

Arts-in-Medicine (AIM) Annual Program Review

Part I: Summary of Growth and Development (June 2024-May 2025)

Part II: Quantitative and Qualitative Evaluation of AIM (September 2024–May 2025)

Part I: Summary of Growth and Development

CLINICAL SERVICES BRANCH

- **Total number of participants** September 2024 through May 2025 is estimated at **33,736** (based on shift reports from artists and body workers).
- **New and Expanded Services:**
 - **Patient massage in UNMH Intensive Care Units.** Due to strong positive response from Trauma-surgical ICU staff, patients, and family members, this service expanded to include the Medical ICU in spring 2025. The Neurosciences ICU will be added in fall 2025.
- **Special Events:**
 - *UNMH BBRP Café:* music by *New Mexico Chamber Music Festival*, May 2025; UNM Music Department *Summer String Festival*, June 2024.
 - *SRMC Mental Health Fair:* Music, Energy work and Massage, May 2025.
 - *UNMH Mental Health Fair:* Music, Art, Energy work and Massage, May 2025.
 - *UNM Cancer Center's Colorectal Cancer Support Group:* Aromatherapy and guided meditation workshop, May 2025; music March 2025.
 - *UNM's Cancer Center Patient and Family Support Staff:* Aromatherapy and guided meditation workshop, March 2025.
 - *UNM Cancer Center's Belonging Beyond Cancer Support Group:* Aromatherapy workshop, September 2024; Herbal Tea workshop, August 2024.
 - *UNMH Pharmacy Tech Appreciation Day:* Massage and music, October 2024.

EDUCATION BRANCH

- **Courses, Invited Consults, Lectures & Presentations** (by Dr. Patricia Repar):
 - **International Consulting for physicians and nurses** (Subbaswamy, Bridge, Reid, Braderman).
 - **UNM Psychiatry Residents and Fellows' Integrative Medicine elective** (presentation), *Arts-in-Medicine at UNM's Adult and Children's Psychiatric Hospitals*. Psychiatry Department, January 2025.
 - **UNM Palliative Care Echo** (presentation for regional online palliative care educational series), *Non-pharmacological Pain Management*, March 2025.
 - **International Society for Music and Medicine** (presentation), *Building Depth and Breadth into Hospital-based Arts-in-Medicine (AIM) Programs: 23 Years and Running*, Charité-Universitätsmedizin Hospital, Berlin, Germany, September 2024.
 - **Healing Arts Courses offered in FY 2025 cross-listed** with UNM's College of Nursing and Honors College; *Whole Person Care: Healing Arts I* and *Healing Arts VI: Practicum*, spring 2025.

(Education Branch, continued)

- **Invited Consults, Lectures & Presentations by others on behalf of AIM:**
 - **NM Cancer Survivorship for Primary Care ECHO Series** (presentation by Taylor Harrold, artist-in-medicine), *Art as an Ally*, UNM, October 2024.
 - **International Society for Music and Medicine** (poster by Dr. Paula Hensley, psychiatrist, UNM), *Evolution of Funding Sources for an American Arts-in-Medicine Program*, Charité-Universitätsmedizin Hospital, Berlin, Germany, September 2024.

RESEARCH and INTERNATIONAL BRANCHES

- In Southern Africa (Dr. Repar, summer 2024):
 - *Psychiatric Rehabilitation Unit*. Art and creative movement workshop for patients and staff, Port Shepstone, South Africa.
 - *Interdisciplinary Outpatient Day Care Center at South Coast Hospice*. Presentation on the healing arts for staff, patients and family members, Port Shepstone, South Africa.
 - *Home Visits with South Coast Hospice*. Grief counseling and massage for both mental health and palliative patients and familial caregivers, Port Shepstone, South Africa.
 - *Di van Dyk, CEO, South Coast Hospice*. Consulting regarding staff wellness, Port Shepstone, South Africa.
 - *Zomba Mental Hospital*. Art and creative movement workshops for patients and staff, Zomba, Malawi.
 - *Malawian Women's Collective*. Follow-up on income generating Power Tag Necklace Project from last visit in 2019, Mangochi, Malawi.
 - *Kasungu District Hospital*. Art-making, visioning, and gifting of sunglasses and sunhats for children with albinism, Kasungu, Malawi.
 - *Kasungu District Hospital*. Art-making, exercise and visioning workshops for children with sickle cell disease; Donation of pain medicines (ibuprofen, hydroxyurea) for the clinic, Kasungu, Malawi.
 - *Empowerment for Adolescent Girls*. Art-making and discussion for adolescent girls; Donation of materials for making menstrual pads, Mtunthama, Malawi.
- Grants and Financial Rewards
 - Awarded Santa Fe Community Foundation grant for residency in Australia.
 - Awarded New Mexico Arts grant for clinical services at UNMH.
 - Awarded College of Fine Arts Creative and Scholarly Research grant.
 - Awarded Music Department travel grant.

Part II. Quantitative and Qualitative Evaluation of AIM September 2024–May 2025

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	2,164	121	3

Participant Feedback:

- *“This is by far, the best Arts-in-Medicine service I’ve ever had, and I’ve been here 20 years! Thank you!”*
- *“When I first started doing [mindfulness] I was like, ‘yeah, whatever.’ Now I can’t wait. I feel myself relaxing as soon as I enter the room.”*
- *“The massages are always great, but the music today was especially soothing. I feel like I was cared for both physically and mentally.”*
- *“[Mindfulness] is why I work on Wednesdays. This is the best part of the whole week.”*
- *“Yes! When I was a student I saw the Arts-in-Medicine people on the unit during my clinicals. I am so excited that I get to receive this special care now as a nurse.”*

Artist Observations:

- *“According to the nurse, it was an extremely busy shift so that’s why she arrived a bit late to her schedule massage. She said, ‘I only have 5 minutes, but I’ll take what I can get.’ When her massage was finished, she said, ‘I think I actually fell asleep and had a dream. This was the highlight of my day, and I feel so much better. I really needed someone to take care of me for a moment.’”*
- *One of the providers arrived and stated having had back pain after a gym routine. During the music and massage, we could physically see her body relax. At the end of her massage, she started moving around and said, ‘I don’t know what you did, but the pain is gone! I couldn’t even cough without everything hurting. Thank you so much!’”*

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	17,197	312	2.5
		art	1,349	196	2.5
		massage	38	18	2.5
TOTAL			18,584	528	

Participant Feedback:

- *“We love your music and what all of you are doing here. You may not always see us but know that we hear the music and you are valued.”* – Infusion Nurse
- *“[The program] is brilliant! Everyone needs art and music in their life.”*

(Cancer Center, continued)

- ***“I couldn’t help but wonder what was going on at the table, so I had to come over. People smiling and having a good time, it made me want to join in. I’m so glad I did art today!”***
- ***“The music and art just calm the mind. We really need this because cancer is very, very difficult to go through.”***
- ***“You can’t imagine what joy you bring to our family and the rest of the people here. The music is a lifesaver!”***
- ***“What a great idea this Arts-in-Medicine program is! Creativity has me out of some dark places so I can understand how therapeutic it can be. It’s wonderful to know that art is available to me while I’m here.”***

Artist Observations:

- ***“I asked the patient if he wanted to participate in an art activity while he was waiting. He said, ‘No, I’m too stressed out because I am several hours late for my appointment. I messed up the time.’ I could tell he was stressed and a little embarrassed, so I struck up a little conversation with him. Soon he was telling me all about the kind of art he likes and reminiscing about old friends who have passed away. We ended up talking for some time while the staff figured out how to squeeze his appointment in. When they finally came and got him, he said, ‘Thank you for taking the time to talk with me. I can’t tell you how much I appreciate it.’”***
- ***“One patient was very pleased with the program, as she was given a card made by one of the artists-in-medicine. She told me, ‘The card contained the right words I needed to continue working on my treatment. It also motivated me to be creative so I’m going to buy some art supplies.’ After we chatted for a minute, she stayed to listen and even dance to the music in the waiting room.”***
- ***“When I was upstairs, a woman came to listen, leaning against the wall and crying softly. When I asked if I could help, she told me that she was an artist and theater person, and she was feeling the music deeply. ‘You are helping me so much. The music is healing my soul.’”***

**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 art	1,303 180	26 26	2 2
TOTAL			1,483	52	

Participant Feedback:

- ***“It has been difficult waiting here and I’ve been anxious about when I’m going to be seen by the doctor. Thank you for the music. It’s making me feel better.”***
- ***“What a surprise to see art in the waiting room. I haven’t touched oil pastels since I was in middle school. I wish I didn’t have to be here, but this makes the visit just a little bit easier to handle.”***
- ***“The music helped me escape for a moment. I think that’s what I needed.”***
- ***“Music and art in the ER? I’ve never experienced anything like this before. This is amazing!”***

Artist Observations:

- ***“I sat with a young student from Texas studying at UNM. She seemed nervous and kept thanking me for just being with her. She shared, ‘I’m so scared. I don’t have family here and I don’t understand what’s happening with my health. I’m always stressed. That’s probably why I’m in the ER, but [art making] feels so good and comforting. I should really take up art again’.”***

(Emergency Room, continued)

- An elderly woman, confined to a wheelchair and adorned with medical tubes, softly asked if I could draw her portrait. I told her I would do my best, and we shared a quiet intimate moment while I sketched her gentle face. When I handed her the portrait she exclaimed, *‘Thank you for making me look so beautiful. I’ve been waiting so long, and you helped me feel more relaxed.’*

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

Location	Participants (type)	AIM Services	Participants (#)	Sessions (#)	Session Length (hrs)
Psychiatric Center	patients	music & art	478	52	1.5
		creative movement	427	26	1.5
TOTAL			905	78	

Participant Feedback:

- *“We all come here with some sort of suffering or pain. It’s nice to have music and art to help us turn those feelings into something special and positive.”*
- *“[Creative movement] felt really good.”*
- *“I look forward to making art every week. Thank you for being here.”*
- *“I didn’t think I wanted to participate, but now that I moved my body I feel better. I needed that.”*

Artist Observations:

- “We started with a movement meditation, gentle stretches, and then moved into sharing our favorite places. The patients came up with movements to describe the place and its qualities, and how those places made us feel. We strung them together into a dance and did it a few times through to music. The participation was great, and the prompt seemed to really resonate.”
- “It was a small group today on the unit, but the patients were engaged. We had some requests for songs and the patients decided to draw the tempo. *‘This song is fast, so the lines are short.’* exclaimed a patient who’s was making their marker jump up and down on the paper. Another patient enjoyed the slower paced songs and said, *‘This one makes me calm.’* as she drew long swirly lines on her paper. I love seeing how the music can inspire what the patients create.”

5. UNMH Inpatient Services:

Location	Participants (type)	AIM Services	Participants (#)	Sessions (#)	Session Length (hrs)
ICUs - Nite Lite Music	patients, families, & healthcare staff	music	995	26	2
TSICU Patient Massage	patients	massage	92	28	2
MICU Patient Massage	patients	massage	86	28	2
Hospital-wide Bedside Services	patients & families	music, life review, art, massage, bereavement support	118	28	3
TOTAL			1,291	106	

(Inpatient Services, continued)

Participant Feedback:

- *“Patient was very relaxed and calm after the treatment. She also seemed to be in better spirits as well.”*
– ICU Nurse
- *“You two ladies are better than red and blue Tylenol!”*
- *“When I was in cancer treatment, they had musicians playing and it was so nice to pass the time by listening to some music. It’s comforting to know that there is music here, too.”*
- *“This was the first time I’ve seen my father relax since he has been hospitalized.”*

TSICU & MICU Quantitative Data Collected in Response to Patient Massage:

26 feedback sheets collected by RNs; Out of 19 patients who responded quantitatively to pain, **17 reported less pain and 2 the same pain**; Out of 18 patients who responded quantitatively to stress, **15 reported less stress and 3 the same stress**.

Artist Observations:

- “A particular meaningful moment came during a conversation with a patient’s wife. She expressed how impressed she was that UNMH offered a program like Arts-in-Medicine. She said, *‘All hospitals should offer something similar.’*”
- “Providing service in the ICU always reminds me that our work doesn’t just support individual healing – it helps create a more compassionate and human-centered hospital environment.”
- “The ICU nurse said that he was very grateful to learn about Arts-in-Medicine. *‘I feel about 90% of the touch interaction with patients that I have as a nurse is a necessity, but uncomfortable and painful. [Massage] can help balance that out.’*”

6. Carrie Tingley Unit:
Art-making

Location	Participants (type)	AIM Services	Participants (#)	Sessions (#)	Session Length (hrs)
Carrie Tingley Unit UNMH	patients & families	art	257	52	2

Participant Feedback:

- *“Yes! I would love to do art. I love painting and I’m so bored!”*
- *“We’ve been here for a few weeks and there is only so much scrolling on my phone that I can do, especially while my son naps. Thank you for bringing art here. This is helping keep my mind occupied.”*
- *“My daughter has loved your visits while she has been in the hospital. She lights up when she makes art with you.”*

Artist Observations:

- “Today I saw with an eleven-year-old patient who I had worked with a few weeks back. *‘I’m so excited to see you again. I want to show you something.’* She said she likes to draw people and wanted to show me what she was working on earlier in the week. I asked her to teach me some of her techniques while we shared stories of being in the hospital. She said, *‘I think art is cool. When I draw, I don’t think about being in the hospital.’*”

7. Pediatric Dermatology Clinic:
Art-Making

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

Participant Feedback:

- *“My son was nervous about seeing the doctor today, and to be honest, maybe I was, too. Making art helped us both. Thank you!”*
- *“I was wondering if I would see you here again. My daughter kept talking about you after our last appointment. She had so much fun painting. We still have her picture hanging up at our house.”*

Artist Observations:

- *“A little girl was working on a landscape alongside her whole family in the waiting room. When she was done, she explained each character in her artwork to me. ‘This is my mom, dad and me. Oh, and this is my dog.’ She was so proud. Her parents said, ‘She didn’t say much on the long drive to the clinic, but she seems happier now that she is making art.’”*
- *“One patient begged their mom to stay after the appointment to finish their art. The mom exclaimed, ‘I love that there is art here for the kids to do. They are usually pretty quick to call us back to appointments, but some days there is a wait. She may love doing the art, but I love having a few moments of peace to collect my own thoughts before going back to see the doctor.’”*

8. Clinical Neurosciences Center:
Music and Mindfulness

Location	Participants (type)	AIM Services	Participants (#)	Sessions (#)	Session Length (hrs)
Clinical Neurosciences Center	Patients & Families	Music & Mindfulness	1,952	42	1.5
	Staff	Massage & Art	72	9	3
TOTAL			2,024	47	

Participant Feedback:

- *“I appreciate the music. There is a lot of anxiety around my visits. The music really helps with my white coat syndrome.”*
- *“My sciatica was hurting when I came in. Hearing you play music really took my mind off it.”*
- *“I’ve been waiting an hour for my appointment, but I don’t mind because the music is so calming.”*
- *“I’m so impressed that this clinic has people playing live music in the waiting room. I never would have guessed. It’s wonderful!”*

(Clinical Neurosciences Center, continued)

Artist Observations:

- “A patient approached while I was playing and sat down in a chair right next to me. When I finished the song, he said, **“I was waiting around the corner for my appointment. You couldn’t see me, but I heard you. I hope you know how much your music means to the people waiting for their appointments.”** I was honored that he took the time to talk to me.”
- “When I began playing, a family member pushed the patient, who was in a wheelchair, a little bit closer to me. After 15 minutes or so, the family member said, **“This is the most pleasant time I have ever spent in a waiting room. Thank you!”**”

**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	1,244	25	1.5
		Drumming	543	24	1
TOTAL			1,787	49	

Participant Feedback:

- **“I’m so glad that drumming is back. The kids love it.” – CPC Tech**
- **“We’re so grateful that you guys come to do art with the patients. They are always so proud of what they’ve made and are in a much better mood after one of your sessions.” – CPC Tech**
- **“I didn’t think I was going to be into [the art] but I’m super proud of what I made. I want to make more art like this.”**
- **“I didn’t know what to do with the drum, but I still had fun.”**

Artist Observations:

- “This afternoon we experience the joy that music can bring to a person. A young patient was struck by the rhythm of the drums and began to mark in time to the 4/4 beat. He marched back and forth and at one point, he kicked off his sneakers and continued to move. One of the techs said, **“He has never done that before. The music has made him really happy today.”**
- “After the session, we were packing up and a tech approached us. He said, **“[The program] is absolutely amazing. It makes us so happy to see these patients have the opportunity to just be kids while they are here. I’ve definitely noticed a positive difference in behaviors after AIM services’.”**

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