

2018-2019 Annual Report



Abigail Washburn and Bela Fleck meet with students – February 7th, 2019





The Medical Arts Program is an initiative of the University of Michigan Medical School.

The Medical Arts Program would like to thank the following campus partners:









The Medical Arts Program is supported by generous contributions from Maxine and Stuart Frankel, and by the University of Michigan Medical School.



EXECUTIVE SUMMARY:WHAT MAP GIVES TO STUDENTS (and what they give back)

The University of Michigan Medical Arts Program (MAP) uses the arts to strengthen the critical skills necessary for medical students and house officers to deliver the very best humanistic clinical medical care. Experiences in the visual, theatrical, musical, and literary arts can enhance the humanistic skills of medical students and house officers. MAP uses encounters with art to develop students' skills in often overlooked, but essential skills such as empathy, awareness of social and economic context, and comfort with the ambiguity and uncertainty that are central elements of clinical practice. The arts thus provide insight into a type of humanistic experience that will help students prepare for their lives and careers that lie ahead.

We are especially delighted by the number of student-initiated projects in this year's report as well as events that included active participation by learners. Many students in the health professions have at one time or another received training in the arts. They find it tremendously fulfilling to join with likeminded classmates in creating their own art, be it musical, visual, or dance. Active participation is equally important for those with little or no arts experience. Experiencing first-hand the decisions artists make and the struggles they go through is a rich and instructive experience for all health professionals in training.

Experiencing and analyzing works of art helps medical students draw connections between medicine and the society in which they live, with an intensity and fidelity unavailable through other means. MAP enhances the ability of medical students and house officers to provide higher-quality patient care by encouraging the growth of skills in observation, communication, self-care, and the understanding of difference. To that end, the Medical Arts Program has four specific aims: (1) to develop a curriculum that enhances learners' abilities to provide humanistic clinical care through experiences and analysis of the musical, dramatic, and visual arts; (2) to evaluate the curriculum's success; (3) to achieve program sustainability; and (4) to disseminate the results to the health profession and the public.

During the 2018-2019 academic year, over 100 medical students participated in 14 arts events. Whether they experienced art through an interactive painting class, attending a performance, or performed before their peers at Kerrytown Convert House, all participants joined in intensive group discussions about the art and its relevance to health care. They got to speak with the performing artists themselves, with composers and choreographers, and with content experts such as museum curators, literary scholars, and musicologists. MAP engaged with other University of Michigan (U-M) programs including the University Musical Society. We assessed each event using both qualitative and quantitative metrics. Learners noted the close connections between works of art and the human issues they faced daily in hospitals and clinics.



THE MEDICAL ARTS EXPERIENCE

THE PROGRAM

Although medical schools provide students with the scientific knowledge necessary to deliver technically proficient care, many physicians do not do particularly well at delivering *humanistic* care. Too often, caregivers don't communicate well with their patients, or understand the larger impact of their disease. This often compromises their care.



One powerful way for medical trainees to better understand these humanistic elements is through works of art. Artists have long explored issues that are central to human health and disease: joy, suffering, devotion, despair, anxiety, loss of power and control, and of course impending death. Artists grapple with the nature of human relationships and the purpose of life. Some artists reflect on their own illnesses, disabilities, and aging. These are all profound issues that illnesses often bring to the fore. The arts can connect life-as-lived to medicine with an intensity and fidelity that cannot be conveyed by conventional classroom instruction or by hospital rounds.

Dimitris Papaioannou's The Great Tamer – January 18th, 2019

The arts may also be helpful in facilitating a physician's move from understanding to action. The Institute of Medicine defines patient-centered health care as "care that is respectful of and responsive to individual patient preferences, needs, and values and ensures that patient values guide all clinical decisions."²

Students and residents need to learn how to truly listen to their patients. Physicians need to be attuned to the

subtleties of body language and must understand that different people see and experience the world in different ways. Learners can gain this understanding through exposure to the arts. Artistic experiences teach us to pay careful attention to details, as well as to appreciate that there are often multiple ways to understand the world. Often, there is not one clear solution to a clinical problem, and physicians in training must learn to navigate this uncertainty.

- 1. Lown, BA et al. An agenda for improving compassionate care: a survey shows about half of patients say such care is missing. Health Affairs 30: 1772-8, 2011.
- 2. Institute of Medicine. (2001). Crossing the Quality Chasm. Washington: National Academies Press, 2001.



Israel Philharmonic Orchestra – February 9th, 2019

LEADERSHIP



Joel Howell, MD, PhD

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Victor Vaughan Professor of the History of Medicine
Professor, Departments of Internal Medicine, History, and Health Management and Policy

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PARTICIPANTS

Over 200 learners participated in 14 arts events. Most were medical students; the rest were house officers, faculty, and special guests. Many attended multiple times. While several attendees came with previous experience as artists, others came with limited exposure to the arts. A group of "Ambassadors" served as a liaison with other students as well as advising program leadership. Artists, writers, and content experts, including musicologists and museum curators, often joined the learners as part of a panel or as individual discussants.

THE VOICES OF LEARNERS

Participants filled out surveys after each event. The open-ended responses to questions about what parts of the experience they found most significant were especially informative. Not only did they share the specific part of art that was most meaningful to them, they indicated how the events changed their perceptions of themselves, their patients, and the process of medical care. Themes included improving communication with patients, networking and hearing the experiences of other learners, increased understanding of the importance of self care, and strengthened observation skills. Many learners believed that experiencing works of art as well as creating art themselves contributed to bettering their medical education and their ability to be engaged physicians. Below we offer typical quotes from the responses we received for each event.

MEDICAL ARTS PROGRAM 2018-2019 SEASON

For summary listing of all activities, please see Appendix.

STUDENTS CREATE: MAPAG Fall Showcase

September 25th, 2018 | Kerrytown Concert House | Ann Arbor



The QTs (Elliot Brannon, Joey Klein, and Aisling Zhao)

The 5th MAPAG showcase took place on September 25th, 2018 at 7pm at the Kerrytown Concert House. Approximately 120 people attended the showcase.



A total of 11 performers in seven different groups performed throughout the evening, eight of which performed music and one of which performed spoken poetry. Each group contained between 1-5 people. The performed musical genres included rock music, classical music, indie folk music and ballad music. Many students performed their own musical or poetic compositions for this showcase.

Following the performance, we surveyed both the audience members and the performers about their experience of the event. Both parties drew meaningful connections between the evening and their medical world. One audience member realized that "the spontaneity, authenticity, and joy of musical performance can really teach us something about how we can be in the hospital". Another audience member commented that "the medical world tends to involve a very different, less creative and more emotionally detached set of norms and roles. Yet sometimes those conventions are there to buffer us from the inherent emotional adversity of medicine. It's refreshing to have a common forum for creative/emotional expression, and to delight in and commiserate through these expressions."

While this was one student's first time reading their own poetry in front of an audience, the majority of performers said that they've performed previously at some point in their lives. Many of the performers admitted to feeling nervous and/or excited before and/or during their performance. Following the performance, many of them described feeling "amazing", "relieved", "excited", "affirmed", and "fortunate". Overall, the performance was well-received by both the audience and the performers.

Orchestre Révolutionnaire et Romantique

October 12th, 2018 Hill Auditorium, a discussion/dinner preceding the performance with assistant conductor, Dinis Sousa Ann Arbor



Discussion and Dinner with assistant conductor, Dinis Sousa

On October 12th, 2018, students of MAP attended a performance and discussion with assistant conductor Dinis Sousa, a performance showcasing the music of Louis-Hector Berlioz with instruments from the French Romantic period. With 28 people in attendance, Dinis Sousa led students on a discussion about his time with the Orchestre Révolutionnaire et Romantique performers and his journey to becoming a conductor.

One student said that it was "insightful and meaningful to hear his own description of the pieces that were going to be played that evening. It was much more interesting to know how he personally thought of the pieces than anything I could find online about how I "should" be interpreting the evening." Another student found the



most valuable part of the evening to be "Dinis had some excellent insights into the challenges and rewards of a career in the arts, with a bonus that he's pursued his in multiple different countries."

Overall, students and faculty enjoyed the intimate atmosphere of the event which allowed them to converse more easily with the artist and with colleagues.

Jake Shimabukuro, ukulele

November 7th, 2018| Hill Auditorium| Ann Arbor, MI

Jake Shimabukuro with Medical Arts Program Students

Medical Arts had the opportunity to visit with one of the most exceptional and innovative ukulele players in the history of the instrument, who shared with us his thoughts about music, life, careers, and the relationships between each of them.

Jake Shimabukuro's music combines elements between jazz, blues, funk, rock, bluegrass, classical, folk, and flamenco. The Hawaiian first became known when his cover "While My Guitar Gently Weeps" on Youtube went viral. Since then, the musician has played concerts throughout the United States, and has had multiple collaboration requests from famous musicians like Bela Fleck and Yo-Yo Ma.



Interactive Painting Workshop with Dr. Lona Mody

November 8th, 13th, and 18th, 2018 | Art Corner Studio | Ann Arbor



Medical Arts Program students on November 8th working on their medical paintings

Beginning on November 8th, the Medical Arts Program introduced a tri-session painting workshop with MAP codirector, Dr. Lona Mody, and Art Corner Studio instructor, Julee Li. Each session was accompanied by a lecture by Dr. Mody and a dinner.

This year's Interactive Painting Workshop theme was **Medical Paintings**, inspired by Canadian abstract painter, Jack Bush. Through his paintings, Jack Bush expressed his medical conditions through color field painting in paintings such as "Onslaught" and "Cirr". The students were given creative freedom to express their interpretation of the theme.

One student commented on this year's theme, "I enjoyed learning about the style of Jack Bush, and how we could convey various emotions simply by the selection of color. I appreciated Dr. Mody's remarks about the point of the course, expressing how it is important that we take time to express ourselves creatively."

One participant explains that the drawing activities caused them to reflect upon their own studies, thus leading them to draw a connection between the evening's drawing activities and patient care. The participant further elaborated:

"I loved it. I think that there is a ton of value in limiting the scope of a project, since the brainstorming phase of any work be it artistic, scientific, or otherwise can be very daunting. By having us do medical paintings, I think that we were forced to confront the subjects we have been studying in a completely new way. We had to think about how to visually convey meaning around material that we typically write about, solve equations over, and evaluate radiology of. Finally, I loved the fact that we were strongly encouraged to emulate the style of Jack Bush, not necessarily because of his "Jack Bushiness", but more broadly in the sense that we all emulated the same style. It was so cool to walk around the room and see everyone's distinct takes on the same style."



The evening of November 8th, the students were provided wine and cheese, catered by Zingerman's Catering, to accompany their painting session. On November 13th, all of the participates migrated nearby to the Songbird Café. Following the final session on November 18th, students were invited to accompany a dinner at Bigalora.

All of the paintings created during this workshop were professional photographed and printed on canvas by North Campus Research Complex Art Coordinator, Grace Serra. These paintings can be found in displays throughout the University of Michigan Medical School, as well as leading into the hospital.

The Autopsy of Melinda J. Smith, dramatic performance

November 20th, 2018 | University of Michigan Medical School | Ann Arbor, MI



The Medical Arts Program supported two performances of the play The Autopsy of Melinda J. Smith on Tuesday 20 November. The multi-media presentation was followed by interactive workshops that included practical strategies for addressing topics such as burnout and professionalism. The performance demonstrated the value of theater for helping to understand and confront some of the most issues in medical education. The audience was made up of a diverse range of people, from medical students (and pre-med students) to senior leadership in the Medical School.

Speakers included Charles Samenow, MD, MPH Associate Professor, Department of Psychiatry and Behavioral Sciences George Washington University, and Jeffrey Allen Steiger, Artistic Director, the New Theater of Medicine



Piano Inauguration Ceremony

January 11th, 2019 | University of Michigan Medical School and School of Music, Theatre, and Dance | Ann Arbor, MI



Dr. Joel Howell, piano students, and piano instructor, Paola Siavvidou, listening to instructor, Claudio David Espejo, perform.

On January 11th, 2019, former and current MAP piano students came together with instructors, Paola Savvidou and Claudio David Espejo, to celebrate the addition of a practice piano in the student lounge of the medical school. The topic of adding a practice piano in the lounge arose from medical student, Whit Froehlich.

This ceremony was a celebration of a student idea turning into a reality, in addition to commemorating the relationship between the School of Music, Theatre, and Dance and the Medical Arts Program. Every semester, students are invited to attend a 12 week long introductory piano lesson class. To provide additional growth to the class, a practice piano was added to the medical student lounge within the medical school.



The Great Tamer, dance

January 18th, 2019 | Composed and Directed by Dimitris Papaioannou | Hill Auditorium, Ann Arbor, MI



Scene in The Great Tamer, photographed by Julian Mommer

On January 18th, 2019, 20 students from the Medical Arts Program attended Dimitris Papaioanou's production of The Great Tamer. This stunning production of ten dancers portrays the meaning of life and death, referencing inspirations from Botticelli, Michelangelo, and Rembrandt. Greek artist, Dimitris Papaioannou creates productions that can be seen as moving still lifes, always with a strong, distinct visual intensity.

Many students were able to draw several parallels between the evening's performance/discussion and the medical world. One student explained, "This was like discovering an entirely new way of communicating for me. The combination of dance, acting, and stage manipulation beautifully conveyed a story that hums at such a primal level I can only imagine that everyone in the audience felt connected to the performance."

The performance was followed by a public Q&A with director Dimitris Papaioanou and the dancers. One of the students who attended drew connections between the director's process of creating this masterpiece and working in unity with their peers. A particular part of the evening stood out to them, "I remember him talking about his ideas going into the choreography: about how an essential part of the human experience is coming together with others and joining them, and that joining together sometimes works but other times falls apart spectacularly."

The evening consisted of scenes relating from the 2001: A Space Odyssey and the Rembrandt's "The Anatomy Lesson." Many students pointed out the elegance and repetition of each scene being one of the most memorable and unique parts of the evening.



Bèla Fleck and Abigail Washburn, banjos

February 7th, 2019 | University Musical Society | Hill Auditorium, Ann Arbor, MI



The Medical Arts Program photographed with Bèla Fleck and Abigail Washburn

On February 7th, 2019, students of MAP attended the performance of Bèla Fleck and Abigail Washburn, a Grammy-winning husband-and-wife banjo duo. Performing songs from the recent album, Echo in the Valley, the songs connect us to our pasts with re-imaginings of Appalachian tunes, with many songs inspired by a man who ferried Syrian refugees. All of their songs were performed on their own personal instruments, ranging between a ukulele and an upright bass banjo.

The performance allowed students to draw connections from the duo's lyrics and the humanity we share. One student explained, "The music and lyrics helped me consider life and death from a more humanist perspective rather than the medical perspective. A breath of fresh air!" Some students were able to appreciate the beauty of the banjo and the music they create:

"I was moved by how Bela and Abigail drew on so many different styles in their performance: from playing century old songs from West Virginia to a soft shoe routine and a song sung in shape-singing style, the performance completely expanded my idea of what a banjo player can do. They're not only historians, re-interpreting songs that have been performed for centuries, but they're also experimenters guided by their curiosity. I came away from the performance with a renewed respect for the rich history of different musical traditions in the United States."

Following the performance, Bèla Fleck and Abigail Washburn graciously held a private Q&A for the Medical Arts Program students. The duo shared their experience of raising a child with congenital liver disease, and their perspectives into the medical system as parents. Many of the students appreciated the insight from the duo and helped them understand the patient experience more. One student took an invaluable lesson about



communication between doctor and patient, "Their feedback about what makes a good doctor was so valuable--much of it came down to communication, being a "real human", and being open to not having all the answers. These themes have a common thread in music." Another student left the evening with a greater understanding of the parallels between music and medicine, stating, "Hearing them speak about the need for humility, vulnerability, and empathy--both in music and in medicine-- helped me realize how integral arts are to the practice of medicine."

Medical Community Reception & Israel Philharmonic Orchestra

February 9th, 2019 | University Musical Society | Hill Auditorium, Ann Arbor, MI



University of Michigan MD PhD student, Evelyn Coves-Datson, February 9th

Medical Arts was part of the Annual Medical Community Dinner, at which Medical Arts Program Ambassador, Evelyn Coves-Datson gave an inspiring talk about the role the Medical Arts Program has played in her medical school career. Other medical students attended the dinner and performance.





Triptych Final Dress Rehearsal, theater

March 12th, 2019 | University Muscial Society | Power Center for the Performing Arts, Ann Arbor, MI



Private Q&A discussion with librettist, Korde Arrington Tuttle

On March 12th, 2019, the Medical Arts Program attended the final dress rehearsal for Triptych, followed by a private Q&A with librettist Korde Arrington Tuttle. The theatrical work focused on works from photographer Robert Mapplethorpe and its power to upend our beliefs about black/white, female/male, queer/straight, art/porn, sacred/profane, classical/contemporary, low art/high art, and political/personal.

Librettist Korde Arrington Tuttle walked us through the inspiration behind Triptych. Composed by Grammy-winning Bryce Dessner, the spark began with the explosive protests within Cincinnati about the debate of public funding for the arts. The performance allows the audience to peer into the view of how human beings look, touch, feel, hurt, and love one another.

Medical Arts Ambassador, Whit Froehlich describes the performance and our discussions with librettist Korde Arrington Tuttle,

"Mapplethorpe remains a figure of interest and some controversy for his selection of subjects and dramatic presentation thereof, and the images chosen were indeed striking. Their impact was considerably greater with the addition of poignant lyrics brought energetically to life. Meeting with Korde added yet another layer, as he led a deep discussion of the sociocultural context of the project, including the challenges of engaging with Mapplethorpe's work. Korde's warmth and thoughtfulness made the discussion an enjoyable and enlightening addition to experiencing Triptych."



STUDENTS CREATE: MAPAG Spring Showcase

April 2nd, 2019 | Kerrytown Concert House | Ann Arbor, MI



M1, Anuj Patel, and Pranav Vijay performing the sitar and tabla

On April 2nd, 2019, about 120 medical students, house officers and medical school faculty gathered at Kerrytown Concert House for the 2019 Medical Arts Program Artists' Guild Spring Showcase. The showcase included a variety of genres, ranging from rock music to spoken-word poetry. Below are two student reflections of their experiences as leaders of 2019 MAPAG Spring Showcase:

"The MAPAG showcase is a wonderful opportunity for medical students to share their talents and unique forms of expression. In a society and medical school that is growing in appreciation of diversity, this showcase serves as a conduit between medical students of different backgrounds. I am as amazed by free prose, Civil War reenactment snare drumming, and a cappella performance as I am flawless covers of contemporary pop or maestro-level classical music performances. MAPAG brings students of all classes together in celebration of our uniqueness and emphasizes our humanity, which many of us consider to be the cornerstone of our calling to medicine."

""What I love about coming to events like this is that while we see our peers (some whom we know well and others who we don't) every day at school, we never get to see their unique gifts and talents. Events like the MAPAG showcase always remind me of how unique each of my classmates is and the many talents I'm surrounded by in this medical school."

A few performers also expressed their gratitude to participate in such a unique showcase:



"As a busy medical student and musician, I think it is exceptionally important to have these types of showcases. It's easy to get overwhelmed in schoolwork, but dedicating to perform gave me something to look forward to and allowed me an avenue to reconnect with my more musical side."

"As one of the performers, this event is super important to me because it represents a very rare opportunity for me to share a side of myself with my colleagues that is a huge part of who I am but which I wouldn't otherwise have a means to do so."

STUDENTS CREATE: Group Piano Lessons

University of Michigan School of Music, Theatre & Dance | September 15, 2017 - April 13, 2018

- New Piano Picture

The Medical Arts Group Piano class is a creative collaboration between the Medical Arts Program and the Wellness Initiative in the School of Music, Theatre & Dance. Through this program students learn fundamentals of playing the piano and develop skills such as sight-reading, technique, ear-training and playing in a group. In the six semesters that we have offered this class the students have highlighted fascinating commonalities between music and medicine: discipline, performative nature, the importance of repetition, and the rewards reaped by hard work and dedication. The class generally began with 2-3 minutes of meditation providing the students with a valuable transition time to the class while giving them a tool they can use in their own lives. One student was able to draw connections between the piano lessons and medicine, "Both [music and medicine] take discipline of different kinds. Medicine is both a science and an art, but I think often the science is emphasized over the humanistic aspect of the profession. It's nice to have an outlet to express creativity through music and learn without fear of making errors or being judged." These piano lessons were also an outlet for many students to express their creative sides and relieve stress from their busy academics, "The stress relief was huge and taking breaks helped me learn better and also helped me be happier and more attentive throughout the day."

The group piano lessons have grown in popularity as former students spread the opportunity to their peers. As a result of student participation, a practice piano was placed in the medical student lounge in Taubman Library.



Research Study

University of Michigan Medical School | Ann Arbor, MI

With the support of the Medical Arts Program, investigators from U Michigan and the VA carried out a randomized, controlled study to test whether it's possible to conduct an arts intervention as part of a busy (internal medicine) clinical rotation.

Title

Impact of a visual arts curriculum embedded within a clinical clerkship: a pilot randomized, controlled trial

Authors

Garth W. Strohbehn, MD, MPhil, Stephanie J.K. Hoffman, MD, Molly Tokaz, MD, Nathan Houchens, MD, Ruth Slavin, MA, Suzanne Winter, MS, Martha Quinn, MPH, David Ratz, MS, Sanjay Saint, MD, MPH, Vineet Chopra, MD, MSc, and Joel D. Howell, MD, PhD

The results of this study were selected to be presented at the 2019 Annual Meeting of the Society of General Internal Medicine (SGIM) in Washington DC by co-author Stephanie Hoffman and will be presented at the 2019 Annual Meeting of the American Society for Bioethics and Humanities (ASBH) by co-author Molly Tokaz. The paper has been submitted for publication.

MAP 2019-2020 GOALS

In 2019-2020, the Medical Arts Program will continue to pursue our main goal of using the arts to give medical students and house officers the means to become better physicians. We will involve learners in a variety of events, including a diverse representation of international arts, as we continue to gather data on MAP's impact on on its participants and prepare manuscripts based on these findings. We continue to explore opportunities for external support and look forward to another productive year.

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MAP Website

Along with information about the Medical Arts Program leadership, funders, and purpose, our website at http://themedicalarts.med.umich.edu also features descriptions of Medical Arts events with photographs and links to the artists and performers featured.



Appendix: Summary Listing of MAP Activities, 2017-2018

Date	Event	Venue	Speaker(s)
September 21- December 15	Piano Lessons (Fall)	SMTD	Paola Savvidou, SMTD Wellness Coordinator Claudio David Espejo, Piano Instructor
September 17	Ambassador Dinner	The Earle	Joel Howell, MD PhD - Medical Arts Program Lona Mody, MD MSc - Medical Arts Program
September 25	MAP Artists' Guild Fall Showcase	Kerrytown Concert House	Medical Arts Students and House Officers
October 12	Orchestre Revoluntionnaire et Romantique	Hill Auditorium	Dinis Sousa, Assistant Conductor
November 7	Jake Shimabukuro	Hill Auditorium	Jake Shimabukuro, Musician
November 8 November 13 November 18	Interactive Painting Workshop	Art Corner Studio	Lona Mody, MD MSc - Medical Arts Program Julee Li, Art Corner Studio Instructor
November 20	Melina J. Smith	University of Michigan Medical School	Charles Samenow, MD, MPH Associate Professor - Department of Psychiatry and Behavioral Sciences - George Washington University Jeffrey Allen Steiger, Artistic Director - the New Theater of Medicine
January 11	Piano Inauguration Ceremony	Taubman Library	Joel Howell, MD PhD – Medical Arts Program Paola Savvidou, SMTD Wellness Coordinator
January 18	The Great Tamer	Hill Auditorium	Dimitris Papaioanou, director
January 18 - April 12	Piano Lessons (Winter)	SMTD	Paola Savvidou, SMTD Wellness Coordinator Claudio David Espejo, Piano Instructor
February 7	Bela Fleck and Abigail Washburn	Hill Auditorium	Bela Fleck and Abigail Washburn, Musicians
February 9	Medical Community Reception & Israel Philharmonic Orchestra	Hill Auditorium	Evelyn Coves-Datson, Medical Arts Program Ambassador
March 12	Triptych Final Rehearsal	Power Center of Performing Arts	Korde Arrington Tuttle, librettist
April 2	MAP Artists' Guild Spring Showcase	Kerrytown Concert House	Medical Arts Students and House Officers