

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

## Part I: Summary of Growth and Development (June 2022-May 2023)

## Part II: Quantitative and Qualitative Evaluation of AIM (September 2022–May 2023)

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### Part I: Summary of Growth and Development

#### CLINICAL SERVICES BRANCH

- **Total number of participants** September 2022 through May 2023 is estimated at **28,712**. (based on shift reports from artists and body workers)
- **New and Expanded Services:**
  - Mindfulness for healthcare staff at *UNMH* (166 participants)
    - “[*Mindfulness*] has helped a lot. I no longer panic when I have so many things to do. When I have a mountain of tasks, I’ll focus on one at a time and ask for help if I need it instead of feeling overwhelmed by the pounding in my chest.”
    - “*Mindfulness* helps me to remember to relax. When I practice it, my mind is more awake, and I feel like I can function better. I feel more attentive instead of groggy and sleepy.”
    - “*The mindfulness sessions make me take an actual break, which I don’t really do. It gives me the chance to sit back, re-focus and relieve some of the noise that is going on in my head and body.*”
  - Music and Massage (Roving Rejuvenators) for healthcare staff at *UNMH*
    - Expansion from 8 to 9 (1.5-hour shifts) per week.
    - Expansion from 1 to 3 nighttime shifts per week
- **Special Events:**
  - Music, Art, and Massage for *UNMH Mental Health Fair*, May 2023.
  - Music for *One Hope Centro de Vida Health Center*, November 2022.
  - Music and Art for *UNMH Respiratory Therapist’s Day*, October 2022.
  - Art and Music at *UNMH Pharmacy Tech Appreciation Day*, October 2022.
  - Music for *UNMH Cancer Center Unit Remembrance Ceremony*, October 2022.
  - Massage and Music for *UNMH APP Appreciation Week*, September 2022.
  - Music for *Sandoval Regional Medical Center’s* 10-year anniversary, June 2022.

#### EDUCATION BRANCH

- **Invited Consults, Lectures & Presentations** (by Dr. Patricia Repar):
  - **Consulting** for Sandoval Regional Medical Center, actively aiding in the development of an Arts-in-Medicine program, ongoing.
  - **UNMH Speech Pathology** (presentation), *Introduction to Arts-in-Medicine for Speech-Language Pathologists*, University of New Mexico Health Sciences Center, Albuquerque, New Mexico, April 2023.

(Education Branch, continued)

- **UNM Palliative Care TeleECHO** (presentation), *Arts-in-Medicine for the Seriously Ill*, online statewide, April 2023.
- **UNM Health Sciences Office for Diversity, Equity & Inclusion** (organizing team for performances and exhibition), *All Things Art: 1 Vision Many Voices*, UNM North Campus, Albuquerque, New Mexico, April 2023.
- **Integrative Medicine for UNM Psychiatry Residents and Fellows' Mental Health Elective** (presentation), *Arts-in-Medicine at UNM's Adult and Children's Psychiatric Hospitals*, In collaboration with Tomoko Hamma DO, University of New Mexico Health Sciences Center, Albuquerque, New Mexico, February 2023.
- **UNM Internal Medicine, Division of Palliative Care** (lecture), *Expanding Arts-in-Medicine*, University of New Mexico Hospitals, Albuquerque, New Mexico, December 2022.
- **Invited Lectures & Presentations** (by Artists-in-Medicine):
  - **THINK Daily Summer Children's Program at Albuquerque Academy** (teacher, Lauren Coons), *The Healing Arts*, Albuquerque Academy, Albuquerque, New Mexico, June through July 2023.
  - **UNM Comprehensive Cancer Center Brown Bag Series** (presenter, Taylor Harrold; mentor, Dr. Patricia Repar), *Arts-in-Medicine: Art as an Ally*, online, February 2023.
- **Healing Arts Certificate Program**
  - Courses offered in FY 2023 co-taught with Lauren Coons; cross listed with UNM's College of Nursing and Honors College.
    - *Intersecting Creativity, Communication, and Collaboration: Healing Arts II*, spring 2023.
    - *Whole Person Care: Healing Arts I*, fall 2022.

## RESEARCH and INTERNATIONAL BRANCHES

- Video piece "*Integrating Healing Arts and Healthcare*" featured in new arts and culture journal in South Africa HERRI issue #8. <https://herri.org.za/8/patricia-ann-repar/>  
Curated by Aryan Kaganof.
- Grants and Financial Rewards
  - 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.

## 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	1,928	184	1.5

#### Participant Feedback:

- *“Our therapists work so hard, and it is awesome to give them a gift like this We appreciate you all! Thank you so much for doing this for our department.”* – Unit Director
- *“I’ve never heard of a hospital offering chair massage and live music for their staff. This is amazing!”*
- *“My pregnancy has been so rough. This is the first time in two months that I have felt good.”*
- *“It’s amazing how different I feel after 15 minutes of self-care. I feel that I can get back out on the floor and take care of the patients with a bit more energy.”*

#### Artist Observations:

- *“After her massage, one woman sat up and took a big breath with her arms outstretched. After she exhaled, she said, ‘I think this is the first breath I’ve taken today!’ She was very happy.”*
- *“There was a doctor who spent a lot of time in the room. He was clearly stressed and sighing. He complimented a song I played on the cello and looked like it had taken him somewhere else just for the moment. I sensed that he kept listening as he intently worked on his computer. He then joked with his co-workers and said, ‘No talking when it’s my turn for a massage. I want to enjoy the music, too.’”*

### **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	18,662	312	2.5
		art	1,188	182	2.5
		massage	59	15	2.5
<b>TOTAL</b>			<b>19,909</b>	<b>509</b>	

#### Participant Feedback:

- *“You wouldn’t believe how much the music helps. The first time I came in for chemo I was so nervous, but when I walked in, someone was playing music. It calmed me down right away and I knew I was going to be okay.”*
- *“Thank you so much for this experience today. It was a gift to see you. I feel so much more grounded and in my body after doing art, especially after the experience after going over my pre-op instructions and all that entails.”*
- *“Art is so healing. I’m so impressed that creativity is incorporated into the treatment plan here.”*
- *“It is such a blessing to be soothed by your music as we’re facing the hardest time in our lives.”*

(Cancer Center, continued)

**Artist Observations:**

- “A couple of retired teachers found immense joy in the tempera paint sticks. I taped their finished art to the window and their laughter billowed down the hallway. They said, **‘Thank you for bringing such a gift on an otherwise dismal day. We appreciate you bringing art to us today. It was so fun to get to play.’**”
- “The patient had told the nurse, **‘I forgot where I was. In my mind I was with my girls making art.’** The nurse thanked me for being there today and said, **‘It makes a big difference for patients being able to make art, especially while they are receiving treatment.’**”
- “A nurse notified me of a lonely patient in one of the rooms. I went to visit him and learned that he used to be an artist himself in the film industry. He was filled with gratitude for both the companionship and the Arts-in-Medicine program. The man exclaimed, **‘Art is absolutely healing and belongs in the medical field.’**”

**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	1,650	26	2
		art	211	24	2
<b>TOTAL</b>			<b>1,861</b>	<b>50</b>	

**Participant Feedback:**

- **“I can’t believe I did art today. This made an unbearable experience a more relaxing and soothing one. The music has completely transformed the atmosphere, too!”**
- **“Healing and art. That’s what I was gifted today in the ER.”**
- **“Thank you for making an excruciating experience so much better. I appreciate you and your time.”**

**Artist Observations:**

- “A patient who was hunched over in a wheelchair, lit up at the sight of oil pastels. She sat up straight and seemed in a rush to get the images out on paper. She said she was a digital artist and began drawing anime characters. It’s as if she was drawing her support people, and then looked up at me with a rejuvenated and revived stare and said, **‘That’s just what I needed, thank you!’**”
- “The patient looked up at me with wide eyes and like a child, squealed with delight. **‘That is so cool. I can’t believe I’ve never used tempera paint sticks before.’** She began to use an array of colors and filled the page with hearts. She shared that she was drawing her hopes, reciprocal love, and appreciation. **‘This is really healing and has made all the difference today. I suffer from depression and there are some days it’s hard to get out of bed. You made a big impact on my life today and made this whole ER experience better.’**”
- “As I parked the art cart in the corner of the room, two ladies asked me if the musician always played in the waiting room. I shared about AIM and offered them some art supplies. They were ecstatic! They were in awe of the music and could not believe they could make art while waiting. The two shared about the passing of their beloved canine companion and made art in his memory. They also shared about how rough their wait had been until the guitarist and I arrived. Before leaving they said, **‘Thank you for making a not-so-great experience into a good one.’**”

**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	680	54	1.5
		storytelling/poetry	116	20	1
		creative movement	365	26	1.5
<b>TOTAL</b>			<b>1,161</b>	<b>100</b>	

**Participant Feedback:**

- *“I’ve been wanting to do collage for a long time, and I really enjoyed it. Doing this made me really happy for a minute.”*
- *“I’m really stressed being here, but this movement group is good for me.”*
- *“You make the art and music group very inclusive, and everyone seems to really enjoy participating. I’m liking this project because it seems really freeing.”*– student nurse

**Artist Observations:**

- “We had a very large and lively group who were game to dance, so we had a lot of fun doing hula-like movements, step touches and the cha cha. One patient remarked that stretching feels good.”
- “We started a game of add a mark to a single drawing where we all create one drawing together. Nearly the entire room participated, and we had a fun conversation about the piece we just created.”
- “One man was curious about the drum during the movement session. When he started playing, he immediately broke into a great rhythm, playing rolls on the various areas of the drum. He continued playing, totally absorbed in what he was doing. I’m finding that [drumming] sometimes unlocks or reveals something inside of [people] that is not apparent in their demeanor or even in their movement. Sometimes the quietest, gentlest, or most seemingly withdrawn person has a lot of rhythm or a lot of noise that just immediately bursts forth when they have an instrument in front of them.”

**5. UNMH Inpatient Services:**  
***Nite Lite: Live music in the ICUs***  
***Bedside Service: Music, Life Review, Art, Healing Touch, Massage, Bereavement***

Location	Participants (type)	AIM Services	Participants (#)	Sessions (#)	Session Length (hrs)
ICUs - Nite Lite	patients, families, & healthcare staff	music	960	26	2
Bedside Services - Referrals	patients & families	music, life review, art, healing touch, massage, bereavement support	152	93	3
<b>TOTAL</b>			<b>1,112</b>	<b>119</b>	

**Participant Feedback:**

- *“Thank you for bringing music and help us get through some of our hardest times”*– ICU charge nurse
- *“We may not express this enough, but your presence is appreciated here. You bring calm into a space that really needs it.”*

(UNMH Inpatient Services, continued)

- ***“That day I felt like I was floating, and the pain went away. Your hands find the trouble spots and you work on them as needed. You made my days bearable, like some fresh air after being in a stuffy hospital room not knowing if these are the last walls you’ll ever see. You gave me hope, and the music took my mind elsewhere.”***

**Artist Observations:**

- The MICU seemed busy tonight. When I walked in, the doctor exclaimed, ***‘Nice! It’s always a good night when there’s music in the ICU.’*** I received several more compliments, but the most meaningful was when I noticed a respiratory therapist having a drink of water stand in front of me and watch me play. When I finished, he said, ***‘That was beautiful, thanks for being here. You play well.’*** He could have done anything with that short time he had for himself and decided to spend it watching me play. What an honor!”
- After playing for a few minutes, a new patient came into the NSICU, and I had to stop and jump out the way. When they got settled, I continued, and a family member emerged from a different room. ***‘We’ve been listening to you and we’re so glad you’re here to play for us. My wife has always known the healing power of music.’***”

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

Location	Participants (type)	AIM Services	Participants (#)	Sessions (#)	Session Length (hrs)
Carrie Tingley Unit UNMH	patients & families	art	186	52	2

**Participant Feedback:**

- ***“You were very helpful. She was very stressed out and you helped calm her with the art. Thank you so much!”*** – Parent of a patient
- ***“Thank you! It was nice to feel seen and heard. I feel that all I do is lay in bed, and it was nice to talk to someone and make a card for my dad.”***

**Artist Observations:**

- “Everyone in the room participated. The patient had created a drawing with four very different parts that all met in the middle. Together, we decided that these were all parts of her. Her favorite part that she felt best described her was the chaotic, but whimsical side, which consisted of painterly marks that swooshed around in a flurry. It was beautiful!”
- “Today I worked with a patient I have come to know and have bonded with. He is extremely limited in his movement and cannot speak. I had him type out what he wanted me to draw, and I followed his directions. We made a drawing of a brain that was damaged but with a lightbulb illuminating a bright light. He wanted to express being trapped in his injured body but show that he was very much alive. I feel honored to have made a small connection with this older teen.”

## **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	295	26	2

### Participant Feedback:

- *“Thank you! [My son] was nervous this morning, but now he’s more relaxed.”*
- *“I like painting. This is so much fun!”*

### Artist Observations:

- “A woman was intrigued by the tempera paint sticks and began drawing a floral decoration. She sighed, exhaled, and said, *‘Wow! This really is a lovely, relaxing practice before a doctor’s appointment.’*”
- “A little boy rushed in with excitement at the sight of markers. When he joined the art table, he was fascinated with the watercolors and kept saying, *‘Paint! Paint!’* as he expressed himself with the colors. He created art to display on the wall in the clinic. Everyone who was in the waiting room watched this young child with delight as he joyfully hung his painting up.”
- “A young boy was not impressed with the art supplies presented. He seemed to be more on the analytical side...puzzles and games interested him. We played Pictionary and created categories for each other to draw and guess. His mother sat from a distance, laughing at our encounter. I invited her over and she joined in the game as well. All of us had a good time where worries slowly melted away, leaving giggles and silly scribbles.”

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

Location	Participants (type)	AIM Services	Participants (#)	Sessions (#)	Session Length (hrs)
Clinical Neurosciences Center	Patients & Families	Music & Mindfulness	1,136	42	1.5
	Staff	Massage	50	5	3
<b>TOTAL</b>			<b>1,186</b>	<b>47</b>	

### Participant Feedback:

- *“Thanks for the music. I was stressed when I came in, then I heard the music. Now, I’m relaxed and feel good!”*
- *“The hand drum is so soothing. We drove down here from Gallup and after the stressful drive. The sound is so relaxing. I feel like it took something out of me that I was holding, and now I’m calm.”*
- *“[The mindfulness] is so great. This can be such a scary place, so learning about something to help calm me will make such a big difference.”*

(Clinical Neurosciences Center, continued)

**Artist Observations:**

- “A woman called out from across the partition, *‘Is that a real person playing the music?’* She asked what instrument I was playing, and we talked about the alto flute. She said, *‘I am so glad to have the music. It changes the atmosphere so much.’* She had recognized Red River Valley when I played it and said it was one of her favorites. She called out *‘Thank you,’* as she left.”
- “The patient wanted to do a mandala drawing, so I gave her the materials and showed her an example. We continued for several minutes until a healthcare worker came to bring her back. She had a little space on her mandala that she hadn’t finished, and the healthcare worker told her, *‘You’ve already waited this long, so why don’t you take a minute to finish it. It will cheer up your room.’*”

**9. Children’s Psychiatric Center (January – May 2023):**  
**Earthy Encounters (art) and Drumming**

Location	Participants (type)	AIM Services	Participants (#)	Sessions (#)	Session Length (hrs)
Psychiatric Center	patients	Earthy Encounters	433	14	1.5
		Drumming	381	14	1
<b>TOTAL</b>			<b>814</b>	<b>24</b>	

**Participant Feedback:**

- *“I’m happy and proud of myself because I tried something I didn’t want to do. Now I know I still don’t like art, but I stayed with it.”*
- *“Playing the drums was really grounding and I was able to get a lot out.”*
- *“I love doing art with kids, especially seeing the growth and change in their attitudes and behaviors.”* – CPC staff
- *“It seemed like it really made [the patient’s] day getting to play the drums. His smile and positive energy was infectious.”* – CPC staff

**Artist Observations:**

- “One of the children shared their mandala and said, *‘The jewel in the center is my shining light, the two large acorns on the side are my problems, and the rocks in the center are my family.’* It was a true gift to witness this young girl’s wisdom, creativity and joy expressed through the art project.”
- “One patient that we have seen for several weeks arrived very sad. After words of encouragement from us and the techs, he decided to participate and even lead the group drumming. At the end of the session and with a bright smile on his face he said, *‘I feel happy.’* Another patient beamed with joy while hitting the drum. Her joy and laughter grew contagious, and everyone laughed along with her. She said, *‘That was amazing!’*”
- “...we all organically moved around and looked at the portraits and other creations. There was a lot of laughter and joy in guessing who drew what and sharing about the challenges and triumphs in the bilateral drawings and use of chalk as a drawing medium. It was just a joy to see so many pairs working together laughing and creating.”