

Arts-in-Medicine (AIM) Annual Program Review

September 2017 - May 2018

I. Summary of Growth & Development

CLINICAL SERVICES BRANCH

- **Total number of participants** September 2017 through May 2018 is estimated at **32,154**. (This number is based on shift reports from the artists and body workers.)
- **New and Expanded Services:**
 - *Time Slips* (collaborative storytelling) at the Psychiatric Center.
 - Six-week trial program at *UNMH Pain Clinic* including mindfulness, art, music, yoga therapy, and massage. (Will become a regular weekly service in Fall 2018).
- **Special Events:**
 - UNM Music Department Summer String Festival performances at UNM Main Hospital, May 2018.
 - Health Sciences Center Orchestra performance at UNM Healthcare Workers Picnic, May 2018.
 - Music and massage for UNMH Gastrointestinal Nursing Conference, March 2018.

EDUCATION BRANCH

- **Invited Lectures & Presentations:**
 - **College of Health Sciences** (lecturer), *Seeing Our Way Toward Whole Person Care II*, Blantyre, Malawi, April 2018.
 - **University of Hawaii – Manoa, Ethnomusicology Forum** (lecturer), *Against All Odds: Arts-in-Medicine at the University of New Mexico*, Honolulu, Hawaii, January 2018.
 - **Professional Music Teachers of New Mexico 2017 Conference** (consultant), *Music and Wellness*, Sheraton Albuquerque Uptown, Albuquerque, New Mexico, November 2017.
 - **UNM Palliative Care Fellowship Series** (lecturer), *Arts-in-Medicine at UNM: Finding 'Place In the Family of Things'*, University of New Mexico, Domenici Building, Albuquerque, New Mexico, October 2017.
 - **South Central Chapter of the Medical Library Association Annual Meeting** (presenter with UNM Health Science librarians Karen McElfresh and Laura Hall-poster), *Planning and Completing a Book Drive for Malawi*, Albuquerque, New Mexico, October 2017.
- **Healing Arts Certificate Program**
 - Submission of 6 new courses to Faculty Senate for approval of *Healing Arts Certificate Program*.
 - Co-taught *Intersecting Creativity, Communication, and Collaboration: Healing Arts II* with Naomi Natale for UNM students, fall 2017.
 - Taught *Arts and Health in Sub-Saharan Africa* for UNM students in Malawi, Africa, summer 2017.

RESEARCH & INTERNATIONAL BRANCHES

- In The Field (Spring 2018)
 - *Deepening Connection for Healthcare Workers: Creative Workshops In Movement and Touch* for Holy Cross Hospice and There4U Adult Day Care Center in Gaborone, Botswana; St. Joseph's Hospice and Livingstone Central Hospital in Livingstone, Zambia; Island Hospice in Harare, Zimbabwe; South Coast Hospice in Port Shepstone, South Africa.
 - Performance (*For Every Dog An Angel*) for Queen Elizabeth Central Hospital Pediatric Oncology Unit, Blantyre, Malawi.
 - Art for patients at Zomba Mental Hospital, Zomba, Malawi.
 - Micro-Business start up and development workshops for Kataira Women's HIV/AIDS Support Group, Lilongwe, Malawi.
- In The Field (Summer 2017)
 - Movement and touch workshops for healthcare professionals at South Coast Hospice, Port Shepstone, South Africa.
 - Interactive dance and puppet play (*Boofa Finds Her Groove*) for Mua School for Hearing Impaired Children, Mtakataka and Queen Elizabeth Central Hospital, Blantyre, Malawi.
 - Music workshop for recreational therapists at Queen Elizabeth Central Hospital, Blantyre, Malawi.
 - Music and art for Bolera Primary School students, Malawi.
 - Art for patients at Zomba Mental Hospital, Zomba, Malawi.
 - Powertag workshops for guardians of orphaned and vulnerable children at Malawi Children's Village, Mangochi, Malawi.
 - Development of farming project with the Kataira AIDS Support Group for Women, Lilongwe, Malawi.
- Grants and Financial Rewards
 - Awarded New Mexico Arts grant for clinical services at UNMH.
 - Awarded College of Fine Arts grant for sabbatical work in Hawaii and Southern Africa.
 - Awarded Music Department grant for sabbatical work in Hawaii and Southern Africa.
 - Applied for McCune grant and denied.

COMMUNITY OUTREACH BRANCH

- *Local*
 - **UNMH North Valley Clinic for Community and Family Health** – Five sessions of creative cooking demonstrations, recipe sharing, and nutrition information in support of the clinic's collaboration with Roadrunner Food Bank, fall 2017.
 - New **Community newsletter** designed and distributed once per semester.
 - Co-designed and organized major **fundraising event** hosted by Abruzzo family June 2018.

II. Quantitative and Qualitative Evaluation of AIM Sept 2017 - May 2018

1. For Healthcare Workers and Staff: Massage, Music, Art-Making, Creative Writing & Yoga

Location	Participants (type)	AIM Services	Participants (#)	Sessions (#)	Session Length (hrs)
UNMH	staff & healthcare professionals	massage, art & music	933	78	1.5
TOTAL			933	78	

Participant Feedback:

- *“This is the best program in the hospital. I look forward to your visits in our unit!”*
- *“I really appreciated the stretching that the massage therapist taught me. It’s something that I can use throughout my days here at the hospital.”*
- *“I feel like the rest of my day will be better because I had a moment for myself. Thank you for everything that you do!”*
- *“I have never had a massage before, so I was nervous. My co-workers told me that this is something they look forward to, and I would be disappointed if I didn’t participate. The therapist made me feel at ease and the live music on the guitar was amazing. I felt like I had my own little concert. I can’t wait until your program comes to our unit again!”*

Artist Observations:

- “The staff in Central Supply were very appreciative and needed the TLC that we were offering. They work hard and have back, neck, and shoulder problems, in addition to tension. I feel they really connected with us, and we with them. I could tell by their eye contact, body language, and the fact that they were able to prioritize their 15-minute break with us with gratitude.”
- “After receiving a massage, one of the nurses said *‘It’s amazing to take a moment for myself and relax. It’s something that I forgot that I needed to do.’*”
- “As I was playing my guitar, one of the nurses came up to me and said *‘Thank you so much for being here. Even though I’m not getting a massage today, your music can be heard down the hallway and it’s making all of us smile.’* She made me feel like I was making a huge difference in her day.”

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)
CRTC	patients & families	music	20,353	312	2.5
		art	2,362	182	2.5
		massage	420	52	2.5
TOTAL CRTC			23,135	546	

Participant Feedback:

- *“Every time I come, I hear music somewhere. It’s feeding our souls. It’s like sunshine inside of us. Thank you!”*
- *“I just wanted to come over and thank you. When I first arrived, I was jittery, and now that I’ve done some art, I’m calm.”*

(Cancer Center, *continued*)

- *“My husband has been a patient at the cancer center for six years and we are so happy that he is scheduled on Tuesdays because there is harp music!”*
- *“I’m not sure what I enjoy more, the art or being able to talk to someone about what I’m going through. You’re not here to poke me with needles or give me news that I don’t want to hear. Even if I don’t want to do art, I feel you are here if I need you.”*
- *“I appreciate how you take care of the family. Our dad has the wonderful nurses attending to his every need, but after being here daily, it’s starting to wear me down. Your program is for anyone who needs it. Maybe I’ll do some art later today, but right now I’m just going to close my eyes and listen to your music.”*

Artist Observations:

- *“A woman stepped off the elevator, sobbing. She stopped briefly and just stood there as she wiped away the tears. When she saw me playing guitar, she came over and sat down right next to me. ‘I’m sorry. I just need to calm my heart.’ she said. ‘Can I just sit and listen a while?’ I played the most soothing songs I know, and after a while, she said ‘thank you so much. That really helped!’”*
- *“The patient selected two brushes and began with sweeping strokes along the bottom edge of her paper and moving upwards, blending in different hues from her watercolor palette. She was there for a follow up appointment and was hoping for good news. While she waited she explored the oil pastels and added pink and purple lines to the to the right side of her paper. She was finally called from the waiting area. ‘Thank you for this. It’s what I needed.’ She left the waiting area with a sense of peace.”*
- *“One of my favorite places to play is in the stairwell. The music floats to the upper floors and seems to softly reach a multitude of people. I also love the element of surprise when people are coming down the stairs and they see me playing there. I often hear them proclaim that they thought the music was coming from a speaker system. They linger for a moment to listen and watch. I can see their shoulders relax, even in that short moment.”*

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

Location	Participants (type)	AIM Services	Participants (#)	Sessions (#)	Session Length (hrs)
Adult ER	patients & families	music	1,092	26	2
		art	448	26	2
TOTAL			1,540	54	

Participant Feedback:

- *“This art was so helpful. We have been here since 5 a.m. and we have no idea if my sister is going home today or not. I had to wake up my daughter this morning to go get my sister and bring her here. My daughter did not go to school and she has been here all day. This really made the last couple of hours go by fast. I really appreciate it.”*
- *“I haven’t had any time to draw...for as long as I can remember. I have been so busy taking care of my husband for so many years. We came in here on just the perfect day, at just the perfect time. This is amazing!”*
- *“Thank you for this! We’ve been here for 2 or 3 hours and this is the fastest the time has gone by. We had a lot of fun together. I drew for her and she colored my drawings in.”*
- *“I came to the ER crying and now I’m leaving smiling. This is a very special thing you and the musician are doing. Thank you for making me feel better.”*

(Emergency Room, *continued*)

Artist Observations:

- “The patient was in a wheelchair and he looked disheveled. He twisted in his chair and seemed to be so uncomfortable that I wondered if he could receive an art board and materials. Yet, I thought I would give it a try. The patient did take the board and began to tell me fragments of his story as he started exploring the colors. I was happy to see that his fidgeting subsided and he became involved in his image making.”
- “A woman was sitting alone and had answered a phone call. She was convincing a loved one that she would be okay and that person did not need to come be with her. I approached her with some art materials and her anxiety was almost tangible. She gave me a big smile and practically grabbed the drawing board and supplies out of my hands. As she drew, she was deeply engaged. When she was called to the back, she handed me her art board. On the board was a small note that read, *‘Being able to draw and color has really helped my anxiety going into this appointment. Thank you.’*”

**4. Adult Psychiatric Center and Psychosocial Rehabilitation:
Live Music (cello or classical guitar) with
Open Art Studio, Poetry-Writing, Storytelling & Creative Movement**

Location	Participants (type)	AIM Services	Participants (#)	Sessions (#)	Session Length (hrs)
Psychiatric Center	patients	music & art	1,304	26	1.5
		Poetry/Storytelling	156	26	1
		creative movement	99	12	2
TOTAL			1,559	66	

Participant Feedback:

- *“You guys are back! The patients are so bored with me (Psych Center therapist) doing the art group. I’m so glad you’re back to revive these guys. People stopped coming. We love you guys and everyone looks forward to you coming every week.”* – Psychiatric Center staff
- *“This is the best thing that I have done since...I don’t even know! I’ve been in such a bad place for so long, I can’t tell you the last time I had fun doing something by myself, for myself. You are an angel to me. Thank you for coming here and bringing your art materials and so much joy to all of us!”*
- *“I feel so bad that I am here and have not been contributing to anything, but when I am here, making art and listening to music, it feels so good and it feels like I’m doing something worthwhile.”*
- *“I think they’ve finally figured out how to help me. I am starting to feel so much better. I used to draw all the time, but my depression took over. This has opened my eyes and I am going to start drawing every day again. It feels so good. Thank you for bringing art back into my life. I think it’s going to save me!”*
- *“Before you helped me draw this hummingbird, I never thought I could draw anything. This looks pretty good. I’ll try something else. Thanks for teaching me!”*
- *“I feel the vibrations from inside out and it makes me feel more mellow.”*
- *“When you guys aren’t here there is such a sad feeling from us around here. It doesn’t just help the patients, but we all really enjoy how much fun art and music brings to our day. I wish you were here every day.”* – Psychiatric Center staff

(Psychiatric Center, *continued*)

Artist Observations:

- “Patients loved the music today. A high point was letting an elderly patient in a wheelchair play my cello. She had seemed very glum, but started beaming when she began to play. It seemed to make her day!”
- “Today I was asked to do a formal drawing lesson on how to draw a person. It is always so fun to teach people how to shade, to figure out human proportions, and to draw realistic facial features. It caught on quick and multiple people at the table became highly engaged. Others worked individually on their own imagery using various media including: watercolors, oil pastels, water-soluble oil pastels, markers, colored pencils, water color pencils, and some used stencils. It was a wonderful group today. One patient made about 15 paintings and we hung them up. She had the biggest smile and thanked me so many times. *‘Thank you so much! I can’t believe how wonderful this made me feel. I’m so glad you like my paintings and I love seeing them hung up. I am going to get myself some of these paints when I get out of here and paint more. It really calmed me down and made me feel so good.’*”
- “It seemed that everyone wanted to talk and write about the picture and idea I had presented. There were older patients helping the younger patients, and the ideas were flowing. There was depth to their story and it became cohesive. You could see a sparkle in their eye when we completed the session. We accomplished something together. It was fantastic!”

**5. Nite Lite:
Live Music, Life Review, Healing Touch at the Bedside**

Location	Participants (type)	AIM Services	Participants (#)	Sessions (#)	Session Length (hrs)
Referrals Including Palliative Care Consult Service	patients & families	music, life review, art, poetry, healing touch, bereavement support	250	22	.5 – 3.0

Participant Feedback:

- *“The music is so beautiful. Please know that it is appreciated.”*
- *“The harpist in the ICU was comforting to me, my son and the staff caring for him. It has helped our family through this trying and difficult time.”*
- *“The music I have witnessed through AIM is especially helpful for patients dealing with alcohol/drug withdrawals because I have seen it calm the patient from a state of extreme anxiety. It also helps the staff proceed calmly with their high stress work.” – ICU Nurse*

Artist Observations:

- “I went to the ICU to play for a man who had faced a heart attack. He requested some of his favorite music pieces for me to play, and made phone videos to share with his family and friends. He teared up a couple of times and was especially enthusiastic to have a special interaction like this one.”
- “I finished the shift in the TSICU where I played for a patient and his mother who responded with great warmth and appreciation. She said, *‘It helped him so much. His muscles have been tense all day, but I saw his hands and body relax during the music and he was able to fall asleep. It helped me as well because I have also been very tense all day. Music can be very healing.’*”

****Detailed Palliative Care Report available upon request***

6. Carrie Tingley Unit: Art-making

Location	Participants (type)	AIM Services	Participants (#)	Sessions (#)	Session Length (hrs)
Carrie Tingley Unit UNMH	patients & families	art	630	52	2

Participant Feedback:

- *“Thank you so much for being here. I know that this patient was struggling with pain today, but she seems to really be enjoying the art. Your program makes a difference!”* – Carrie Tingley Nurse
- *“Thank you for bringing art to my daughter. It’s difficult for her to be in the room all day long. This program is amazing!”*
- *“The art made me feel better. I loved it. Can you come back tomorrow?”*

Artist Observations:

- “I entered the patient’s room and his twin sister was with him. Both were very excited to make art. The patient stated, *‘this is the best hospital ever’* because though he was on precaution, he still had the chance to do fun activities while confined to his room. I spent some time painting with the twins. Their parents were very friendly and appreciative of the session. Before I left, the patient exclaimed, *‘I can’t believe I get to have so much fun here!’*”
- “The 14 year old patient was crying and screaming when I entered the room. She said she really wanted her mom to be there. I offered to make art with her to help ease her mind. She was intrigued by the chalk pastels, and quickly made a card for her mom and dad and then began focusing her attention on the movements of the chalk pastels, which seemed to calm her. Once the patient seemed to calm down a bit more, I exited the room, leaving the patient with paper and pastels to continue exploring.”

7. Pediatric Dermatology Clinic: Art-Making and Live Music

Location	Participants (type)	AIM Services	Participants (#)	Sessions (#)	Session Length (hrs)
Pediatric Dermatology Clinic	Patients & families	Art-making, live music	366	26	2

Participant Feedback:

- *“This is so nice! Thank you for this and for letting my son bring the art materials back to the appointment with him. He’s so excited to bring his rainbow picture home and show his dad. Who knew that this doctor’s appointment today would have him leaving here happy and with something excited to show his dad tonight? I think this program is awesome. Thank you all for doing what you do.”*
- *“Thank you for giving my daughter oil pastels to keep her busy in the examination room. She was so into her drawing and it means a lot to her to be able to finish it. It kept her so quiet and busy during her brother’s appointment. This program is so cool.”*

(Pediatric Dermatology, *continued*)

- ***“This is the first time I have seen these kids so happily involved in something in a long time. I’m going to need to go the store on the way home and get art supplies. This is definitely therapy. Their father passed away a year ago. I can’t find grief help for the 4 year old, but this is wonderful. He’s so involved in the drawing. Thank you for this!”***

Artist Observations:

- “A young girl approached me and asked, ***‘Do you have to ask them to do this?’*** I told her, ***‘No, this is my job. They pay me to do this.’*** ***‘Whoa! Really? That’s cool!’*** I then continued our conversation as she was doing art. I asked her, ***‘Do you know what you want to do for work when you get older?’*** The young patient responded, ***‘Well, no, but now I think I want your job!’***”
- “I actually had all 15 art boards out and being used at the same time, as well as almost all of my art media. There were a lot of pediatric patients today and a bunch of siblings. People of all ages participated. Adults struck up conversations with other adults about drawing and art. It was a very successful day!”

8. Multicultural Music & Dance Concert Series:

Location	Participants (type)	AIM Services	Participants (#)	Sessions (#)	Session Length (hrs)
Barbara & Bill Richardson Pavilion (1 st floor café)	Healthcare workers, staff, patients, & families	Massage, wellness presentations, & music	3,669	26	1

Participant Feedback:

- ***“This really made my day. I never expected such happiness in a hospital. Thank you for the music!”***
- ***“The dancing today was just spectacular. I had a moment to relax before going back to work, and watching the tango group really helped.”***
- ***“I love this program. The music really helps me get through the rest of the day.”***

Artist Observations:

- “An elderly couple sat in front of us as we performed and they seemed so excited. There was toe tapping and clapping. It made me so happy to know that we were brightening their day with our music.”
- “I have noticed that the BBRP Café is much more full during the concerts. So many times I look around and see healthcare staff and patients so enchanted with the music. They are comfortable and there is a sense of calm.”
- “I absolutely love playing for the concert series. It’s a great outlet for me and gives me an opportunity to connect with an audience in a way that also brings me a sense of peace and happiness.”