

2019-2020 Annual Report



Cranbrook Art Museum, February 2020





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

We 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.



MAP VOICES of LEARNERS 2019-2020

Work, Burnout, Balance, The New Theatre of Medicine; October 2, 2019 "... it was effective in highlighting the experiences of physicians, including stress and burnout... it can start a conversation on identifying some of the causative factors."

yMusic Performance and meeting with artists, University Musical Society; November 1, 2019 "I appreciated the discussion about how practice in both professions (music and medicine) can feel isolating at times and is a sacrifice of sorts. However, watching them perform with such expertise and grace made me wonder if some day as a future physician, I too will have an artistic expression of my years of practice."

Painting Workshop, Art Corner Studio; November 17 and 24 and December 18, 2019 "Based on the stories of the women artists that we discussed, my painting symbolized the metaphorical box that women were trapped in by the standards of society, but also the explosion of stories, emotions and creativity that they contributed to the world through their art."

Mari Katayama Exhibit, University of Michigan Museum of Art; January 23, 2020 "I was impressed by my peers' insights and willingness to grapple with complex thoughts in a group setting. I thought the artist made us address our own ableist bias and as physicians and future physicians, I find this immensely powerful and important."

Mari Katayama Exhibit, University of Michigan Museum of Art; January 23, 2020 "I think this is a great way to 'bridge the divide' between our groups [medical students and residents] over a mutual appreciation of the arts."

Cranbrook Art Museum; February 23, 2020

"I really enjoyed the experience of going to the museum... the tour of the vault was my favorite part of the experience. These experiences are incredibly important for med student and resident wellness."



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 humanistic medical care. It is based on our belief that engaging with the visual, theatrical, musical, and literary arts enhances the humanistic skills of medical students and house officers as well as their comfort in delivering empathic care, incorporating awareness of social and economic context, and being comfortable with the ambiguity and uncertainty that are central elements of clinical practice. The arts thus help students prepare for their future lives and careers.

The arts help 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 high-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.

We are especially delighted by the student-initiated projects in this year's report, as well as events that offered learners the opportunity to create their own artwork. 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 like-minded classmates in creating their own art, be it musical, visual, or dance. Active participation is equally important for those with little or no previous 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.

During the 2019-2020 academic year, 226 learners participated in 11 arts events. Whether they visited an exhibit, attended a performance, gave a performance, or created a work of art themselves, all participants joined in intensive group discussions with actors, musicians, and composers, and with content experts such as museum curators, theatre directors, and artistic instructors. These discussions not only enhanced their appreciation of the art but also highlighted its relevance to health care. MAP engaged with other University of Michigan programs including the University Musical Society (UMS) and the University of Michigan Museum of Art (UMMA). 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.

Unfortunately, the COVID-19 pandemic forced cancellation of several eagerly-anticipated Medical Arts events scheduled for the spring of 2020. The specific format for events in 2020-2021 will likely be affected by the pandemic and its aftermath.



THE MEDICAL ARTS EXPERIENCE

THE PROGRAM

Medical schools provide students with the scientific knowledge necessary to deliver technically proficient care. However, many practicing physicians do not do particularly well at delivering *humanistic* care. Too often, caregivers don't communicate effectively with their patients, or fail to understand the larger impact of their disease. Both of these problems can compromise patient care.1

Medical trainees can learn to understand better the humanistic elements of good clinical care through



Painting Workshop — November 2019

engagement with 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 have grappled with the nature of human relationships and the essential purpose of life itself. Artists have reflected on their own illnesses, disabilities, and aging. These are all profound issues that affect how today's health care providers practice. The arts connect life-as-lived to medicine with an intensity and fidelity that cannot easily be conveyed by conventional classroom instruction or on ward rounds.

The arts also help physicians move from an abstract understanding of their patients' worlds to meaningful 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." Art can help trainees make that a reality.

Trainees need to learn how to truly listen to their patients. They need to be attuned to the subtleties of body language. Artistic experiences teach us to pay careful attention to myriad types of details. Art can also help learners appreciate that there are multiple ways to understand the world and that others see and experience that world in different ways. Learners can gain this understanding through exposure to the arts. Moreover, there is not one clear solution to a clinical problem, and physicians-in-training must learn to be comfortable with this uncertainty. The arts, too, draw much of their power from ambiguity.

- 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.



© UMS/Peter Smith yMusic Performance — November 2019



LEADERSHIP

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PARTICIPANTS and THE VOICES OF LEARNERS

A total of 226 learners participated in 11 arts events during the academic year 2019-2020. A group of student "Ambassadors" served as a liaison with other students, advising program leadership at an annual dinner meeting and informally throughout the year. Artists, writers, and content experts, including musicologists, behavioral scientists, composers, theater directors and museum curators, often joined the learners. Learners believed that experiencing works of art as well as creating art themselves contributed to bettering their medical education. Typical quotes from the responses from the students and house officers received after each event confirm the impact of the program.



MEDICAL ARTS PROGRAM 2019-2020 SEASON

THE NEW THEATRE OF MEDICINE - WORK, BURNOUT, BALANCE

October 2nd, 2019 | Great Lakes South Room, Palmer Commons | Ann Arbor



Jenny Donovan in "Work, Burnout, Balance"

The MAP sponsored two performances of the play *Work, Burnout, Balance*. This play explored the sorts of ubiquitous stressors that all-too-often threaten the health and well-being of healthcare professionals, including (but not limited to) problems such as gender bias and expectations, mental health stigma, and toxic work environments. This innovative work used theatre and dance to follow a prominent general surgeon and chief resident as they worked together in an attempt to navigate a week of challenges related to their professional and personal life. Along their journey they experienced both individual and systemic stressors that can create the conditions for suicidal ideation.

After each performance, Charles Samenow, MD, MPH, Associate Professor of Psychiatry and Behavioral Sciences at The George Washington University, and playwright Jeffrey Steiger, facilitated a discussion with the audience about issues revealed in the play. He also offered specific strategies for support and change. The extremely diverse audience members ranged from first year medical students to medical school faculty members and their family members. Attendees found this to be a powerful event. They said that it gave them an opportunity to speak about topics that they often avoid discussing with their peers, as well as making them feel less isolated in their own personal experiences. Some audience members were motivated to take actions in combating mental health stigma within the medical community.



MAPAG FALL SHOWCASE

October 14th, 2019 | Kerrytown Concert House | Ann Arbor



The QTs and Elliot (Aisling Zhao, M4; Joe Klein, M4; Elliot Brannon, MSTEP; and Chris Campbell, PhD candidate) performing at the MAPAG Fall Showcase

Designed to foster a community for medical students to share their artistic gifts, the student-initiated Medical Arts Program Artists Guild (MAPAG) is now entering its fourth season. During MAPAG's seasonal showcases, medical students have the opportunity to showcase their diverse talents on stage at the Kerrytown Concert House, located in Ann Arbor's Kerrytown area. The seventh MAPAG showcase took place this fall for an audience of approximately 100 people. Students and residents shared their talents in a variety of areas, ranging from musical performances to poetry reading to a magic show. By creating a community around the arts, the MAPAG paves the way for learners to make uncommon connections between each other, and between art and medicine.

One performer, Curtis Kuo (M1), has been playing cello since he was five. Performing at MAPAG ended up helping him manage his identity as a musician during his first year of medical school. He reflected that: "I had a blast once I was nudged toward participating...for most of my friends that was the first time they saw me as the center of attention, and I know it's cemented my identity as a cellist in their minds. And for me, it was nice to have a recording and demonstrate to myself that I'm still improving, and that I didn't just peak in high school or college.

"More than being on stage, though, I loved watching my peers perform. Especially those who I didn't know were poets and musicians, before that night. I know open mic nights exist, but having a space for only medical students, designed for medical students, just has something about it that's so personal. I really appreciate the opportunity given to students by the Medical Arts Program, because it helps build a community among artists and with art lovers. Having the showcase opens this space where colleagues can learn something about each other, and I think for me it let me see my peers in a different light afterwards.



"Since I've only just finished my preclinical year, I don't know exactly how my identity as a musician will manifest itself in my medical training. I have some guesses--being able to translate that attention to detail, being able to connect with patients who are music lovers--but I also anticipate there will be some unexpected moments where my background will illuminate something about the situation I find myself in."

YMUSIC PERFORMANCE AND DISCUSSION

November 1st, 2019 | Rackham Auditorium | Ann Arbor



yMusic sharing their experiences with medical students, and residents ©UMS/Peter Smith

Late in the fall semester, the MAP attended a UMS performance by the innovative musical group yMusic. yMusic members subvert the boundaries of musical genres through nontraditional instrumentation - clarinet, trumpet, cello, violin, viola, and flute - and through collaboration with such diverse artists as Bon Iver, Yo-Yo Ma, and Paul Simon, with whom the group appeared on *Saturday Night Live*. This performance marked the world premiere of *Difference*, a composition that was cocommissioned by UMS and written by Andrew Norman, who has been noted as "one of the most gifted and respected composers of his generation" by the *New York Times*.

The performance was described by many students as "ethereal." One student noted that "I was enthralled. I haven't heard most of those instruments make those particular sounds before (especially together). It was truly captivating." This performance was followed by a Q&A session with yMusic members. Attendees found that the discussion not only enhanced their understanding of the music, it also gave rise to interesting comparisons between being a physician being and a professional musician. As one student noted, "The performers gave a lot of context to their role in music and offered numerous points of comparison between their work and ours." Several other students also drew parallels between professions in music and medicine, with one student commenting: "The artists, like many of us, are deeply and somewhat narrowly dedicated to their path, as necessitated by the demands of a high-stakes profession. But they also have and demonstrate a capacity to define the terms of their engagement with the world, particularly through their musical work." Ultimately, the participants seemed to find more similarities in their experiences than differences and considered what they learned from these remarkable musicians to be "applicable to medical school and careers beyond."



PAINTING WORKSHOP

November 17th and 24th and December 18th, 2019 | Art Corner Studio | Ann Arbor



Dr. Mody, Julee Li, and participants after the first painting workshop

November 17th marked the beginning of MAP co-director Dr. Lona Mody and Art Corner Studio instructor Julee Li's second Interactive Painting Workshop. The theme of this year's workshop was "Success in Science: What We Can Learn From Women Artists," a theme that was inspired by a recently published paper by the Medical Arts Program's Lona Mody, Joel Howell, and Sanjay Saint. Following a brief lecture on women artists drawn from the paper, students were given the opportunity to create their own painting to express an artistic interpretation of the theme. While the medical students were in the midst of many end-of-semester exams, one participant called the workshops "a good chance to get out of our head and into a creative space." Yet another student reported that the lecture helped them with "drawing connections between the arts and science" that they had not thought of before. Several other participants liked the opportunity to have a creative outlet in the midst of their life as a medical student and appreciated the introduction to a theme.

Over the course of three sessions each participant completed a painting, with the images depicting a varied range of impressions of the central theme. One painter chose to depict an impression of the organ she studies, the ovary. Another created a work that "symbolized the metaphorical box that women [are] trapped in by the standards of society." Following the workshop, each of the paintings was professionally photographed and printed on canvas by the North Campus Research Complex Art Coordinator, Grace Serra. The hope is to have these paintings join the ones from last year's workshop that are on display throughout Michigan Medical School and in corridors leading into the hospital.

¹ Mody L, Howell JD, and Saint S. Success in Science: What we can learn from women artists. *Journal of Clinical Investigation* 2019; 129: 4560-4562.



WOZZECKJanuary 11th, 2020 | Michigan Theater | Ann Arbor



Peter Mattei and Christian Van Horn in "Wozzeck" KEN HOWARD / MET OPERA

Alban Berg's early-20th-century German opera, *Wozzeck*, tells the story of a highly ambitious doctor who hopes to gain fame through his controversial experiments on the soldier Wozzeck. This performance was broadcast live from the stage of the Metropolitan Opera in New York City to the Michigan Theater in downtown Ann Arbor. Prior to the broadcast, participants gathered in the Michigan Theater's Annex Cinema for a discussion focusing on the history of the production and the ethics of human experimentation, expertly guided by UM faculty member and theatre director, Katherine Medeloff. Participants appreciated that the discussion gave them "a better understanding of the plot and the ethical issues," especially as they relate to contemporary ideas about the ethics of human experimentation. Attendees then participated in a dramatic reading of selected scenes from the text, which helped clarify the plot and characters, as well as leaving students very impressed with their peers' acting abilities. Following the reading, students moved to the Screening Room to watch the performance. In the words of one student, "It was powerful. The vocalists were outstanding, the costumes wonderful, and the stage setting dramatic... the music enhanced the power of the opera." Given the intense nature of the opera and the ethics discussion, students were left with a lot to think about after the performance.



MARI KATAYAMA EXHIBIT

January 23rd, 2020 | University of Michigan Museum of Art | Ann Arbor



Curator David Choberka, medical students, and residents discuss their reactions to Katayama's work

Mari Katayama is a Japanese artist who had both of her legs amputated at the age of nine. She has created a provocative series of photographs objectifying her body in ways that open up broader conversations about anxieties, beauty, and (dis)ability in an age obsessed with body image. The MAP tour of her first US solo exhibition was expertly led by David Choberka, Andrew W. Mellon Curator for University Learning and Programs at the University of Michigan Museum of Art (UMMA).

This experience was especially meaningful for one student, who was able to reflect on their motivation for pursuing medicine, "I went into medical school to be an advocate for people with disabilities in the medical field. On my walk home I was reflecting on how few physicians with disabilities there are and what we can do... to decrease our ableist bias. I think events like this that make us reflect on disability and how it makes us feel are immensely important." The nature of the artwork left the participants with a lot to think about; one resident noted "I realized that I have not spent much dedicated time this year in residency to slow thought and reflection, often making quick decisions/analyses of clinical problems. This reminds me to use both fast and slow thought (à la Daniel Kahneman) in my work," and another described their thoughts about Katayama's expression of self: "the body and our experiences of it are complex — can be shadow and light, power and weakness, pain and freedom...all at once." Several students mentioned being grateful to hear their peers' reactions and experiences, which allowed one student "to expand the reach and depth of my own experience." Another participant expressed their appreciation of the comradery fostered through sharing honest reactions to challenging art. "I was so glad we had a group discussion and guided dialogue. I also got a lot out of just being around my peers afterwards - while our discussions strayed from the art we had just seen it was easier to go into tangential, yet deep and meaningful conversations."



CRANBROOK ART MUSEUM

February 23rd, 2020 | Cranbrook Art Museum | Bloomfield Hills



Medical students and residents admiring art in Cranbrook's vaults

The Cranbrook Art Museum, founded by Detroit philanthropists George Gough Booth and Ellen Scripps Booth, features work from students to world-renowned artists. Cranbrook Educational Community aims to bring people together to provoke new ideas about art, creativity, and the built environment.

The MAP visit began with an opportunity to tour the museum's public galleries. The students were then guided in a behind-the-scenes tour of the Collections Wing, home of the museum's three vaults. They were led by Cranbrook Art Museum's Educator/School Liaison Meghan Morrow and Curator of Education Kelly Lyons. One student noted this as their favorite part of the event: "It was very cool to get a 'backstage pass' to the inner workings of a museum." Following the tour, students were welcomed to continue discussions over dinner and to explore their own creativity through an interactive tutorial about the screen printing process. Participants made their own prints to take home.

Students "enjoyed the opportunity to get hands-on experience making art." Some students shared their previous artistic experiences, while others were able to tap into previously unexplored artistic abilities. Several students emphasized that the event offered a good break from their hectic schedules. One student explained that "It was great to take a break from studying to enjoy and absorb the arts. Cranbrook has a vast array of different pieces from professional art to pieces that the grad students make on display. Taking the time to exercise the creative mind is always something that gives more meaning to my day!"

KENNETH FISHER HONORARY DEGREE RECEPTION

February 26th, 2020 | U-M School of Education/Rackham Auditorium | Ann Arbor

The MAP came into existence in large part due to the encouragement and assistance of Kenneth Fisher, now President Emeritus of UMS. Fisher was awarded an honorary degree from U-M in 2019. This reception and performance celebrated his award. MAP Director Joel Howell offered some remarks about the importance of Ken Fisher for the development of the MAP.



GROUP PIANO LESSONS

September 20th, 2019 - April 27, 2020 | University of Michigan School of Music, Theatre, and Dance | Ann Arbor

For the fourth year, the Medical Arts Program has collaborated with the Wellness Initiative in the School of Music, Theatre, and Dance to offer group piano lessons. Over the course of each semester, students learn the fundamentals of piano playing and develop skills including sight reading techniques, eartraining, and playing in a group. Since the beginning of the collaboration, students have drawn many connections between music and medicine: discipline, performative nature, the importance of repetition, and the rewards reaped by hard work and dedication. Classes generally start with a few minutes of meditation, allowing students to transition into the class and also develop a useful skill for their own lives. The lessons also provide an outlet for students to express their creative sides and relieve stress from their busy schedules, emphasized by one student, "I looked forward to the weekly piano sessions so much throughout my week as a clinical student. Usually I would head directly there after my shift at the hospital and it was so refreshing to meet students in other years of training and relax in a nonclinical setting. Often in the clerkship blocks it feels like I get stuck in a rut where every day is the same and revolves only around clinic and studying at home. This hour of music was an amazing break that challenged my mind in new ways and left me feeling refreshed rather than more exhausted. I had always wanted to learn piano but never really had the opportunity to start. This program really was the boost I needed to give it a try." This program faced a unique challenge in the winter term when the COVID-19 pandemic led to in-person classes being cancelled. Fortunately, the transition to online instruction went relatively smoothly and students reported still practicing after classes ended. "I am making slow but steady progress... Getting the instruction for those first ten or so weeks was crucial to getting me to the point where it wasn't too intimidating."

MAP 2020-2021 GOALS

In 2020-2021, the Medical Arts Program will continue to pursue our main goal of using the arts to give medical students and house officers a means to become better physicians. We will involve learners in a variety of events, including a diverse representation of international arts. We will continue to gather data on MAP's impact on its participants and we will prepare manuscripts based on these findings. We continue to explore opportunities for external support and look forward to another productive year. The ongoing pandemic creates challenges for the format of future events, but we are exploring a variety of innovative approaches to enrich the program.



Appendix: MAP Activities, 2019-2020

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| Date | Event | Venue | Speaker(s) | | |
| September 20- December 13 | Piano Lessons (Fall) | SMTD | Paola Savvidou, SMTD Wellness Coordinator Forrest Howell, Piano Instructor | | |
| October 2 | The New Theatre of Medicine - Work, Burnout, Balance | Palmer Commons | Charles Samenow, MD, MPH, Associate Professor of Psychiatry and Behavioral Sciences - George Washington University Jeffrey Steiger, Artistic Director - The New Theater of Medicine | | |
| October 14 | MAPAG Fall Showcase | Kerrytown Concert House | Medical Students and House Officers | | |
| November 1 | yMusic | Rackham Auditorium | CJ Camerieri, Alex Sopp, Hideaki Aomori, Rob Moose, Nadia Sirota, and Gabriel Cabezas, Musicians | | |
| November 11 | Ambassador Dinner | The Earle | Joel Howell, MD, PhD - Medical Arts Program Lona Mody, MD, MSc - Medical Arts Program | | |
| November 17 November 24 December 18 | Interactive Painting Workshop | Art Corner Studio | Lona Mody, MD, MSc Julee Li, Artistic Instructor | | |
| January 11 | Wozzeck Broadcast from the Metropolitan Opera | Michigan Theater | Katherine Mendeloff, UM Residential College faculty member, theatre director | | |
| January 27- April 27 | Piano Lessons (Winter) | SMTD | Paola Savvidou, SMTD Wellness Coordinator Forrest Howell, Piano Instructor | | |
| January 23 | Mari Katayama Exhibit | UMMA | David Choberka, Andrew W. Mellon Curator for University Learning and Programs | | |
| February 23 | Cranbrook Art Museum Tour and Art Lab Session | Cranbrook Art Museum | Kelly Lyons, Cranbrook Art Museum Curator of Education - Cranbrook Art Museum Meghan Morrow, Educator/School Liaison - Cranbrook Art Museum | | |
| February 26 | Ken Fischer Honorary Degree Reception | Rackham Auditorium | Performance by West-Eastern Divan Ensemble, with Michael Barenboim | | |

MAP Activities Cancelled Due to COVID, 2020

| Date | Event | Venue | Speaker(s) |
|------------|---|-------------------------------|---|
| April 5 | Apollo's Fire and Chorus J.S. Bach's St. Matthew Passion | Hill Auditorium | Nate Jones, MDiv, Opera Singer |
| April 8 | MAPAG Spring Showcase | Kerrytown Concert House | Medical Students and House Officers |
| April 9-10 | Internal Medicine Grand Rounds and <i>Poem/Jazz</i> performance | Blue LLama | Robert Pinsky, former United State Poet Laureate |
| tbd | The New Theatre of Medicine | tbd | Charles Samenow, MD, MPH, Associate Professor of Psychiatry and Behavioral Sciences - George Washington University Jeffrey Steiger, Artistic Director - The New Theater of Medicine |