

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

## *September 2019 – mid-March 2020*

### I. Summary of Growth & Development

#### CLINICAL SERVICES BRANCH

- **Total number of participants** September 2019 through mid-March 2020 is estimated at **25,650**. (number based on shift reports from artists and body workers.)
- **New and Expanded Services:**
  - Weekly art sessions (Earthy Encounters) for patients at *UNM Children's Psychiatric Center (CPC)*.
  - Biweekly drumming sessions for patients at *UNM CPC*.
  - Drum training for staff facilitators at *UNM CPC*.
  - Weekly art and music sessions for patients and families at *Presbyterian's Rust Jorgensen Cancer Center* and *Kaseman Cancer Care Center*.
- **Special Events:**
  - Massage at UNMH Self-Care Fair, December 2019.
  - Health Sciences Center Orchestra Halloween Concert, UNMH Barbara & Bill Richardson Pavilion, October 2019.
  - Massage and music at UNMH Surgical Tech Appreciation Day, September 2019.

#### EDUCATION BRANCH

- **Invited Lectures & Presentations** (by Dr. Patricia Repar):
  - **UNM Faculty Lightning Lounge**, *Composing Resonance: Stories of Living and Dying Well*, Albuquerque, New Mexico, November 2019.
  - **6<sup>th</sup> International African Palliative Care Conference**, (1 presentation, 3 wellness workshops) *Deepening Connection for Healthcare Workers: Creative Workshops in Movement and Touch*, Kigali, Rwanda, September 2019.
  - **Integrative Medicine for Mental Health Elective for Psychiatry Residents and Fellows** (2 presentations), *Arts-in-Medicine: Healing and the Humanities at UNM*, Domenici Center, University of New Mexico Health Sciences Center, Albuquerque, New Mexico, February 2020.
- **Healing Arts Certificate Program**
  - Courses offered in FY 2020:
    - *Body as Living Story - Healing Arts III*, spring 2020. Co-taught with Assistant Professor of Nursing, Heidi Rogers, DNP, FNP-C, APHN-BC. Course was cross-listed in the UNM College of Nursing and qualified as 45 class hours toward the AHNCC certification in holistic nursing.
    - *Intersecting Creativity, Communication, and Collaboration: Healing Arts II*, fall 2019.

## RESEARCH & INTERNATIONAL BRANCHES

- In Thailand (Dr. Patricia Repar, January 2020 and ongoing)  
*Self-care for nurses and palliative care in community settings* in collaboration with faculty at Washington State University College of Nursing (Vancouver, WA) and Chulalongkorn University Faculty of Nursing (Bangkok, Thailand).
  - Two days of individual self-tunings for staff at Khampramong Temple, a residential palliative care center, Sakon Hahkon, Thailand.
  - Movement workshops and presentation at All-day Regional Conference for Nurses in Complementary Medicine, Khampramong Temple, Sakon Hahkon, Thailand.
- Grants and Financial Rewards
  - Awarded McCune Charitable Foundation grant for community outreach.
  - Awarded Kate's Fund for Women grant for professional development.
  - Awarded New Mexico Arts grant for clinical services at UNMH.
  - Awarded College of Fine Arts Creative and Scholarly Research grant for research and work in Malawi, Zambia, and South Africa.
  - Awarded Music Department travel grant to conduct research in Bangkok and Sakon Nakon, Thailand.

## COMMUNITY OUTREACH BRANCH

- *Local*
  - **UNM Climate Photo Project** – A collaborative photo narrative that gives voice to climate justice and injustice. Sponsored by the 2020 APHA Student Champions for Climate Injustice Award in collaboration with the UNM Health Allies for Climate Action and the UNM Health Sciences Center Library, spring 2020.
- *Regional*
  - **Hummingbird Memory Café** – Magazine collection drive and art supply donation for people with dementia and their caregivers. Farmington, New Mexico, spring 2020.

## II. Quantitative and Qualitative Evaluation of AIM Sept 2019 – March 2020

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

Location	Participants (type)	AIM Services	Participants (#)	Sessions (#)	Session Length (hrs)
UNMH	staff & healthcare professionals	massage, art & music	737	57	1.5

#### **Participant Feedback:**

- *“Your music is so soothing. The massage helps, too! I’m ready to conquer the rest of my shift.”*
- *“I appreciate the stretching that the massage therapist taught me. It’s something that I can use throughout my day. I often forget to take care of myself because my mind is on everyone else. The therapist reminded me that it’s ok to take a moment for my well-being.”*

#### **Artist Observations:**

- *“One of the nurses thanked me for playing the music. She said, ‘I don’t know if you realize it, but your music carries down the hall and into the patient’s rooms. You may be here for the staff right now, but you are touching more lives than you know.’*
- *“Everyone was enthusiastic about our return after the [summer] break. Many of the nursing staff said that wrote emails to their supervisors in support of our program and would love to have us on the unit more often.”*

### **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	13,922	228	2.5
		art	1,653	133	2.5
		massage	257	38	2.5
<b>TOTAL</b>			<b>15,832</b>	<b>399</b>	

#### **Participant Feedback:**

- *“When I walked into the building and heard the music, I felt so much better. I feel they are doing everything they can to make this a nicer experience.”*
- *“Your music is spectacular! It has kept me going in my darkest hours.”*
- *“What you do here is invaluable. People need this – to have someone come to them with a warm smile and kind touch. When you are worried or scared it really helps!”*
- *“I came here with lots of anxiety, but now I am peaceful and ready for the infusion.”*

(Cancer Center, continued)

**Artist Observations:**

- “A young fellow sat next to me while I was playing, and told me all about his condition and treatment. We talked about the power of music to relieve tension and pain. The young man began to cry when he talked about having to be admitted into the hospital next month. He said, *‘Music has been my biggest help and I’m counting on it to help me through my treatment.’*”
- “When I was playing on the first floor, someone from the medical staff came up to me and started dancing. *‘This is how our comprehensive cancer center is different from an ordinary cancer center – Music! It’s just great!’*”
- “A contractor who was working on the facility sat down next to me and told me how relaxing the music was. *‘The music must be really soothing for the patients,’* he said. Hearing from staff members, contractors, and people passing through reminds me that anyone can benefit from the healing power of the arts.”

**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	711	19	2
		art	327	19	2
<b>TOTAL</b>			<b>1,038</b>	<b>38</b>	

**Participant Feedback:**

- *“I probably won’t need to see the doctor after being here with the beautiful music. It’s healing.”*
- *“Thank you for the art materials to try something different. I was able to listen to the music of the harp and draw.”*
- *“This helped me to get my mind off the pain and worry of being here. The time went by faster than I thought. I wasn’t worried about how long I had to wait. I feel better from being in this room with the music and art.”*
- *“You play so beautifully. My son, husband and mother all passed away and that song brought back so many wonderful memories. Thank you for the joy that you brought me.”*

**Artist Observations:**

- “I began to pack up the materials, reflection on the day’s session. It seemed that the art brought together people who did not know each other and created a space where it was safe and natural to share what was most meaningful and tender. I marveled in the mysterious and wondrous ways that the arts can do this.”
- “I sat down next to the man and his mother. He spoke of the deep disappointments and struggles he had endured. We began to talk about the arts and healing. While he had not felt confident to use the art board in the waiting room, he took out his cell phone and began to show me a series of drawings he had done. There were a number of different pictures. Some were quite intense. I admired his artwork.”

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

Location	Participants (type)	AIM Services	Participants (#)	Sessions (#)	Session Length (hrs)
Psychiatric Center	patients	music & art	961	19	1.5
		time-slips storytelling	76	19	1
		creative movement	90	12	2
<b>TOTAL</b>			<b>1,127</b>	<b>50</b>	

**Participant Feedback:**

- *“Oh dear, you are truly a gift to me. I appreciate all of your help and guidance today. This was the best day I have ever had here. Today I get to go home and I will continue drawing thanks to your inspiration.”*
- *“Thank you so much for coming and bringing us these materials. You are so kind. I can’t remember the last time I drew and I forget how much I love it. It really is relaxing and makes me happier. Thank you so much!”*
- *“I know you must hear this all the time, but I’m so glad you are here. All the staff were happy that you were coming back today after break! The groups just aren’t the same without you. You make a difference in the patient’s participation.”* – Psychiatric Center staff

**Artist Observations:**

- *“A patient said, ‘Thank you for drawing me a horse. They are my life. I wish that you did this art group every day. I hope that I am still here next week so I can come to your art group again.’ The patient calmed down very quickly once she started making art and watching me draw. By the end of the group she was smiling and talking with others.”*

**5. Nite Lite:  
Live Music, Life Review, Healing Touch, Massage 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, massage, bereavement support	<b>295</b>	<b>33</b>	.5 – 3.0

**Participant Feedback:**

- *“I really enjoyed it. I thought the music was so beautiful and soothing.”*
- *“There is nothing like beautiful music to calm you and take all your problems away for a while! This helped calm my nerves and bring peace of mind.”*

**Artist Observations:**

- *“A gentleman, who was a prisoner, was apparently dying and was going back to prison that very night. He remarked, ‘this music is a true blessing. I wish you could stay all night.’*

## 6. Carrie Tingley Unit: **Art-making**

Location	Participants (type)	AIM Services	Participants (#)	Sessions (#)	Session Length (hrs)
Carrie Tingley Unit UNMH	patients & families	art	381	38	2

### Participant Feedback:

- *“This [art] was a very positive and uplifting experience. It’s nice to have something to do to keep our minds occupied.”*
- *“My son has had a hard time with IVs and usually doesn’t do well. I’m so thankful that you were here. He was distracted from what they were doing and focused on the art and painting. He tolerated it and was actually happy.”*
- *“You are a special person. It was not just the art that she brought me, she sat with me and her warmth lifted me out of the loom and doom I was in. Her caring made the difference.”*
- *“You bring something good into a situation that is mostly stressful.”*

### Artist Observations:

- “When I arrived, the patient and mom greeted me warmly and readily accepted my offer of art boards and materials. The patient looked out the window, viewing the city skyline, and began working with the chalk pastels. The mother began to share about their life in northern NM, and also about the disappointment of not having art in their schools. They both made an image and seemed uplifted by their experience. *‘Will you come back tomorrow?’* they asked.”
- “Today the room was quiet when I arrived. The mom explained to me that it had been a rough day, a big contrast to yesterday when the whole family was busy making art. She [the mom] wanted to tell me what a difference my coming by had made for the family. *‘It took away some of the worry and stress of being in the hospital environment, which is so unfamiliar to us.’* Her husband, she mused, was quite artistic, yet with his profession in the military, he did not have time to make any art. *‘I can’t recall that my son has ever seen that side of his father.’* I was touched by how moved she seemed from her experience with Arts-in-Medicine.”

## 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	150	19	2

### Participant Feedback:

- *“I was really worried when I came here. I do not feel so bad now that I can do art.”*
- *“My daughter was feeling a lot of anxiety about coming to see the doctor. Once she had a chance to make an art collage, her mood completely changed.”*

*(Pediatric Dermatology, continued)*

**Artist Observations:**

- “As I set up the art materials, two kids from different families sat at the same table and started working with water colors. I thought it was such a beautiful interaction. They talked about where they were from and their experiences at the clinic.”
- “I saw a staff member peek into the waiting room with a big smile on her face as she watched the kids. It’s nice to know that they see how the art in the waiting room makes a difference.”

**8. Multicultural Music & Dance Concert Series:**

Location	Participants (type)	AIM Services	Participants (#)	Sessions (#)	Session Length (hrs)
Barbara & Bill Richardson Pavilion (1 <sup>st</sup> floor café)	Healthcare workers, staff, patients, & families	Massage, wellness presentations, & music	4,382	19	1

**Participant Feedback:**

- *“I am here from Clovis because my mom is in the hospital here. I came down for some lunch and was so surprised by the music. My mom was sleeping, so I took a moment for myself and stayed to listen to the music. This was such a treat. I feel less stressed and I’m ready to go back up to see my mom.”*
- *“Who would have thought that there would be a concert in a hospital? This is amazing!”*

**Artist Observations:**

- “I briefly visited with a woman and her daughter who were sitting in the café listening to the music. The band had just finished playing a song when the woman said, *‘That was beautiful. I love how I can come here to hear some music and it stays with me for the rest of the day’* as she pointed to her heart.”
- “I love that our concert series has become a regular meeting place for a small group of seniors. They carpool, ride their bike and take the bus just to get here. It has become a place of community for them.”
- “This was so much fun, and different, to come and dance at the hospital today. I could see that we were changing the atmosphere as we danced. By the time we were done, people were clapping and the room felt lighter. I would love to come back again!” – Tango Club of Albuquerque

**9. Clinical Neurosciences Center:  
Music, Mindfulness, QiGong**

Location	Participants (type)	AIM Services	Participants (#)	Sessions (#)	Session Length (hrs)
Clinical Neurosciences Center	Patients & Families	Music, Mindfulness, QiGong	830	32	1.5
	Staff	Massage, Art, Music	44	6	3
<b>TOTAL</b>			<b>874</b>	<b>38</b>	

(Clinical Neurosciences Center, continued)

**Participant Feedback:**

- *“I wasn’t looking forward to coming to the doctor today, but now I’m looking forward to hearing your music the next time I am here.”*
- *“I really enjoy learning and experiencing new things. Mindfulness is like a different way to communicate with the mind, body and soul.”*
- *“I can’t tell you how much I appreciated [the music]. It was just so nice to sit back and let the mind ride on the music rather than thinking about what the doctor was going to say. It created a wonderful atmosphere.”*
- *“Wow! This is for us? I’m not very creative, but I’ll try it out. It seems like a great way to get my mind off the busy day that I’ve had.” – staff member participating in visual art services*

**Artist Observations:**

- *“An elder African American patient said ‘A long time ago I learned about using breath and moving attention to other parts of the body other than the back pain. When I began to use medication, I had forgotten this.’ The thanked me for reminding him. He said, ‘It works.’”*

**10. Children’s Psychiatric Center:  
Earthy Encounters (art) & Drumming**

Location	Participants (type)	AIM Services	Participants (#)	Sessions (#)	Session Length (hrs)
Psychiatric Center	patients	Earthy Encounters	431	32	.75
		Drumming	304	9	1
	staff	Drum Facilitator Training	32	4	1
<b>TOTAL</b>			<b>767</b>	<b>45</b>	

**Participant Feedback:**

- *“This was the best time that I have ever had in my life. The drums will be ringing in my ears for days. I like that it will help me remember when I was not angry.”*
- *“I love art! Are you coming back tomorrow? I want to do this every day!”*
- *“We are so excited to have you back! I didn’t realize how much we would miss doing this each week. The kids really love this group and so do I!” – CPC staff*

**Artist Observations:**

- *“The patients just blow me away every time. With all that is going on in their hearts and minds, when a drum gets into their hand, it seems like community is being built and fostered. Even for the short amount of time they are drumming, they are putting their worries behind and fully joining into an ensemble community. It is a beautiful thing!”*
- *“The patients were really engaged in their own imagery and creations. It was nice to see them be able to be so open and personal with their artwork. Some chose to make collages, while others just wanted to draw with a graphite pencil. They all wanted to stay longer and many asked if we would be back the following day.”*