first approach people with a puzzle prompt to help enrich curiosity and break the ice. One participant was a teenager who loves art. Together we sat at the table and talked while she did a watercolor painting. She was curious about art careers and what my role was specifically. When I explained human engagement she said, ***‘I’d rather paint than be on my phone any day!’***”

## 8. Clinical Neurosciences Center: **Music and Mindfulness**

Location	Participants (type)	AIM Services	Participants (#)	Sessions (#)	Session Length (hrs)
Clinical Neurosciences Center	Patients & Families	Music & Mindfulness	1,381	42	1.5
	Staff	Massage	50	5	3
<b>TOTAL</b>			<b>1,186</b>	<b>47</b>	

### Participant Feedback:

- *“I just want to thank you for the music. When I got here, I was afraid, but by the time my name was called to see the doctor, I wasn’t afraid anymore. I went in calmly and full of peace. Thank you!”*
- *“Keep doing what you’re doing. You probably don’t even know how important your work is to people’s lives. When you play, you bring comfort to so many people.”*
- *“I’m so happy that I came to the clinic today. I hope you are here every time I come. It was so stressful getting here and now I feel like I can sit, relax and let go of that stress.”*
- *“That sound is amazing. Listening to it, my mind feels relaxed and it’s like I can feel my brain start to heal. I wish I could listen to it all the time.”*

### Artist Observations:

- “Many family members and caretakers of people using wheelchairs intentionally come to be close to the music. Many have been non-verbal, and we can’t communicate very well through speech and other typical modes of communication, but I can sense a connection being made through the music. I’ll notice people’s facial expressions or body language changing. They will often look up to make eye contact with me and we acknowledge each other without needing to converse.”
- “An elderly couple sat across from me and wanted to talk about the hand pan [tongue drum]. The woman said she played drums in high school and was interested in the instrument. She took me up on the offer to play it and I showed her some of the techniques. The two of them then set out researching hand pans online to order one for themselves. The man asked me, ‘*Do people often tell you that they feel calm and less stressed when you start playing?*’ He said, ‘*I feel like it immediately changes the feeling in here.*’”

## 9. Children’s Psychiatric Center: **Earthy Encounters (art) and Drumming**

Location	Participants (type)	AIM Services	Participants (#)	Sessions (#)	Session Length (hrs)
Psychiatric Center	patients	Earthy Encounters	934	26	1.5
		Drumming	713	24	1
<b>TOTAL</b>			<b>1,647</b>	<b>50</b>	

### Participant Feedback:

- *“We love it when you get to work with the kids. It makes such a big difference because it’s only during Arts-in-Medicine that they actually get to be kids.” – CPC Staff*
- *“I usually feel very depressed, but I feel so happy right now doing art.”*
- *“I don’t know what I’m doing with the drums. I’m just here to have fun!”*
- *“Art is the best way I can express myself. I feel calm and I like doing something with my hands.”*



*(Children's Psychiatric Center, continued)*

**Artist Observations:**

- “Upon leaving, one patient asked, *‘Miss, what about our medicine?’* because of our program name of Arts-in-Medicine. When I explained that the art was the medicine, she said *‘Oh, thank you so much for bringing art to us. That was a lot of fun!’*”
- “One high school age patient that we have worked with for several weeks was invested in this creative encounter. He asked questions and inquired where he could purchase his own cyanotype paper so he can continue to make prints on his own at home. He said this was his favorite activity that we had done so far. One of the techs even said, *‘This is a great project. It teaches the kids how to be patient.’*”
- “It was a fast-paced day today, and everyone participated with good spirits. A few of the children were unsure about using oil pastels but felt interested enough to try them. Others preferred chalk pastels and crayons, and everyone took turns using the stencils. One child whose hands were covered with pastel said, *‘I really don’t like getting messy, but this feels so relaxing.’*”

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