

Arts-in-Medicine (AIM) Annual Program Review

June 2021 – May 2022

I. Summary of Growth & Development

CLINICAL SERVICES BRANCH (more data to follow)

- **Total number of participants** June 2021 through May 2022 is estimated at **23,142**. (Based on shift reports from artists and body workers.)
- **New and Expanded Services:**
 - Music and Massage (Roving Rejuvenators) for healthcare staff at *UNMH*.
 - Expansion from 3 to 8 shifts per week.
 - Addition of 1 night shift per week.
- **Special Events:**
 - Healthy Snack Break provided in gratitude for *UNMH Environmental Services Staff*, May 2022.
 - Music and Information Booth at *UNMH Mental Health Fair*, May 2022.
 - Art, Music, and Creative Writing for *Arts Unexpected*, UNM's College of Fine Arts, April 2022.
 - Art and Music at *UNMH Pharmacy Tech Appreciation Day*, October 2021.

EDUCATION BRANCH

- **Invited Lectures & Presentations** (by Dr. Patricia Repar):
 - **Consulting** for Sandoval Regional Medical Center, actively aiding in the inauguration and development of an Arts-in-Medicine program, ongoing.
 - **Online Arts-in-Medicine Study for Healthcare Professionals**, meets monthly with local, national, and international participants, ongoing.
 - **Voluntary Consulting** for Carle Health (IL), Mental Health and Addictions (Newfoundland, Canada), and City of Hope (CA), Spring 2022.
 - **End-of-Life Nursing Education Consortium (ELNEC) Summit** (invitation and scholarship to attend), Pasadena, California, April 2022.
 - **UNM Psychiatry Residents' Retreat** (lecture and workshop), *Healing and the Humanities*, online, April 2022.
 - **2022 Caring for the Human Spirit Virtual Conference and the Westberg Symposium** (Anne Marie Djupe Memorial Lecture Plenary), *Hidden Treasures: The Arts and Healing, Within and Beyond*, online, March 2022.
 - **Integrative Medicine for Mental Health Elective for Psychiatry Residents and Fellows** (2 presentations), *Arts-in-Medicine at UNM's Adult and Children's Psychiatric Hospitals*, In collaboration with Tomoko Hama DO, University of New Mexico Health Sciences Center, Albuquerque, New Mexico, January 2022.
 - **Hendrick Health Abilene Texas** (presentation), *Arts-in-Medicine: Healing and the Humanities*, December 2021.

- **47th Annual Conference of the Transcultural Nursing Society** (presentation), *Transforming self-care through integration of spirituality: Lessons from an international collaboration*, In collaboration with Dr. Andra Davis, Hotel Albuquerque, Albuquerque, New Mexico, October 2021.
 - **UNM Pre-Medical Society Meeting, Toward Whole Person Care**, UNM SUB, Albuquerque, New Mexico, October 2021.
 - **Undergraduate Health Sciences Enrichment Program, Integrating the Healing Arts and Healthcare: Arts-in-Medicine at The University of New Mexico**, online, June 2021.
- **Healing Arts Certificate Program**
 - Healing Arts Certificate courses I-IV approved as College of Nursing Electives, November 2021.
 - Courses offered in FY 2022:
 - *Arts-Based Community Engaged Projects: Healing Arts IV*, spring 2022. Co-taught with Lauren Coons. Cross-listed in UNM's College of Nursing and Honors College.
 - *Body as Living Story: Healing Arts III*, fall 2021. Cross listed in UNM's College of Nursing and Honors College
 - *Healing Arts V: Independent Study*, fall 2021.
 - *Healing Arts VI: Practicum*, fall 2021.

RESEARCH & INTERNATIONAL BRANCHES

- Article *Transforming self-care through integration of spirituality: Lessons from an international collaboration in palliative care* accepted for publication in Journal of Transcultural Nursing, written by research team Andra Davis, Patricia Repar, Marian Wilson, Enrico De Luca, Dawn Doutrich, and Sureporn Thanasilp.
- Grants and Financial Rewards
 - Awarded McCune Charitable Foundation grant for community outreach.
 - Awarded Santa Fe Community Foundation grant for expansion of services for frontline staff at UNMH.
 - Awarded New Mexico Arts grant for clinical services at UNMH.
 - Awarded Music Department travel grant.

COMMUNITY OUTREACH BRANCH

- **Banquet for Soul and Strangers**
 - Fall 2020 – ongoing. A composed evening of gourmet dining, storytelling, and music performance for invited guests (primarily frontline workers including healthcare students and professionals, teachers, and familial caregivers). Eleven Banquets held between the beginning of June, 2021 and end of May, 2022.

II. Quantitative and Qualitative Evaluation of AIM June 2021 – May 2022

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

Location	Participants (type)	AIM Services	Participants (#)	Sessions (#)	Session Length (hrs)
UNMH	staff & healthcare professionals	massage, art & music	992	75	1.5

Participant Feedback:

- *“I want to express gratitude for the services [the massage therapist and harpist] offered. They both provided a new perspective on healing, rest, and selfcare at the workplace. What an honor to participate and receive this gift.”*
- *“I will be retiring soon after 20 years, and I’ve never seen this kind of service. I’m glad it’s becoming available for the staff.”*
- *“The music was a gift from the angels and the massage relieved the tension in my shoulders.”*
- *“I feel like a new man! I appreciate you showing me stretches that I can use throughout the day.”*

Artist Observations:

- *“It was a hard day for the ER nurses...one nurse mentioned how it had been an emotional day for everyone. After her massage she had a much-needed cry...I thanked her for the work she was doing. It is such an honor to be there for the staff when they need us the most!”*
- *“Everyone was enthusiastic about our return after the [summer] break. Many of the nursing staff said they had written emails to their supervisors in support of the AIM 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	15,774	305	2.5
		art	792	125	2.5
		massage	20	5	2.5
TOTAL			16,586	435	

Participant Feedback:

- *“I was pretty spooked when I first came here. As I was coming up the stairs, I heard your flute, and I followed the music. I found a place to sit and listen. The doctor was running behind and there was a long wait, but I had your music. You really helped me get through it.”*

(Cancer Center, continued)

- ***“You inspired me to do more art again. I haven’t done art in about 20 years. I wasn’t sure what to expect, but that was fun!”***
- ***“We appreciate coming to this place. You all make us feel welcome with the greeters, the staff, the art, and the music. We really feel like you care.”***
- ***“I really didn’t want to come in for my appointment today. I was scared. The art and music made all the difference.”***

Artist Observations:

- ***“We created two intertwining squiggles and then spent the time filling in the shapes with different patterns of marks and colors while we talked. Through the process, the patient kept stating how she was concerned she was not an artist and was going to mess up the drawing. By the end of the session...she realized that she liked the process of drawing and felt like an artist. There was a confidence in her statement that had not been there when we first started. It was lovely.”***
- ***“It was the patient’s first day at the center and her friend was accompanying her for moral support. They shared about their experiences at other hospitals, and with tears in their eyes they thanked me for offering art and telling them about the AIM program. She shook her arms in the air stating, ‘I’m in the right place. I’m going to live.’”***
- ***“One of my last encounters of the day was working with a younger couple, and the young man was extremely fidgety. I offered him finger weaving and explained how soothing it was for me personally. Both took a small bundle of yarn and began to finger weave. It was like magic! The young man’s feet were firmly on the floor, stillness and quiet exuding from his shoulders as he sat peacefully concentrating on the task at hand. I am constantly astounded at how powerful a creative encounter can be.”***

**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	422	22	2
		art	125	24	2
TOTAL			547	46	

Participant Feedback:

- ***“You really don’t know what the art and music mean to me today. Thank you so much for what you do.”***
- ***“The ER can be a scary place. The music makes me feel more comfortable while I wait.”***
- ***“As you can imagine, we sometimes deal with a lot. Hearing the music is like a gift for making it through the week.”*** – Hospital Security in the ER

Artist Observations:

- ***“I’m sorry that I didn’t want to participate today, but I just wanted to let you know I really appreciate this space with all the color.’*** This really drove home for me that it’s not just the interaction that I bring to people, but it’s also about the atmosphere I create. No matter what, I’ll always take the time to honor this by hanging up art and thanking people for sharing themselves in whatever way they see fit.”

(ER, continued)

- “I got to engage with one woman who had tremors and she agreed to play the doodle game with me. We only made it through a couple of rounds, but she was absolutely tickled by it and that really made my day.”

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	1,269	32	1.5
		storytelling/poetry	79	18	1
		creative movement	377	35	1.5
TOTAL			1,725	85	

Participant Feedback:

- *“Sometimes I just need to create and get my hands dirty. I may need to change my clothes after I make art, but my body says that I need this right now.”*
- *“I have been so lonely, and it was nice to have people to exercise with.”*
- *“The art really helps me express my emotions, thoughts, and feelings. It helps me get things off my mind and reminds me of a simpler time.”*
- *“Doing [art] allows creative expression and makes me happy for the first time since I came in here.”*
- *“[Creative movement] is one of my favorite groups. If I can entice patients to join, then I can join in too!”* – Psychiatric Center staff

Artist Observations:

- “At first, it didn’t seem like any of the patients in the geriatric unit were interested in participating in creative movement, but one of the techs convinced a patient who was in a wheelchair to participate. The patient surprised me by making some of the most thoughtful and artistic choices and remembering movements to such an extent that I decided to do a more complex activity. It was really a treat!”
- “I worked closely with a patient who drew some flowers for her daughter and talked about how sad she was to be hospitalized. She said, *‘I’m really disappointed in myself, but I’m very happy to get to make something beautiful for my daughter.’* I was glad to be able to comfort her and offer the art activity.”
- “When the patient and I stopped dancing, another patient who was watching started crying. She said she had never seen anything like that before. I was moved that she was touched by our dance and was proud of the patient who I was improvising with for letting go of her inhibitions and really going for it. It was a rewarding moment!”

5. Nite Lite & At The Bedside Service:
Live Music, Life Review, Healing Touch, Massage at the Bedside

Location	Participants (type)	AIM Services	Participants (#)	Sessions (#)	Session Length (hrs)
Referrals	patients & families	music, life review, art, poetry, healing touch, massage, bereavement support	1,067	43	.5 – 2.0

Participant Feedback:

- *“I want to thank you for all the comfort you provided to my brother prior to his passing. Having someone he could talk to about his past experiences in theatre provided an outlet that was truly refreshing to his soul. I’m sure you hear it a lot but knowing that there are people like you who are willing to provide such a valuable service to those who are sometimes in desperate need, gives me hope that we have not lost our humanity in such a chaotic world.”*
- *“I just wanted you to know that I’ve been listening and I’m really enjoying your music. I’m so glad that you are here!”*
- *“You so beautifully entered my room at UNM Hospital with the harpist a couple of months ago when I was getting a blood transfusion. The whole experience was so healing.”*

Artist Observations:

- *“At one point, the doctor was standing close to me with his head down. I thought he’s probably had a hard day. Turns out he was just taking a moment to listen intently. As I finished playing, he burst out in applause and said, ‘What song was that? I must download it!’”*
- *“A nurse approached me after playing for a patient, put his hand over his heart and said, ‘thank you for being here. You bring tranquility to this chaotic environment, not just for the patients, but for the staff as well.’ It never ceases to amaze me how the music may be intended for one person but has a ripple effect throughout the unit.”*

6. Carrie Tingley Unit:
Art-making

Location	Participants (type)	AIM Services	Participants (#)	Sessions (#)	Session Length (hrs)
Carrie Tingley Unit UNMH	patients & families	art	209	52	2

Participant Feedback:

- *“I like someone to paint with me because I am always bored in here. It’s fun getting to be with other people that do stuff with me and not TO me.”*
- *“My son looks forward to the weekends because he’s very artsy at school and really likes doing things like this.” – Parent of a patient*

Artist Observations:

- *“The patient had a vision from the very beginning to create a painting that was half day and half night with the sun and moon shining on their respective sides. Her mother and father, who are both hospital chaplains, thanked me for working with her. ‘We are so appreciative of the art services and are thrilled to see her painting with her non-dominant arm. Seeing her happy makes us happy in return!’”*

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	253	22	2

Participant Feedback:

- *“I’m so happy that my kids can make art while we wait for their appointment. I really appreciate the work that you do.”*
- *“I get to paint at school sometimes, but I’ve never painted when I see the doctor. This is cool!”*
- *“Waiting makes me nervous. Seeing my daughter engaged with the art calms me down.”*

Artist Observations:

- *“I had the pleasure to work with a refugee family who just arrived from the Congo. The father and son appeared very nervous, so I approached quietly and spoke with them in French about the art we were making. The young boy seemed disinterested until I started making lines on a paper and noticed he was watching me. Without using words, I offered him a marker and he began to copy me. We made lines for a while until he was called back for his appointment. It’s always a great reminder that art can be more powerful than the spoken word.”*
- *“There were a lot of very young children in the waiting room today. We played games identifying colors and working on fine motor skills (i.e., grabbing the crayons and putting them back in the containers). Although we didn’t always make marks on paper, the children were happy and engaged.”*

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

Location	Participants (type)	AIM Services	Participants (#)	Sessions (#)	Session Length (hrs)
Clinical Neurosciences Center	Patients & Families	Music & Mindfulness	1,060	42	1.5
	Staff	Massage, Art, Music	66	5	3
TOTAL			1,126	47	

Participant Feedback:

- *“[The music] is so nice for people in pain. The sounds make everything in my body relax and it feels so soothing.”*
- *“I love hearing the music in the waiting room. I know it’s meant for the patients while they wait, but it makes my day to hear the beautiful sounds coming down the hallway and into my office.”* - Clinic staff
- *“Painting is so relaxing. It’s exactly what I needed after the difficult week that I have had. Thank you so much for being with us today.”* – Clinic staff

(Clinical Neurosciences Center, continued)

Artist Observations:

- “One woman sat close to me and listened for a while. When called for her appointment she said, *‘You are a blessing. That was so soothing, and I really needed that today.’* I find that playing the tongue drum is a great conversation starter and allows engagement with patients, which then allows me to invite them to participate in a meditation/improvisation.”
- “A young couple came up to me on their way out and said, *‘We have never heard live music in a waiting room before. This is amazing!’* I was so tickled that my music was an introduction to the Arts-in-Medicine program and the innovative ways that this clinic enhances the patient experience.”
- “One of the clinic staff approached me and thanked me. *‘The patients may not say anything, but I’m letting you know that the work you are doing is really making a difference. I can see their faces and bodies relax in the waiting room.’*”

9. Children’s Psychiatric Center:
Earthy Encounters (art), Creative Movement, and Drumming

Location	Participants (type)	AIM Services	Participants (#)	Sessions (#)	Session Length (hrs)
Psychiatric Center	patients	Earthy Encounters	250	8	1.5
		Drumming	144	8	1.5
		Creative Movement	192	11	1.5
TOTAL			586	27	

Participant Feedback:

- *“The drums were cool! I could feel the vibrations in my whole body.”*
- *“[The art] was a lot of fun! I’ve never thought about how the weather makes me feel.”*
- *“I enjoyed seeing the children let loose when they chose their favorite animals and started moving. It brought a smile to my face to see them so happy!”* – CPC staff

Artist Observations:

- “We met in the gym, which incentivized the kids to stand up and participate more wholly. The teenagers still seemed self-conscious, but all of them participated. I kept it small by asking them to do hand movements in the beginning. Overall, it was one of the most positive groups I’ve had.”
- “The children today did really well with the self-expression portion of the drumming activity. I noticed that some struggled with the more structured playing, so it was lovely to see them fully engaged and creative during the exercise.
- “The art activity was perfectly paced and brought a very tranquil feeling to the group. Some of the techs joined in the session which further encourages the children’s participation. It’s amazing to see how artmaking lifts the spirit of the participants, even if the time spent with materials is minimal.”