Arts and Humanities Initiative at Harvard Medical School
Annual Report
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About the Initiative

Despite the vast advances in the biomedical sciences, a leading concern among patients is that their physicians lack communication skills and empathy. Arts and humanities as educational tools have the potential to reduce burnout and depression among health care providers, improve professionalism, reflection and empathy, foster humanism, enhance perspective, sharpen students’ analytic and diagnostic skills, and improve teamwork and communication to maintain a “culture of safety,” among other goals.

We strive to embed the arts into the culture and environment of HMS and its affiliated hospitals thereby enhancing and humanizing the experience of students, faculty, and patients. We also aim to foster creativity and scholarship in the various domains of the medical arts and humanities. We welcome involvement of HMS faculty and students in planning activities and in every aspect of bringing the arts and humanities into our medical community. We have monthly meetings and offer a variety of actives, which include writing seminars, open mic sessions, musical gatherings, dance, museum trips, thirdspace (student writing website), and trips to the theatre, retreats, and more.

Mission

To foster creativity and scholarship in the arts and medical humanities at HMS and its affiliated hospitals, to promote a community of faculty and students interested in the arts and humanities, and to enhance patient care through reflection and compassion.

Goals

- To develop arts and humanities as disciplines of expression, scholarship, and engagement
- To serve as a resource for the faculty and student community
- To establish HMS as a national leader in the Medical Humanities
- To complement existing bioethics and social medicine programs at HMS
Leadership

Our steering committee is multi-disciplinary and multi-institutional. There is representation from many of the Harvard Medical School (HMS) affiliated hospitals, as well as many medical specialties and art forms. Everyone on the committee is passionate about bringing the arts and humanities into medical education and practice at HMS. Medical students, residents, and fellows are an integral part of the working committee.

Directors

David S. Jones, MD, PhD – Director
A. Bernard Ackerman Professor of the Culture of Medicine in the Faculty of Arts and Sciences and the Faculty of Medicine, Harvard University

Dr. Jones, trained as a psychiatrist and historian of science, is the A. Bernard Ackerman Professor of the Culture of Medicine, he teaches history of medicine and medical ethics at Harvard College and Harvard Medical School. His most recent book, Broken Hearts: The Tangled History of Cardiac Care, examines the history of cardiology and cardiac surgery.

Lisa Wong, MD – Associate Co-Director
Assistant Clinical Professor of Pediatrics, Massachusetts General Hospital
Pediatrician, musician and author, Dr. Wong is past president of the Longwood Symphony Orchestra. She has received many honors for her work in the arts. Her first book Scales to Scalpels: Doctors Who Practice the Healing Arts of Music and Medicine shows how the musical acumen of these physicians affects the way they administer healing and, in turn, how their medical work affects their music.

Susan Pories, MD, FACS – Associate Co-Director
Associate Professor of Surgery, Mount Auburn Hospital
Dr. Pories is the Chief of Breast Surgery and Medical Director of The Hoffman Breast Center at Mount Auburn Hospital in Cambridge, Massachusetts. An author and editor, her most recent book is The Soul of a Patient: Lessons in Healing for Harvard Medical Students, a compilation of essays by first year medical students.
Executive Committee

**Rafael Campo, MD**, Associate Professor of Medicine, Beth Israel Deaconess Medical Center

Dr. Campo teaches and practices general internal medical at Harvard Medical School and Beth Israel Deaconess Medical Center in Boston. Dr. Campo has received a fellowship, a National Poetry Series award, and an honorary doctor of literature degree from Amherst College. His new book, “Comfort Measures Only,” published by Duke University in 2018.

**Elizabeth Gaufberg, MD, MPH**, Associate Professor of Medicine and Psychiatry, Cambridge Health Alliance

Dr. Gaufberg is the Jean and Harvey Picker Director of the Arnold P. Gold Foundation Research Institute. She directs the Cambridge Health Alliance center for Professional Development and leads the reflective practice curriculum for the Cambridge Integrated Clerkship. Dr. Gaufberg is a founding editor of the CHA Literary Arts Journal, Auscultations. Her innovative curricula on professional boundaries, the stigma of addictions, and the hidden curriculum are in use in hundreds of medical training institutions worldwide.

**Joel Katz, MD**, Associate Professor of Medicine, Brigham and Women’s Hospital

Dr. Katz is the Director, Internal Medicine Residency Program and Vice Chair for Education, Department of Medicine at BWH where he is the Marshall A. Wolf Chair in Medical Education. Dr. Katz is the director of the Harvard Medical School course “Training the Eye: Improving the Art of Physical Diagnosis,” which helps medical students improve their skills in physical diagnosis by studying the fine arts.

**Suzanne Koven, MD, MFA**, Assistant Professor of Medicine Massachusetts General Hospital

Dr. Koven practices primary care internal medicine at Massachusetts General Hospital in Boston and is the Writer in Residence for the Division of General Internal Medicine at Mass General. Her award winning essays, articles, blogs, and reviews have appeared in many prestigious publications. Dr. Koven conducts workshops, moderates panel discussions, and speaks to a variety of audiences about literature and medicine, narrative and storytelling in medicine.

**Amy Ship, MD**, Assistant Professor of Medicine Beth Israel Deaconess Medical Center

Dr. Ship is an experienced primary care physician, medical educator, and speaker. She has completed two fellowships in medical education and is Faculty at the American Academy on Communication in Healthcare. She facilitates the Literature and Medicine program sponsored by the Massachusetts Council for the Humanities at the Brigham and Women’s Hospital and Beth Israel Deaconess Medical Center.

Steering Committee

**Gregory Abel, MD, MFA**, Assistant Professor of Medicine Dana Farber Cancer Institute

Dr. Abel is a member of the Hematologic Malignancies staff, as well as the Center for

**Ronald Arky, MD**, Daniel D. Federman, MD, Professor of Medicine and Medical Education; Master, Francis Weld Peabody Society, Harvard Medical School

Dr. Arky is an endocrinologist at BWH. He has devoted his career to
Outcomes and Policy Research. He is a published poet and leads the Literature and Medicine Course at Dana-Farber Cancer Institute.

**Eugene Beresin, MD**, Associate Professor of Psychiatry, Massachusetts General Hospital

Dr. Beresin is executive director of the Massachusetts General Hospital Clay Center for Young Healthy Minds and director of the Harvard Medical School course The Developing Physician. Dr. Beresin has published papers and chapters on a wide variety of topics.

**Lisa Gruenberg, MD, MFA**, Assistant Professor of Assistant Professor of Obstetrics, Gynecology and Reproductive Biology and Reproductive Biology, Boston Children’s Hospital

Dr. Gruenberg earned her MFA in creative writing from Lesley University. You will find her essays published in prestigious journals and her short story, Keiskamma, won the 2012 Massachusetts Cultural Counsel Artist’s Fellowship. Her memoir, "My City of Dreams" is in press.

**Tommy Heyne, MD**, Instructor in Medicine Massachusetts General Hospital

Dr. Heyne completed a Master’s in Theology and a Fulbright Fellowship before medical school. He studies the conceptions of medicine in ancient and medieval Christian and Muslim history. Current academic interests include the intersection of medicine and the humanities, including art history and the portrayal of disease in artwork.

**Edward Hundert, MD**, Dean for Medical Education, the Daniel D. Federman, M.D. Professor in Residence of Global Health and Social Medicine, and Medical Education, Harvard Medical School

Dr. Hundert has written dozens of articles and chapters on a variety of topics in psychiatry, philosophy, medical ethics, and medical education, as well as two books. His contributions to the literature on medical education include writings on the informal curriculum, curriculum design and management, specific curriculum reform experiences, and defining and assessing professional competence.

**Martha Katz, MD**, Instructor in Medicine, Brigham and Women’s Hospital

Dr. Katz leads “Reflections on Dissection,” held as part of HMS’s intensive introductory “Human Body” anatomy course. This course allows students to have the opportunity to utilize metaphors in the arts to deal with the often distressing and conflicting emotions associated with dissecting cadavers.

**Shahram Khoshbin, MD**, Associate Professor of Neurology, Brigham and Women’s Hospital

Dr. Khoshbin is a Neurologist at the Brigham and Women’s Hospital and the Children’s Hospital. He is one of the course directors for “Training the Eye,” a course that teaches clinical diagnosis to medical students using principles of the visual arts.
Jeremy Nobel, MD, MPH, Instructor on Health Policy and Management
Dr. Nobel serves on the faculty of the Center for Primary Care at Harvard Medical School. He is the founder and president of the Foundation for Art and Healing, an organization that explores and promotes the relationship between creative arts expression and the health and well-being of individuals and community.

Steven Schlozman, MD, Assistant Professor of Psychiatry, Massachusetts General Hospital
Dr. Schlozman is a published novelist and short fiction writer. He teaches psychiatry at Harvard Medical School and film and creative writing at Harvard University. His first novel was the Zombie Autopsies

Robin Schoenthaler, MD, Clinical Instructor in Radiation Oncology, Massachusetts General Hospital Emerson Hospital.
Dr. Schoenthaler is a radiation oncologist at MGH and Emerson Hospital. Her essays have been published in many prestigious journals.

Andrea Wershof Schwartz, MD, MPH, Instructor in Medicine, Brigham and Women’s Hospital / Veteran’s Administration
Dr. Wershof Schwartz is a geriatrician and clinician educator with the VA Boston Healthcare System and the New England Geriatrics Research Education and Clinical Center. She is a sought-after mentor and teacher and was presented with the 2018 Outstanding Junior Clinician Educator of the Year Award from the American Geriatric Society. She has published her original poetry and essays in a number of leading journals.
Accomplishments

Marmor Artist in Residence Program

Leslie Jamison  
May 16–17, 2017

As part of our Marmor Artist in Residence Program, supported by a gift from Drs. Michael and Jane Marmor, HMS ’66, Leslie Jamison spent two days at HMS in 2017, presenting workshops, panel discussions, and lectures. Beginning with her experience as a medical actor who was paid to act out symptoms for medical students to diagnose, Leslie Jamison’s visceral and revealing essays ask essential questions about our basic understanding of others: How can we feel another’s pain, especially when pain can be assumed, distorted, or performed? By confronting pain—real and imagined, her own and others’—Jamison uncovers a personal and cultural urgency to feel. She draws from her own experiences of illness and bodily injury to engage in an exploration that extends far beyond her life, spanning wide-ranging territory—from poverty tourism to phantom diseases, street violence to reality television, illness to incarceration—in its search for a kind of sight shaped by humility and grace.

About Leslie Jamison

Essayist, New York Times Book Review columnist, and bestselling author of The Empathy Exams

Ms. Jamison was born and raised in Los Angeles. She received her undergraduate degree from Harvard, her MFA from the Iowa Writer’s Workshop, and her PhD in English from Yale. Her first novel, The Gin Closet, was selected a Best Book of 2010 by the San Francisco Chronicle and was a finalist for the Los Angeles Times Art Seidenbaum Award for First Fiction. Her essay collection, The Empathy Exams, published in 2014, was a New York Times best seller and was selected as one of the top ten books of the year by numerous publications, including Publisher’s Weekly, Entertainment Weekly, and O Magazine. Leslie is currently a columnist for the New York Times Book Review and editor of Best American Essays 2017. Her next book, The Recovering, will be published in April 2018. She is on the faculty of Columbia University and lives with her family in Brooklyn.

Agenda

Tuesday, May 16, 2017

• 1:00–3:00pm | Luncheon and Narrative Master Class for Medical students  
  A discussion and writing exercise focusing on what literary narratives in fiction, nonfiction, and poetry can suggest about the experience of illness or medical care, and the difficulties and possibilities of empathy.

• 5:00–7:00pm | Reading and Lecture, followed by Reception for the HMS Community

Wednesday, May 17, 2017

• 1:00–3:00pm | Lunch and discussion about The Empathy Exams  
  Leslie Jamison met with students, house staff, and faculty to discuss the process of writing her bestselling essay collection, The Empathy Exams, as well as narrative medicine and medical journalism in general.
5:00–6:30pm | Panel Discussion

*What Is Empathy, and How Do We Teach It?* with Suzanne Koven, MD; Susan Block, MD; Fidencio Saldana, MD; and Ivana Viani, MS3 HMS.

**Summary**

Leslie Jamison spent two days at HMS and interacted with over 100 student, faculty, resident, and staff participants during that time.

On the first day, she conducted an electrifying narrative master class for medical students in which she helped them explore several illness accounts by writers and poets. That evening she gave a talk and reading, centering on her acclaimed essay "The Empathy Exams," in which she recounts her experiences as a standardized patient helping train medical students at the University of Iowa while she was studying at the Iowa Writers Workshop several years ago. A spirited conversation about the nature of empathy ensued and, even best of all, at the reception afterwards, Ms. Jamison sat for over an hour with students informally continuing the conversation and inscribing copies of her book, which were given as a gift to each student as part of the Marmor program.

On the second day of her visit, Ms. Jamison led a luncheon seminar on writing and storytelling to a range of participants: students, residents, researchers, and senior faculty. One participant, Dr. Andrea Wershof Schwartz, a junior faculty member and founding member of our initiative, wrote afterwards, *That was amazing! Thank you for bringing Leslie here. She is incredible and I feel inspired!*

Dr. Schwartz went straight from the luncheon to teach the HMS Practice of Medicine course small group sessions on empathy. She commented: It came right out of Leslie's first chapter in the Empathy Exams...Thank you again for bringing such a talented artist to HMS and I look forward to building on and learning from our first Marmor artist in residence experience!

The final event was a panel discussion: "What Is Empathy and How Do We Teach It." Ms. Jamison, Dana Farber Chief of Palliative Care, Dr. Susan Block, HMS Dean of Students Dr. Fidencio Saldana, and fourth year HMS student Ivana Viani joined moderator Dr. Suzanne Koven and a rapt audience of students, nurses, physicians, and patients to grapple with the difficult questions posed in the panel's title. As a prelude to the panel, Dr. Lisa Wong and several medical students played Air by Bach on flute, violin, and viola. The gorgeous music opened our hearts and further expanded our understanding of the power of empathy—and art.
All who attended these events were deeply moved, including Leslie Jamison herself. She commented that her interactions with our students—so thoughtful and receptive to the idea of bringing the arts into medical training—were the highlight of her visit.

A Sampling of Comments and Feedback

- Joel Katz, MD, associate professor of medicine at Brigham and Women’s Hospital: I thought that the Tuesday afternoon session was just fantastic, and I know the students and residents were very moved and inspired. Ms. Jamison was a perfect choice and foundation for future growth.

- Fidencio Saldana, MD, dean of students: How do you teach empathy? Don’t STOP teaching it - not only during the preclinical year, but also beyond. We need to keep giving “booster shots” along the way, through clinical years and residency.

- Susan Block, MD, Dana Farber Chief of Palliative Care: We can only be effective when we slow down and listen. We teach skills and discipline, words and responses - which our trainees then use to make the music of caring for our patients.

- Suzanne Koven, MD, writer in residence, Massachusetts General Hospital: arts, humanities and healing are inextricable. Art as healing, art as transformation is a necessary part of our medical curriculum.

- Colleen Farrell, fourth year medical student at Harvard: The Marmor Artist in Resident series with Leslie Jamison was such a valuable opportunity for me. By closely reading texts in Leslie’s Master class, my mind was opened to new ways of thinking of patient narratives. In another discussion with Leslie, she shared her astute insights on how to approach my own writing about my experiences in medical school. From the synergistic conversation between Leslie, Dr. Fidencio Saldana, and Dr. Susan Block, I came away with a more nuanced sense of how to approach difficult conversations with patients. It was also a special treat for me to perform chamber music before one of the events, and to think about the connections between music and other forms of communication. I am sure that many of the insights I took from these events will stay with me into residency and beyond.
Yo-Yo Ma

April 9–10, 2018

Report of the second Marmor Artist in Residence event at HMS, supported by a gift from Drs. Michael and Jane Marmor, HMS ’66.

About Yo-Yo Ma

Yo-Yo Ma was born in 1955 to Chinese parents living in Paris. He began to study the cello with his father at age four and three years later moved with his family to New York City, where he continued his cello studies with Leonard Rose at the Juilliard School. After his conservatory training, he sought out a liberal arts education, graduating from Harvard University with a degree in anthropology in 1976. He has received numerous awards, including the Avery Fisher Prize (1978), the Glenn Gould Prize (1999), the National Medal of the Arts (2001), the Dan David Prize (2006), the Leonie Sonning Music Prize (2006), the World Economic Forum’s Crystal Award (2008), the Presidential Medal of Freedom (2010), Kennedy Center Honors (2011), the Polar Music Prize (2012), the Vilcek Prize in Contemporary Music (2013), and the J. Paul Getty Medal Award (2016). He has performed for eight American presidents, most recently at the invitation of President Obama on the occasion of the 56th Inaugural Ceremony.

Mr. Ma maintains a balance between engagements as a soloist with orchestras, recital and chamber music activities, and collaborations with a wide circle of artists and institutions. With partners from around the world and across disciplines, Mr. Ma creates programs that stretch the boundaries of genre and tradition to explore music-making as a means not only to share and express meaning, but also as a model for the cultural collaboration he considers essential to a strong society. Expanding upon this belief, in 1998 Mr. Ma established Silkroad, a collective of artists from around the world who create music that engages their many traditions. In addition to his work as a performing artist, Mr. Ma partners with communities and institutions from Chicago to Guangzhou to develop programs that champion culture’s power to transform lives and forge a more connected world. Mr. Ma’s discography of over 100 albums (including 19 Grammy Award winners) reflects his wide-ranging interests.

Agenda

Monday, April 9, 2018

Ma began his visit with a lunch at the Tosteson Medical Education Center (TMEC) attended by several HMS students and members of the Arts and Humanities Initiative leadership team, including David Jones, AB ’92, AM ’97, MD ’97, PhD ’01; Susan Pories, MD; Lisa Wong, AB ’79, MD; and award-winning poet Rafael Campo, MD ’91.

Lunch at TMEC

In a wide-ranging discussion, student leaders described a variety of student-run artistic activities on campus, including the Harvard Chamber Music Society, Longwood Chorus, and FABRIC, the annual variety show produced and performed by students to celebrate diversity, equity, and inclusion. Ma discussed concerns that the students had in balancing their many interests, drawing a parallel between his career as a performer and that of a clinician, describing the importance of conveying to an audience (or to a patient) being present and committed, even at times when one might feel worn out, distracted, or otherwise preoccupied.
Performance and panel discussion at Dana-Farber Cancer Institute

After lunch, Ma visited Dana-Farber Cancer Institute (DFCI) and participated in an open rehearsal and performance. Ma and a small chamber orchestra of HMS students performed works by Bach, Bartok, and Tchaikovsky for an audience of DFCI staff, patients, and patients’ families. The healing and transcendent power of music was the focus of a panel discussion that followed, featuring Robert Mayer, MD ‘69, faculty vice president for academic affairs at DFCI, senior physician at Brigham and Women’s Hospital, and the Stephen B. Kay Professor of Medicine at HMS, where he is also faculty associate dean for admissions; Wong, associate co-director of the Arts and Humanities Initiative and a musician, pediatrician, and author; and Heather Woods, a board-certified music therapist at DFCI.

Meeting with graduating students

Following the DFCI performance, Ma returned to the HMS campus to meet with graduating fourth-year HMS students as well as medical students in the Harvard-MIT Program in Health Sciences and Technology. These students, most of whom are also musicians, discussed their areas of research, anticipated residencies, work-life balance, and their hopes and aspirations for the future. The striking parallels between an elite career in the performing arts and a career in medicine and research surprised and intrigued many of the students. Ma led a frank discussion of his own experiences with burnout and how to overcome and prevent it. One student, who had just matched in surgery for residency training, asked what steps Ma took to protect his hands, a concern shared by surgeons and musicians alike.

Dinner and music

Ma ended his day at the beautiful home of Campo and Jorge Arroyo, MPH ‘02, where AHI faculty members, students, and invited guests enjoyed a convivial dinner and conversation about the role of the arts in medical education. The evening started and ended with musical offerings by first-year students Enchi Chang, AB ’17, Nikolai Renedo, MD ’21, and Melody Huang, MD ’21.
Tuesday, April 10, 2018

Ma attended lunch in the office of HMS Dean George Q. Daley, AB ’82, MD ’91, PhD, along with the AHI leadership team, Dean for Medical Education Edward Hundert, MD ’84, and Marmor Artist in Residence program donors. Daley, himself a musician, talked about the importance of creativity in medicine and the role of the arts on the Medical School campus.

Session with first-year students

Ma’s residency culminated in his participation in the Professional Development Week course with the entire first-year class in the Carl W. Walter Amphitheater. Hundert moderated a panel including Ma; Liz Gaufberg, MPH ’89, associate professor of medicine and psychiatry at Cambridge Health Alliance; and Ivana Viani, MD ’18.

The panelists discussed the many roles of the arts in medical education and healing. In a moving exchange, Parsa Erfani, MD ’21, gave a spoken-word performance about his experiences as a Muslim in America, inspiring Ma to respond with a cello performance of “Partita,” by Turkish composer Ahmed Adnan Saygun. A reception held after this session gave students and faculty the chance to celebrate Ma’s two-day residence at Harvard Medical School.

The students’ response to the residency was tremendous. AHI surveyed the first-year students who took part in the Professional Development Week session. Of the 130 students who evaluated their experience, 95 percent rated the session from good to excellent. Below are select comments from students about key points from the presentation:

- “Arts can change your state of mind, build resilience, and increase empathy.”
- “In healing others, we heal ourselves.”
- “Arts can allow us to take time to reflect, connect with and learn about others, recognizing our shared humanity.”

Below are representative comments about changes the students intend to make based on what they learned:

- “Remembering the meaning and beauty in the work we do in medicine.”
- “Trying to understand the patient’s perspective.”
- “Providing more humanistic care.”
- “Be more self-aware and reflect more often.”

Students offered suggestions for future sessions, including the equivalent of “training the eye” for music—listening to music to help physicians hear murmurs and better understand the tones of patients’ voices in their stories. The students were also interested in learning how to incorporate the arts and artistic ideals into a medical practice, and they also expressed interest in exploring what a medical curriculum infused with more arts would look like.
Photos from Yo-Yo Ma’s Visit

Yo-Yo Ma engages HMS students and faculty, including award-winning poet Rafael Campo, MD ’91, during lunch.

Students perform at a dinner for Yo-Yo Ma hosted by Rafael Campo, MD ’91, and Jorge Arroyo, MPH ’02.
Above and below, Yo-Yo Ma performs with HMS students at Dana-Farber Cancer Institute.
Yo-Yo Ma meets with fourth-year HMS students and students in the Harvard-MIT Program in Health Sciences and Technology. The students talked about their aspirations and fears.

Yo-Yo Ma joins a panel discussion featuring Liz Gaufberg, MPH ’89 (second from left), an associate professor of medicine and psychiatry at the Cambridge Health Alliance; and Ivana Viani, MD ’18. Edward M. Hundert, MD ’84, HMS dean for medical education, served as moderator.
As part of Professional Development Week, Ma (above) talks with first-year HMS students about the role of arts in medical education.

Yo-Yo Ma performs for first-year students.
A reception after the panel discussion with first-year students.

Carrying on the themes discussed during Yo-Yo Ma’s visit, the Arts and Humanities Initiative held workshops at the Isabella Stewart Gardner Museum focusing on deep observation and reflection as a means of bringing one’s whole self to one’s work.
Winter Session for Undergraduates

This annual program at the Harvard Art Museums introduces undergraduate student to the concepts of art and humanities in medicine. For many students who are contemplating a career in science or medicine, it is comforting to know that their interests in music, dance, theatre, writing, or other artistic endeavors can continue during their academic studies.

WINTERSESSION Creativity, Medicine and the Arts

Presented by Arts and Humanities Initiative at Harvard Medical School
Wednesday, January 18, 2017, 1:00–4:45pm
Harvard Art Museums

Faculty:
- Correna Cohen, Harvard Art Museums
- Martha Katz, University Health Services, Harvard Medical School
- Suzanne Koven, Massachusetts General Hospital, Harvard Medical School
- Justin Lo, Harvard Medical School
- David Odo, Harvard Art Museums
- Elizabeth Rider, Boston Children’s, Hospital, Harvard Medical School
- Amy Ship, Beth Israel Deaconess Medical Center, Harvard Medical School
- Madhvi Venkatesh, Harvard Medical School
- Lisa Wong, Massachusetts General Hospital, Harvard Medical School
- Michael Wu, Harvard Medical School

1:00 Welcome and Introductions [Deknatel Hall]
Suzanne Koven and Lisa Wong

Session 1 1:30–2:40
- Group 1: Narrative Medicine (Koven) [Seminar Room]
- Group 2: Compassion and Suffering through the lens of art and medicine (David Odo, Elizabeth Rider) [Gallery]

Session II 2:45–3:55
- Group 1: Healing Narrative through Dance and Art (Amy Ship, Madhvi Venkatesh) [Deknatel Hall]
- Group 2: Art and Anatomy (Cohen, Katz) Seminar, Gallery

4:00–4:30 Theme and Variations: Music of Bach [Deknatel Hall]
Justin Lo, Lisa Wong, Michael Wu

4:30–5:00 Conclusion and Reflections: Amy Ship and Lisa Wong

DEKNATEL HALL, SEMINAR ROOM Lower Level
GALLERIES 1st and 2nd floors
Open Mic Nights in Vanderbilt Hall

These photos are from one of our open mic events, which are always popular. There were around 25-30 revisit students who stayed for most/all of the event in the JBM lounge. In addition, more revisit students who came for a shorter time. We had a good turnout of MS1s (approximately 6) to help. Students performed many pieces for about 2½ hours on piano, acoustic guitar, drums, and vocals. I think the Revisit students had a wonderful time. They were shy at first to perform in front of their new classmates but, after a few minutes, really started to come out of their shells.  
(submitted by David Clossey)
Musical Events

Afternoon of Music and Tea at the Home of Kitty Pechet
Program for April 23, 2017

Violin Sonata No. 2 in A major, Op. 100
   I. Allegro amabile
   II. Andante tranquillo
   III. Allegretto grazioso Yoonhee Lee, Violin Christopher Lim, Piano

Johannes Brahms (1833-1897)

Piano Trio No.1 in d minor, Op.49
   I. Molto allegro agitato
   II. Andante con moto tranquillo
      Emily Hsieh, Violin Michael Wu, Cello Dalya Umans, Piano

Felix Mendelssohn (1809-1847)

~ Intermission ~

Charles Ives Violin Sonata No. 2, Op. 61
   I. Autumn
   II. In the Barn
   III. The Revival Yoonhee Lee, Violin Christopher Lim, Piano

Charles Ives (1874-1954)

Piano Trio No.3 in c minor, Op. 101
   I. Allegro energico
   II. Presto non assai
   III. Andante grazioso
   IV. Allegro molto Emily Hsieh, Violin Michael Wu, Cello Dalya Umans, Piano

Johannes Brahms (1833-1897)

~ Reception followed ~
At the Still Point: Medicine from the Inside

This was a multi-media production on art, music, and medical student/resident resilience presented at the Harvard Ed Portal by Ben Robison, a violinist/Stanford medical student and Dr. Matthew Wetschler. At the Still Point is a project based at Stanford University School of Medicine that promotes creative reflection—stillness—as a way to connect to the vulnerability, intimacy, and wonder found within health care. It aspires to encourage moments of art-enabled reflection and stillness in daily life as a way of preserving empathy and compassion essential to healing, health, and wellness. This project presents visual works, sound, art, and text that explores the emotional narrative in health care.

Dr. Matthew Wetschler is a physician-artist that lives and works in San Francisco. With paintings made of wood, plaster, and acrylic paint, his abstract works reflect his experiences during medical training. He is currently an emergency medicine resident at Stanford University. He holds duel bachelors in philosophy and fine arts with a focus on painting. He completed his medical degree and masters of public health at University of North Carolina, Chapel Hill.

Dr. Benjamin Robison is a musician and graduating medical student. He plays violin and piano and composes digital-acoustic scores. Prior to medical school, he directed the multimedia-music ensemble Ardesco and was the co-founder of the Musicians' Alliance for Peace, a global organization that produced concerts in 26 countries and 7 continents. Robison holds a Doctor of Musical Arts from Stony Brook University and is currently studying medicine at Stanford University.
The Longwood Chorus

The Longwood Chorus is an ensemble of students and professionals in healthcare and science that seeks to reduce medical burnout, promote creativity and emotional wellness, and perform high-quality choral music. Two medical students with support from the Arts and Humanities Initiative founded the Longwood Chorus. They put on several performances around Boston.

Street Symphony String Quartet

You are cordially invited to a special event
Music, Conversation & Community
Tuesday, April 24, 2017 at 7:00 PM
The Winsor School Baldwin Recital Hall 102 Pilgrim Road

Street Symphony String Quartet
members of the Los Angeles Philharmonic

Jin-Shan Dai, Vijay Gupta, violins
Michael Larco, viola and Dahae Kim cello

Street Symphony is a grassroots community of musicians dedicated to engaging communities affected by homelessness and incarceration through musical performance, dialogue and storytelling.

Music by Osvaldo Golijov and Beethoven, with remarks and reflections by violinist Vijay Gupta. Co-sponsored by the Winsor School and the Arts and Humanities initiative at Harvard Medical School. This performance was made possible by the generous support of Linda and Skip Victor.
Music for Public Health

MUSIC FOR PUBLIC HEALTH
Join us for a lively conversation on bringing music to our most vulnerable with:

Vijay Gupta
LA Philharmonic violinist and founder & director of Street Symphony, TED senior fellow, and mental health advocate

James O’Connell
HMS ’82, President of Boston Health Care for the Homeless Program and assistant professor of medicine at Harvard Medical School

Julie Leven
Violinist with Handel + Haydn Society and founder of Shelter Music Boston

RSVP appreciated: https://tinyurl.com/AHI-MusicForPublicHealth

Monday, September 11, 2017 at 6pm | TMEC Walter Amphitheater | 260 Longwood Avenue

Partnership with Boston Symphony Orchestra

In 2016, a relationship between The Boston Symphony Orchestra and the Arts and Humanities Initiative at HMS, led to the inception of the BSO Medical Card program and has been extremely popular.

Using music to heal the healer, this innovative program—designed to engage medical students and residents—by providing access to live classical music concerts during their tenure in Boston. Each BSO Medical Card entitles the student to a maximum of two tickets to attend a concert each week during the BSO season.

In 2016, AHI provided BSO Medical Cards to 450 HMS students. The BSO Box Office reported to us that medical students utilized more than 800 tickets in the first season and this level of enthusiasm continues.
Writing
Sessions for Medical Students

Dr. Rafael Campo and Dr. Susan Pories lead regular writing sessions for medical students, usually in Dr. Campo's beautiful home with dinner provided. These sessions always have a theme and start with reading together and discussing appropriate poetry and prose selections. A writing prompt is then provided and students share their writing in a safe and supportive environment.

One of our sessions was included in Ken Browne's documentary Why Doctors Write: Finding Humanity in Medicine.
Poetry: The Hippocrates Symposium

The Arts and Humanities Initiative at Harvard Medical School hosted the 8th Annual Hippocrates Symposium on Poetry and Medicine, and international event.

Poets from Australia, Canada, Ireland, the United Kingdom, and the United States of America were among the winners of major awards in the Hippocrates Prize for Poetry and Medicine, the awards ceremony and symposium were held at Harvard Medical School—the first time this event was held outside of the United Kingdom.

The judges were Pulitzer winner Jorie Graham, pediatrician, ER producer Neal Baer, Scotland’s Makar (National Poet), Jackie Kay, New York poet Maya Catherine Popa, and New York Poet and psychiatrist Owen Lewis.

The international Hippocrates Prize attracts both health professionals and established poets from around the world— with a strong emphasis on highly accessible poetry that comes from direct personal experience. This year the themes ranged from setting up a field hospital in Iraq, to recovery from depression, illness in children, breast cancer, and in the Young Poet's category, to a description of how Alzheimer's affects a grandfather's face. “These poems show us everything we have in common,” said Jackie Kay. "They help us with grief and grieving. But above all, they make us cherish life, our health, our minutes, and our hours. I’d keep these poems about me as my companions. They radiate light. One minute you’re reading a poem from a patient, the next a doctor, the next a nurse, the next a porter, the next a friend, the next a family member. One minute you’re reading a poem set in a standard hospital in the UK, the next a makeshift hospital in Iraq."

Neal Baer, producer of ER observed, “Here the ordinary becomes extraordinary. These poems relate with emotional depth and in fresh and compelling ways what it means to be healthy and sick.”

The FPM Hippocrates Health Professional First Prize went to Kathy D’Arcy from Cork, Ireland for a poem exploring the human heart. First runner-up was respiratory physician Andrew Dimitri from Sydney, Australia, who wrote about the challenges of setting up a field hospital near the Mosul front line. Andrew Dimitri also works a doctor for the international humanitarian organisation Médecins Sans Frontières. Second runner-up was Iora Dawes, from Stafford,
who has worked as a medical social worker. Iora wrote about the experience of parents awaiting the outcome of surgery on a child in hospital.

The FPM Hippocrates Open First Prize went to poet Alisha Kaplan from Toronto in Canada for a poem about recovery from depression. Runners-up were Claire Collison from London, England for a poem set in a natural oasis hidden on Hampstead Heath and Rosie Jackson from Somerset in England for a poem about alleviating mental distress.

The winner of the Hippocrates Young Poet Award was Erin O’Malley for Pennsylvania, USA writing about Alzheimer’s in her grandfather.

The short-listed Hippocrates Young Poets were from the USA Rachel Litchman, Michigan and Joyce Zhou, Illinois; from the UK Roberta Maia Sher, London and Izzy Wythe, Oundle; and from Singapore Vernon Yian. Young Poets judge Maya Catherine Popa said: "It is wonderful that a prize with this kind of international visibility aims to encourage young writers from around the globe. As a teacher of this age group, I am often amazed at the creativity, insight, and skill of young writers. I wish more prizes aimed to showcase and support these voices."

The judges also agreed a record twenty-nine commendations in the Health Professional category, reflecting the high quality of entries, with a further sixteen poems commended in the Open category, from poets from around the world: from the UK, Ireland, the USA and Canada, to Australia, Singapore, the Philippines and Switzerland.

Jorie Graham commented: “That so much raw suffering, clear-sighted understanding of the vicissitudes of fate, and the perhaps lucky accidents of medical knowledge, or chance, or compassion, could find their way through formal intelligence to these pages is barely short of a miracle. It is certainly a testament to the power of the imagination to heal, console, elegize and cry out against the terrible demands of life and destiny. It is hard to forget these voices once one inhabits their particular circumstances, their messages of belief and profound trust in the consolations of beauty.”

Owen Lewis too was impressed by the skill and compassion shown in the poems: “As a poet and a physician, reading through the entries as one of the judges for this year’s Hippocrates Prize was a real page-turner. This exciting and moving array of poems speaks to the experiences of illness and health, of patient and healer. The poems are written with both immediacy and reflection, with craft and heart-felt expression.”

“I am very pleased to be supporting this year’s Hippocrates Prize for poetry and medicine,” said patron of the awards Professor Anthony Fretwell-Downing. “These international awards are an excellent way to encourage people from around the world to take an interest in their health through poetry, as shown this year by entries from over 30 countries. The poems resonate with my sense of creativity.”

The Hippocrates Prize and this year’s awards symposium were supported by the medical charity the Fellowship of Postgraduate Medicine - publishers of the Postgraduate Medical Journal and Health Policy and Technology, the healthy heart charity the Cardiovascular Research Trust, philanthropist Professor Anthony Fretwell-Downing, the Hippocrates Initiative and the Arts and Humanities Initiative of Harvard Medical School. With a prize fund of £6000 /~ USD 7500 for winning and commended poems, the Hippocrates Prize is one of the highest value poetry awards in the world for a single poem. In its 8 years, the Hippocrates Prize has attracted over 8,000 entries from over 60 countries, from the Americas to Fiji and Finland to Australasia.
Community Service

Cancer Survivorship Day at Mount Auburn Hospital

Supported by the
Crivello Wellness & Support Fund,
Marina Health Foundation,
Arts and Humanities Initiative at Harvard Medical School
and generous donations to the
Hoffman Breast Center and
Mount Auburn Hospital Oncology Patient Support Fund

Integrative Medicine
Health and Wellbeing Programs
at the Marina Center for Integrative Health
2500 Massachusetts Avenue, Cambridge MA

The Marina Center offers a unique, integrative model of healthcare, featuring both conventional primary care and a full menu of complimentary services – conveniently brought together under one roof – to promote your health and the pursuit of a healthy lifestyle.

These programs include full nurse-assisted sessions of acupuncture, massage, Reiki, acupuncture, nutritional and integrative consultations and chiropractic care, mental health, natural health and practices for non-pharmacological pain management.

Coming in Fall 2017:
- Mindful Exercise programs
  - 8 Week (Aging Gracefully, Qigong, Tai Chi)
  - 8 Week (Mindful Walking)
  - 6 Week (Tai Chi & Qigong)
- Health and Wellness Coaching
- Mindfulness classes
- Integrative Medicine Lecture Series

For more information on the Marina Center for Integrative Health visit:
http://www.mountauburnhospital.org/mta-re/mta-center-for-integrative-health; or contact Sarah Collins, Wellness Coordinator, at scollins@mountauburn.org or 617-499-3187.

Embracing Survivorship
A free event celebrating National Cancer Survivorship Day

Mount Auburn Hospital
330 Mount Auburn Street
Cambridge, MA 02138

Sunday, June 4th, 2017
9:30 am - 2:30 pm
(Parking Provided)

Schedule of Events

9:30-10:00am Registration
10:00-10:30am Key Note Speaker - Sadia Carolyn Lembcke, RN Harvard Auditions

10:30-11:30am Light Lunch, Cafeteria
11:30-1:30pm Breakout Sessions
- Morning: Mindfulness, Nutrition, Supportive Care, etc.
- Afternoon: Mindfulness, Nutrition, Supportive Care, etc.

1:30-2:30pm Survivor Panel/Closing Remarks

Herstein Wellness Center, located at Wyman 3 at Mount Auburn Hospital, is a beautiful sun-filled space that provides a welcoming place for patients and caregivers. The Herstein Wellness Center is seeded by a Trust established by Sigmond and Barbara Herstein, former patients of Mount Auburn Hospital and programming is supported through the Crivello Family Fund and the Marina Health Foundation Fund. Programming is geared both to patients on active therapy as well as families and long-term survivors.

Mount Auburn Hospital provides wellness programs to our oncology patients and their caregivers in the Herstein Wellness Center, Wyman 3 as an added benefit.

Creative wellness programs including:
- Mindfulness Programs
- Tai Chi
- Qigong/Tai Chi

As a cancer patient I am grateful for the wide range of alternative and complementary practices that are offered at Mount Auburn Hospital. The many offerings allow a patient to choose appropriate supportive care, to find a community of support, and encourage self-care. It adds a compassionate element that helps in mitigating the stress of a cancer diagnosis and treatment and provides important resources for post-cancer care.” R.L.
Photos from 2017 Cancer Survivorship day at Mount Auburn Hospital. Representatives from the Longwood Symphony orchestra and the singing group Serotonin brought the joy of music to a grateful gathering of cancer survivors.
Retreats

A Day of Renewal and Creativity – 2017

September 9, 2017 | Longfellow House, Cambridge, MA

Laurel Braitman, with the Medicine in the Muse Program at Stanford joined us in 2017 for our first daylong retreat held at the Longfellow House in Cambridge, MA.

Dr. Braitman is a New York Times bestselling author, historian and anthropologist of science. She is currently a writer-in-residence at the Center for Biomedical Ethics at the Stanford University School of Medicine and a Contributing Writer for Pop Up Magazine.

Braitman’s latest TED talk has been watched by over a million people and her talks on navigating chaos and uncertainty pack theaters around the world. She holds a PhD in Science, Technology and Society from MIT and is a Senior TED Fellow. Her last book, Animal Madness (Simon & Schuster 2015) was a NYT bestseller and has been translated into seven languages. Her work has been featured on the BBC, NPR, Good Morning America and Al Jazeera. Her writing has appeared in The New York Times, The Guardian, The Wall Street Journal, Wired and other publications. She’s taught popular interdisciplinary courses at Harvard, MIT, Smith College and elsewhere and is passionate about collaborating with musicians, physicians, scientists, entrepreneurs and artists. She lives on a houseboat in Sausalito, CA with her dog Cedar. Her next book is about family, medicine and mortality.

A Day of Renewal and Creativity

Saturday, September 9, 2017 | Longfellow House in Cambridge, MA

Schedule:
8:30am Registration and Continental Breakfast
in the Carriage House behind the Longfellow House
www.nps.gov/long/index.htm

9:00am and 9:15am Private guided tours of the historic Longfellow House

10am–12pm Deep Stress Relief Yoga: A Yoga Therapy & Meditation Workshop with Ariel Kiley

In this one-of-a-kind workshop, you will practice movement, therapeutic self-massage, breath, and meditation techniques. By looking at these practices through the lens of modern-day science, you will learn how to decrease stress while increasing your energy and focus. A simple and profound approach to positively taking on the challenges of a high-pressure, fast-paced lifestyle! Yoga mats will be provided. Ariel Kiley is a Brooklyn-based yoga and meditation teacher, teacher trainer, and published author. She specializes in stress reduction and trauma resolution.

12–1pm Luncheon

1–4pm What’s Your Story? A Writing Workshop with Laurel Braitman, PhD

There’s a veritable bonanza of new research on the health and well-being benefits of cultivating a writing practice. But writing can be hard. Making time and finding your voice can be even harder. In this three-hour workshop, we will focus on making you sound as good as you possibly can on the page (or stage or podcast if that’s your dream). Whether you’re writing fiction, poetry, non-fiction, for live performance, or simply want to create moving and beautiful grocery lists, you’ll learn tips and tricks for continuing to improve on your own. Elements of writing and the writing life we will cover: voice, tone, structure, creative research, loneliness, and publishing. There will be time for guided writing and sharing your work with a supportive community of your peers.

Laurel Braitman is a New York Times bestselling author and the Writer-in-Residence at Stanford Medical School’s Medicine and the Muse Program. Her writing has appeared in The Guardian, The New York Times, The Wall Street Journal, Wired, and other publications. Her last book, Animal Madness (Simon & Schuster 2015) was a NYT bestseller and has been translated into seven languages. Her next book is about family, medicine, and how we die (forthcoming, Simon & Schuster). She holds a PhD in history, anthropology, science, technology and society from MIT, is a senior TED fellow and a contributing writer for Pop Up Magazine, a live magazine The New York Times has called a “sensation.” Her work and collaborations with musicians and artists have been featured on BBC, NPR, Good Morning America, and Al Jazeera. Her favorite thing, however, is working with physicians and medical students to help them tell their own stories.
A Day of Renewal and Creativity – 2018

September 8, 2018 | Longfellow House, Cambridge, MA

Our second retreat featured writer Heidi Pitlor, as well as a yoga session, Meditation and mindfulness, and vision boards.

Student Testimonial about the Retreat Experience

George Q. Daley, MD, PhD
Dean
Harvard Medical School 25 Shattuck Street
Dear Dean Daley,

I am a graduating medical student writing in support of the Arts and Humanities Initiative at HMS (AHI) on behalf of the students listed below. We have all greatly benefited from the AHI programming and would appreciate your ongoing support of this valuable initiative.

Personally, in AHI I found a community of like-minded colleagues, mentors, and friends, who have supported me throughout my education at HMS. I had gotten involved with AHI within the first couple of months of my 1st year of medical school, and have been a part of this lively, creative group of medical students, residents, fellows, and physicians since. Medical training can be a stressful and profoundly transforming experience. AHI colleagues have helped me use my love of the arts and penchant for creativity as a way to process the challenges and celebrate the joys of medical education. I was able to benefit from a wide variety of AHI-sponsored events, including drawing, writing workshops, and live music and theatrical performances. During my 1st year at HMS, I played a nurse in a theatrical reading of the play W;t, which was performed for students and interested staff, and was followed by a discussion of the ways in which we approached and treated patients with cancer. In the years that followed, I was also invited to participate in a panel discussion on art and empathy, and I had the privilege of meeting a number of AHI’s distinguished guests, which included author Leslie Jamison and cellist Yo-Yo Ma.

Perhaps most dear to my heart is thirdspacejournal.org, Harvard medical and dental students’ online journal of literature and the arts, which AHI has so graciously provided financial support for over the past few years. This journal emerged from an HMS student blog, which was active between 2011 and 2012. With the support of mentors from AHI, I revived this magazine in 2013, with a renewed mission for recording the unique experience of medical education. We gave voice to an international community of writers and artists creatively exploring the challenges, rewards, and peculiarities of premedical and medical education, residency, and fellowship training. This journal provided a creative outlet for dozens of our students – both those who served as editors and those who submitted their work for publication. I have had the privilege to serve as thirdspace Editor-in-Chief for the past 4 years, and the support I received from AHI over this time was invaluable.

Finally, I would like to highlight one of recent AH&I-organized events, for which a number of my colleagues (whose names are listed below) from every year of training participated in and provided comments for me to include in this letter, all in hopes of making it into an annual event. The AH&I leadership put together an all-day retreat on a Saturday during our fall semester. They took us to the Longfellow House in Cambridge, where we learned about the history of the house, participated in yoga and mindfulness exercises, had a healthy lunch, and spent an afternoon in a writing workshop. My colleagues and I absolutely loved this event. Here are some of the other students’ comments which they provided for this letter:

"Transitioning into a new environment both within the context of moving to a new city and starting medical school has been an exhausting adjustment. I am so appreciative to have an event on a Saturday where I can be reminded of my value of mindfulness and be able to re-ground myself within my new home.

It was wonderful to get off campus and talk about meaning and inspiration -- where we found it in our bodies, in history, in the minds of others, in a particular piece of art, or in conversation... Probably the best day I've had in medical school thus far."
I think the retreat is a very necessary opportunity to reflect and re-energize amidst the stress that medical school and life bring.

The medical student retreat was everything I didn’t know I needed this weekend. From start to finish, it was an enlightening, educational, nourishing, and rejuvenating day. The Longfellow House was the ideal setting for the event. There is something about the place that just conveys a sense of peace, groundedness, and natural beauty. The activities, prompts, and discussions got everyone involved. Personally, I have been wanting to get back into writing, and really needed this push. I surprised myself with how great it felt to put pen to paper and see what emerged.

I left the retreat feeling as though I really took care of myself. It felt like I had breathed out a huge sigh.

I am extremely grateful that AHI had this event, and that funding was provided. I think that if continued, it is capable of doing wonders for medical students. We often do not realize how important it is to get out of the "Longwood Bubble" until we actually leave it. I feel re-energized, recharged, and ready to return to school with a new perspective.

I hope that these statements convey at least some of our great enthusiasm both for the retreat event in particular and for AHI in general. The students whose names are listed below and I would appreciate your continued commitment to and support of AHI.

Sincerely,

Ivana Viani, HMS4 & Raquel Sofia Sandoval, Haziq Siddiqi, Emily Wu, Emily Gutowski, Ayotomiwa Ojo, Ruth Kagan, Andrew Kim, Liwen Xu, Suchita Nety, Elie Mehanna, Nikolai Renedo, Katherine McDaniel, Nishant Uppal, and Abra Shen
Drawing Sessions
These photos are from one of our popular Anatomy drawing sessions with live models arranged with support from AHI by Dr. Martha Katz, who teaches in the Anatomy course.
Give Yourself a Break

Give yourself a Break is something we offer one or two times a year and is always popular. We usually start out with a light dinner and then offer the students three or more choices of activities, such as painting, Improv, writing, dancing etc. We finish the evening with reflection and singing together.

**Give Yourself a Break!**

An evening of medical humanities

**WHEN:** December 13, 2017 | 5:45-8:00PM

**WHAT:** Dinner at 5:45 followed by a refreshing medical humanities workshop. Workshops start at 6:00PM.

- **Improv:** with Rachel Klein, Fine-Line Comedy
  [http://www.improvboston.com/users/rachelklein](http://www.improvboston.com/users/rachelklein)
- **Fiber Arts:** with MCAD Instructors [https://massart.edu/node/956](https://massart.edu/node/956)
- **Oral Storytelling:** with Ellis Avery [http://ellisavery.com](http://ellisavery.com)

**Whole group conversation:** with Argyro Caminis, MD

**Musical Interlude:** with David Clooskey HMS2 and Isaac Chua, MD

**WHERE:** TMEC 333, 334, and 340

**RSVP with preferred workshop:** [http://tinyurl.com/AHI-GYAB](http://tinyurl.com/AHI-GYAB)

**Questions:** artsandhumanities@hms.harvard.edu

**Website:** artsandhumanities.hms.harvard.edu

**Facebook:** Arts and Humanities Initiative at HMS

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**Give Yourself a Break!**

An evening of medical humanities

**Thursday, December 6, 2018 @ 5:45-8:00pm**

Dinner at 5:45 followed by a refreshing medical humanities workshop. Meet in TMEC 306. Workshops begin at 6:00pm.

- **Improv** with Rachel Klein from Improv Boston and Dr. Jean Klig, Massachusetts General Hospital

- **Painting** with Dr. Tommy Heyne from Massachusetts General Hospital

- **Salsa** with Jonathan Zapata and Lauren Daigle from Zapata Entertainment

- **Sketching for Empowerment** with Dr. Kitt Shaffer from Shaffer Arts

- **Writing** with Dr. Susan Pories from Mount Auburn Hospital

- **Whole Group conversation and reflection**


**Questions:** carol_benoit@hms.harvard.edu

**Website:** artsandhumanities@hms.harvard.edu
Special Events

Graphic Medicine

Graphic Medicine was a special event coordinated between AHI and the Countway Library. Matthew Noe, librarian and Dr. Susan Nathan, led the event.

Graphic Medicine is a growing interdisciplinary field that explores the intersection of comics and medicine. Join Matthew Noe, Collection Outreach Librarian and co-editor of GraphicMedicine.org to learn about this exciting field, do some doodling of your own, and explore how you can use comics at Harvard!
Cultivating Humanism

This was a joint event, co-sponsored by AHI and The Countway Library to provide a day of reflection, panel discussions, and workshops on the role of the arts in confronting stress and developing resilience. We were pleased to welcome guests Eva Bojner Horwitz and Töres Theorell from the Karolinska Institute.

Cultivating Humanism
Fostering Well-being in Healthcare through the Arts

Saturday, March 24, 2018 | 9:00–3:30
Countway Library, Harvard Medical School
10 Shattuck Street, Boston

Please join faculty and students of the Arts and Humanities Initiative at Harvard Medical School for a day of reflection, panel discussions, and workshops on the role of the arts in confronting stress and developing resilience.

Featuring:

- Faculty of the Arts and Humanities Initiative at HMS:
  - Elizabeth Gaufberg, MD, MPH
  - Arlene Katz, PhD
  - Joel Katz, MD
  - Susan Nathan, MD
  - Susan Pories, MD
  - Scott Podolsky, MD
  - Amy Ship, MD
  - Lisa Wong, MD

- Distinguished guests from Karolinska Institutet, Sweden:
  - Töres Theorell, MD, PhD
  - Eva Bojner Horwitz, PhD, PhT
  - Walter Osika, MD, PhD

The event is free and open to the public. Lunch will be served. Seating is limited.

Please register here

Countway Library Minot Room March 24, 2018 | 8:30am–3:30pm

Objectives

- To discuss ways to maintain and enhance humanism in medicine, and consider how we can better integrate the arts into clinical practice
• To discuss the use of the arts in stress relief for the caregiver, patients, and staff
• To identify and discuss examples in daily clinical practice and personal practice in the U.S. and Sweden
• To discuss the importance of embedding arts and humanities into the lives our students, staff, and faculty. What does that mean at HMS? Throughout the world?

Schedule
8:30–9:00 Registration and coffee (participants arrive at 7:45)
9:00–9:10 Welcome by Elaine Martin, Lisa Wong, Susan Pories
9:15–10:00 Welcome activity: Liz Gaufberg: Framing and introductions (assisted by Lisa Wong, Corinne Zimmerman and Judy Murray)
10:00–10:10 Break
10:10–10:15 Artistic Interlude Presentations Liz Gaufberg, moderator
10:15 Töres Theorell Music as Medicine - memorable moments from findings
10:30 Susan Nathan Learning veterans’ stories: impact on healthcare
10:45 Eva Bojner Horwitz Methodological possibilities in Creative Arts
11:00 Joel Katz Art Observation & Physical Diagnosis
11:15–11:45 Panel discussion: Conversation with all speakers, moderated by Liz Gaufberg
11:45–12:00 Artistic interlude II
12:00-12:55 Buffet Lunch (provided)—An opportunity to get to know one another
1:00–1:45 Workshop 1 | (Participants may choose one of the following interactive workshops, limit 20 per workshop)
   – Art and health: Art from the Countway collection Joel Katz and Scott Podolsky | MINOT ROOM
   – Narrative writing and reflection Susan Pories | ALLEN ROOM
   – To start a process of developing a new vocabulary: toward embodied knowledge Arlene Katz and Eva Bojner Horwitz | WATERHOUSE ROOM, Gordon Hall
   – Music and well-being Lisa Wong and Töres Theorell LAHEY ROOM
2:00–2:45 Workshop 2 | (Participants may choose one of the following interactive workshops, limit 20 per workshop)
   – Storytelling and writing Susan Nathan BIBRING ROOM, Gordon Hall 2nd floor
   – Narrative writing and art reflection session II Amy Ship and Judy Murray ALLEN ROOM
   – Compassionate practice through the Arts Liz Gaufberg, Lisa Wong MINOT ROOM
   – Writers block, procrastination and embodied knowledge Eva Bojner Horwitz and Arlene Katz LAHEY ROOM
2:45–3:00 BREAK
3:00–3:10 Artistic Interlude III
3:15–3:45 Final gathering and discussion | Liz Gaufberg and Lisa Wong
   Reflection from experience, including reflections on practice moving forward
3:45 Networking and refreshments

• A formal follow-up survey will be sent to all participants to document directions and impact and gauge progress from here. We ask that you kindly fill out the survey, as it will help us plan future events.
• There will be a photographer from Harvard as well as a Swedish Film company documenting the event with our Swedish colleagues. Please let us know if you do not want to be photographed or filmed.
Film Screenings

Unrest

UNREST was shown at HMS in TMEC Monday, March 26, 2018. This is a documentary about the filmmaker Jennifer Brea who was about to marry the love of her life when she was struck down by a fever that leaves her bedridden. When doctors told her “it’s all in her head,” she turned her camera on herself and her community as she looked for answers and fought for a cure. A discussion followed the film ...

Moderator — Roshan Sethi, MD | Radiation Oncology Resident, Massachusetts General Hospital and Screenwriter
Panelists — Jennifer Brea | UNREST Director and Producer
— Rachel Haft, MD | Chief of the Division of Internal Medicine, Mount Auburn Hospital
— Michael VanElzakker, PhD | Research Fellow, Psychiatric Neuroscience Division Harvard Medical School and Massachusetts General Hospital Instructor, Tufts University Psychology

Note — a light dinner was served for early arrivals.
Medical Drama Pilot "HMS"

Roshan Sethi, MD, HMS '14 served as consultant on the production of this pilot and hosted the movie showing.

It was 2010—the same year as Nikita and Hellcats—The CW commissioned a soapy hour-long pilot about Harvard Medical School (called HMS). The pilot was filmed ... we all held our breaths ... but HMS never aired ....

HMS was to be set in the titular Harvard Medical School following the lives (and loves) of a group of freshman as seen through the eyes of a female protagonist. Amy Holden Jones (Mystic Pizza) wrote the pilot script, Hayden Panettiere was a co-executive producer, and Roshan Sethi, MD HMS '14 was consultant.

Although the world did not see the pilot—**you can!!**

**Join us on**

**August 29, 2017 at 6pm in the TMEC 246 Walter Amphitheater**

as we screen the pilot of, "HMS."

**Pizza will be available in the Atrium early arrivals at 5:45pm**

We are thrilled that Roshan Sethi will join us for discussion following. Roshan has written for Black Box (ABC) and Code Black (CBS). He most recently co-created The Resident—the second-most-buzzed about Fox drama pilot.

[RSVP]
Readings

Autobiography of a Disease

Patrick Anderson, author of “Autobiography of a Disease” joined us for a reading.

Patrick Anderson, author of "Autobiography of a Disease" will speak about his own experience with the nearly-fatal effects of a virulent bacterial infection that left him in and out of a coma, and in and out of hospitals, for the better part of a year. Having undergone almost two dozen surgeries during that year—into his bones, muscles, and retinal tissues—and having been trained as both an anthropologist and a performance scholar, Anderson struggled to make sense of what had transpired. Finding his own perspective too altered by the pain drugs, anesthetics, and oft-recurring unconsciousness that had defined the year, he turned to the descriptive value of others: human caregivers, medical technologies, and more experimentally the microbial agents that had left their destructive traces upon and within his flesh and bone.

Unlike most medical memoirs, told from the perspective of the individual human patient, Autobiography of a Disease is told from the perspective of a bacterial cluster. This orientation is intended to make room in the social side of illness for others not typically summoned: bodies and cells, monitoring machines and imaging devices, and at the heart of it all, the prolific bacteria themselves.
Poetry Slam

POETRY SLAM:
HIDDEN TRUTHS

WHEN
August 25th
6pm – 9pm

WHERE
Vanderbilt Hall, JBM Lounge

ALL ARE WELCOME

STILL LOOKING FOR PERFORMERS

NO EXPERIENCE NECESSARY

DINNER WILL BE PROVIDED

RSVP BELOW:
HTTPS://G0O.GL/FO HMS/GC XRXUNIRZP0HBUY2

CONTACT
Jayne Rice
Jayne_Rice@hms.harvard.edu
Story Slam

Led by Dr. Lisa Gruenberg, Story Slam is always very popular.

Please join us for ...

Story Slam

July 11, 2017 from 6pm in TMEC 447

Take a break and join us for a pizza dinner and our second annual story slam workshop.

Using a performance from NPR’s “The Moth” as an example, we will talk about plot and what makes for a good opening to your story. We will discuss what makes telling a story to a live audience different from reading something you’ve written. Brave volunteers will demonstrate the openings of their tales. Come prepared with a story; whether developed or undeveloped, or just come to watch your friends perform!

This workshop will be run again by Lisa Gruenberg, MD, MFA. Last year’s conference was fun and one of our participants, Nancy Rappaport, was inspired enough to develop a successful performance piece out of the opening she developed in this workshop.

RSVP to: http://tinyurl.com/AHI-StorySlam
ARTZ@Jefferson comes to HMS

Hosted by Dr. Andrea Wershof Schwartz, this was an introduction to the curriculum created by Dr. Susan Shifrin at Thomas Jefferson University, using the arts to advance the care of people living with dementia.

The Arts and Humanities Initiative at Harvard Medical School is delighted to welcome Susan Shifrin, PhD to present

ARTZ@Jeff: A New Paradigm for Empowerment at the Intersection of Arts, Dementia and Medical Education

Come learn about this exciting experience, how Susan and her team in Philadelphia created it, and how we are bringing it to Harvard Medical School!

Wednesday, June 6, 2018 | 12:00–1:30pm
Countway Library, Lahey Room (lunch served)


ARTZ @ Jefferson established a new paradigm in which medical and other health professions students learn what it means to live with dementia from the experts: people with diagnoses or their primary care partners. Mentors living with dementia and students first encounter each other in a museum gallery; they connect through conversations about art.

Susan Shifrin, PhD will present the ARTZ@Jeff model, which provides alternatives to the narrative of incapacity surrounding dementia. She will introduce the goals and impact of this collaboration between a small non-profit and a large medical school.

Harvard Medical School will be piloting the ARTZ@Jeff model as a half-day elective experience in the HMS Mind Brain Behavior course in 2018, bringing medical students to an art gallery to be mentored by people living with dementia and their care partners.

artsandhumanities.hms.harvard.edu
artsandhumanities@hms.harvard.edu
Conversations on Medicine and the Arts

A new series of talks in collaboration with the Countway Library

*Empathy & Communication*
Thursday, September 6, 2018
Isaac Chua, MD

*Cases and Stories*
Thursday, Oct. 11, 2018
Suzanne Koven, HMS assistant professor of medicine at Massachusetts General Hospital

*Historical Artifacts as Art and Inspiration: A Close-Looking Experience with the Countway History of Medicine Collection*
Thursday, Nov. 8, 2018
Scott Podolsky, HMS professor of global health and social medicine
Liz Gaufberg, HMS associate professor of medicine at Cambridge Health Alliance
Joel Katz, HMS associate professor of medicine at Brigham and Women’s Hospital

**thirdspaceJournal**

thirdspace, is an online journal of literature and the arts run by students at Harvard Medical School and Harvard School of Dental Medicine. It publishes poetry, creative nonfiction, fiction, visual arts, and interviews in an effort to creatively capture the essence of the transformation of an individual into a physician. In 2017, *thirdspace* ran a haiku contest between Valentine's Day and April Fool's Day, titled *Love Me, Fool Me*. The winning haiku were *At the bedside*, by Peter K. Olds, 3rd year resident in internal medicine and global health Equity at Brigham and Women's Hospital, *Lovesick*, by Marianne Armonious, 4th year medical student at Rutgers Robert Wood Johnson Medical School, and *Heart sounds*, by Danielle Aronowitz, 3rd year medical student at Hofstra Northwell School of Medicine. *thirdspace* also ran its 3rd annual Short Fiction Contest, the winner of which was Amber Bard, a 3rd year medical student from Michigan State University College of Human Medicine. In her piece, *Orchiectomy*, she introduced the character of Lindsey, a medical student who struggles to reconcile the idea of humanity in medicine with her own feeling of dehumanization through her personal history and medical training. More at thirdspacejournal.org.
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In Tune with Students

Yo-Yo Ma tapped as HMS artist-in-residence
By Eileen Moynihan | March 2, 2018 | HMS Community

“A very high percentage of our students are serious musicians.” — Edward Hundert

World-renowned cellist and Harvard College alumnus Yo-Yo Ma will be visiting Harvard Medical School as an artist-in-residence April 9 and 10. Ma is the second of three artists-in-residence visiting HMS, with Ma's visit sponsored by Stanford University professor of ophthalmology Michael Marmor and radiation oncologist Jane Marmor, both HMS alumni. Ma’s visit is part of a three-year pilot program by Arts and Humanities Initiative at HMS, an organization dedicated to incorporating the arts into the lives of HMS medical students.

Ma knows a thing or two about physician-musicians. His sister, Yeou-Cheng Ma, MD ’97, is a pediatrician and an accomplished violinist.

"A very high percentage of our students are serious musicians," said Edward Hundert, HMS dean for medical education, "Some of them professional level, and they're here as medical students."

The first artist-in-residence to visit HMS was Leslie Jamison, an American writer and author of the novel The Gin Closet and The Empathy Exams, a collection of essays.

Lisa Wong, assistant professor of pediatrics and co-director of the Arts and Humanities Initiative at HMS, said that students who have participated in this program enjoyed their experience, and she has high hopes for Ma’s visit. "Yo-Yo's more of a universal name and person, and his ideas go so far beyond music," Wong said of her longtime friend. "That, I'm sure, will get a different response."

Hundert said he expects that the experience will be just as exciting for Ma as it will be for the HMS community. “I think it's going to be a thrill for him because [it will be] a chance for him to hear some new ideas,” Hundert said. Wong said Ma's schedule is not yet final, but it will include lunch with students, an informal performance at an HMS affiliate hospital, meetings with faculty and a panel discussion with first-year students.

Wong said Ma's visit will likely focus on the first-year HMS students.
First-year student Melody Huang said she is hoping to hear about Ma’s experiences with social activism. She recently took a course in injustices in medicine and hopes that Ma might be able to share some of his own experiences with injustice.

"A lot of the course was pointing out the issues that existed. Even just as an individual provider, if I see someone facing discrimination as a patient, or if one of my peers is facing discrimination, I wouldn't know how to deal with that," Huang said. "I wonder if he felt similarly as a musician," adding that she is interested in learning what she can do “to address these hugely important topics that seem out of my reach.”

Wong said Ma’s office has suggested a follow-up with these first years in 2021, when they will be graduating, to see what impact Ma’s visit had on their education.

“That's the interesting thing about arts and humanities infusing into curriculum: how does it impact and how does it deeply change the student?” Wong noted.

Hundert, who first met Ma in September 2017, said he looks forward to the interactions between Ma and the HMS students.

"We always joke about what makes Harvard special, but this is a good example of it," Hundert said. "You come here to get your MD degree and you end up spending time with Yo-Yo Ma."
Art, Peace and Health
Honoring the medical community’s role in preventing nuclear war
By Hailey McCaffrey | September 27, 2018 | HMS Community

Official replicas of two Nobel peace prizes, refreshments and music performed by musicians from around the world will be part of “Art, Peace and Health,” a celebration of the Nobel peace prizes received by Harvard and Boston physicians for their work on the International Campaign to Abolish Nuclear Weapons (ICAN).

Open to Boston’s medical community and the public, the celebration will be held Friday, Oct. 26, 4 – 6 p.m. at the Francis A. Countway Library of Medicine at Harvard Medical School. It will highlight the Nobel peace prizes won by the International Physicians for Prevention of Nuclear War (IPPNW) in 1985 and 2017 and the Greater Boston Physicians for Social Responsibility (GBPSR).

The celebration will also serve as the opening of an exhibit in the Countway lobby of original poster art by Corita Kent which was presented to GSPSR in the 1980s in recognition of its work for a world without war. Kent was a prolific artist, educator and peace activist whose life’s work was to spread her message that everyone is responsible for working towards a peaceful world. Replicas of the artwork she created as part of her partnership with GSPSR will be shown.

In addition, medical students from Central America, Africa, Europe and the United States will speak in acknowledgment of a new generation in the continuing international effort to abolish nuclear weapons.

The students will address the recently improved United Nations Treaty on the Prohibition of Nuclear Weapons and the renewed efforts of the U.S. to reduce and eliminate the danger of nuclear war as part of the Back from the Brink: The Call to Prevent Nuclear War campaign.

Following the celebration, a workshop will be held on Saturday, Oct. 27, called “Art, Medicine and Activism: Considering Peace—Inspiration from IPPNW’s Nobel Peace Prizes and Corita Kent.” Sponsored by Countway and the HMS Arts and Humanities Initiative, the workshop will feature Boston artist and activist Ekua Holmes and former IPPNW CEO B. Lachlan Forrow, HMS associate professor of medicine at Beth Israel Deaconess Medical Center.

A symposium themed “The History, Uses and Future of the Nobel Prize,” sponsored by the Center for the History of Medicine, will be held earlier in the month on Oct. 4, 1:00 – 6:00 p.m., in the Waterhouse Room in Gordon Hall. It will also feature chamber music from members of the Longwood Symphony Orchestra, which is partnering with IPPNW and GBPSR this fall.
Doctors are taught early about patient histories. Is it time for different questions?
By Ersilia M. DeFilippis April 28 2018

One of the fundamental skills we learn early in medicine is how to take a patient history. We are encouraged to tell a story. Yet these stories have a specific formula. They go something like this: “Mr. A is a 60-year-old man with high blood pressure and diabetes who presents with new left lower extremity weakness.” We describe when the weakness started, what makes it better and what makes it worse, and any other accompanying symptoms.

Most often, we elicit a story of disease but not one of the patient who is experiencing an illness. The best stories are cut short. Mr. A’s story may not communicate that he has been homeless for months because he lost his job. Or that his daughter is getting married in a few months and that he is most concerned that he will not be able to walk her down the aisle. Both of these stories — about the illness and about the patient — are important in different ways.

When we look at the medical chart, we can read multiple notes without learning any information that tells us who our patients really are. But what if we could sit down with our patients for an hour and learn about them as people?

So I was intrigued when I heard about the My Life, My Story program started in 2013 by Eileen Ahearn and Dean Krahn, psychiatrists at the Veterans Affairs hospital in Madison, Wis. With My Life, My Story, veterans have the opportunity to tell their story through interviews. These interviews are conducted by volunteers, social work interns, medical students and staff, and others.

Each story is approximately 1,000 words long and written in the first person. Suggested interview questions include: “What has been the most significant change you’ve seen in yourself? What is most important to you? What are you most grateful for?” There are no medical questions.

What do you want your health-care team to know that they don’t already know?” There are no medical questions.

The interviewer writes a story, then shares it with the veteran to make sure it is accurate. The story is then stored in the VA electronic medical record; any VA provider caring for the veteran can quickly access it. The patient and family are also offered a printed copy to keep.

The Veterans Health Administration, the largest integrated health-care system in the United States and a part of VA, operates 170 medical centers and 1,063 outpatient sites. They serve 9 million veterans every year, placing VA in a position to set an example for other health-care systems. The My Life, My Story program is offered at 18 VA medical centers, and VA plans to implement the program nationally.

This provokes the question: Why don’t all hospitals have this program? The VA system is unique in that its electronic patient record system allows seamless transitions of care between providers, allowing patients’ stories to be visible to many.

However, the model is a fairly simple one to duplicate. By mobilizing community resources, our patients’ stories can be captured by community volunteers who don’t need to be skilled health-care providers. We can learn more about our patients and help them leave a legacy.

Susan Nathan, a specialist in geriatrics and palliative care, championed the program at the VA Boston Healthcare System in Massachusetts as a way for students and trainees from multiple health and social professions to really get to know a patient’s whole person rather than merely a list of medical problems.
According to Nathan, “Many veterans are surprised how good their story is when they hear it.” One family sent her a copy of the eulogy from the funeral of one of her patients: It included a My Story excerpt. Another veteran requested 12 copies to give to everyone in his immediate family.

Since Nathan spearheaded and formalized the program in April 2016 at the West Roxbury campus of the VA Boston Healthcare System, stories of 230 veterans ranging in age from 33 to 103 have been written.

At their core, stories help our patients heal emotionally and physically. They help both doctors and patients reflect on their experiences with suffering in all forms. When people tell their own stories, they often suppress their bodies’ response to stress, minimizing the production of stress hormones such as cortisol and epinephrine. At the same time, individuals may release dopamine, endorphins and oxytocin, which can help improve mood. Through these mechanisms, storytelling may reduce stress, anxiety and depression. In addition, this process reminds our patients that their stories are unique and gives them a legacy.

Furthermore, as providers, it is important for us to know whom we are taking care of. One patient Nathan interviewed, for example, had helped liberate 15,000 people from a concentration camp. By knowing more, we can be more connected and engaged with our patients. We can truly live the “patient-centered care” that we talk of. These stories humanize the person in the hospital bed and may protect against physician burnout.

Nathan told me the story of a Vietnam War-era Marine veteran she cared for in her medical center’s inpatient hospice unit. “By the time I met him, he was close to the end of his life and couldn’t communicate. I was told that he had been very stoic and that he hadn’t wanted to take pain medicine despite having severe pain. He didn’t have any visitors, there were no pictures, there was no way for me to know who he was as a person before this point,” she recounted.

Fortunately, he had done a My Life, My Story interview about six months earlier. “He talked about when he was a kid, sitting at the top of the stairs and watching his parents dance in the basement. He talked about love and loss and guilt about not being there for family and about not taking better care of himself. There was nowhere else in the chart where I could have found that information, and it helped me feel like I actually knew who I was taking care of and more connected to him.”

Although these stories cannot capture an entire life, they can capture emotions, relationships and values. All by asking a few simple questions.

DeFilippis is a resident physician in internal medicine at Brigham and Women’s Hospital in Boston and will be starting a fellowship in cardiovascular medicine this summer at New York Presbyterian Hospital — Columbia University Medical Center.
A parody of “CAN’T STOP THE FEELING!
by Justin Timberlake produced and performed by the Harvard Medical School & Harvard School of Dental Medicine Class of 2020.

10 Best Moments from the Class of 2020 Harvard Medical School/Harvard School of Dental Medicine Music Video
The lab results are back and the diagnosis is clear: you do not have a zebra! Or so says the incredibly talented Class of 2020 at Harvard Medical School and Harvard School of Dental Medicine. In a music video parody of Justin Timberlanks’s “Can’t Stop the Feeling,” these brilliant and shining stars of the medical community gathered their notes, their professors, and their dance moves to create a music video that is, without a doubt, the BEST MEDICAL SCHOOL MUSIC VIDEO in the history of music video parodies. And they did it all while studying cardiomyopathies!

But don’t take my word for it. See for yourself, with these 10 Best Moments from the Harvard Medical School / Harvard School of Dental Medicine Music Video, “It’s Not a Zebra!” here.

But don’t take my word for it. See for yourself, with these 10 Best Moments from the Harvard Medical School / Harvard School of Dental Medicine Music Video, “It’s Not a Zebra!”

1. When the professors take center stage.

There is no greater joy in life or in medical school than watching the students become the teachers … especially dance teachers to a room of graceful docs!
2. When you have to ask, ‘Are those special effects or snot?’

No medical or dental students were harmed in the making of this music video, but from the quality of that discharge, you might stop to look twice. Or you may just have to look away! But no worries. At least we already know our future physicians – oral and systemic – will have an eye for detail!

3. When you hear the incredible voices from the medical and dental students.

And when you hear how high these voices can go! Your future doctors and dentists may still be learning their medical terms, but they have mastered the art of lyrical delivery. No doubt they will have great bedside manner with those angelic vocal cords.
4. When you see bowties and collars and costumes, oh my!

The lyrics and voices are already bar none, but the costumes are that something extra special. From the bow ties to the gowns to the white coats that, after six months of medical school, are still white (a harder feat than it sounds!), this video takes costuming to a beautiful extreme.

5. When medicine and dentistry unite in one video.

These medical and dental students are on top of their game when it comes to the science of the matter. Your mouth IS connected to your body, so definitely do include bad breath – halitosis – in that list of symptoms. In fact, the American Dental Association recommends you talk to your dentist about this matter, and bring with you a full list of your medications and supplements to help determine the possible cause.
6. When your future doctor winks at you from the gym.

Yes, that is your future doctor, winking at you with “big hands, hands, hands.” Enough said.

7. When you see the detail is in the setting ... and all the writing is on the board!

Newsflash: students of the 21st century tend to use whiteboards and computer monitors, not chalk. But when you see that these students went all out to create that ‘schoolhouse’ setting, chalking their medical notes on the board, you have to take a moment for applause.
8. When you are halfway through the video and you realize all of the camera shots and edits are JUST THAT GOOD!

Wait?! Our future doctors have camera skills, too?! The future is looking bright and high-def.

9. When you start seeing zebras EVERYWHERE!

First, the zebra’s on the lawn. Then, she’s on the bench. And now, she’s on the table! This video has you seeing zebras all around, and it is disorienting-ly, compulsively INCREDIBLE!
10. And, of course, when you see that dance move.

And the next, and the next, and the next. The choreography is on point in the Harvard Medical School and Harvard School of Dental Medicine community. Look at those future docs already moving as a team!

So yeah, these future doctors at Harvard Medical School and Harvard School of Dental Medicine may have hunted through zebras in their diagnosis, but they pretty much nailed the music video game on the stethoscope head. In fact, we may just be looking at music video gold with this one.

This music video was directed by Abra Shen and colleagues. A full listing of the production team, cast, and ensemble can be found at the YouTube link.
Publications

2018


2017

– Gregory Abel. 8/20/2017. “Aptitude; Mother’s Day; White Beach.” Journal of Clinical Oncology, 35, 24, Pp. 2848. Publisher's Version
The Soul of a Patient: Lessons in Healing for Harvard Medical Students

“Filled with humanity, humility and candor, The Soul of a Patient offers an unparalleled view into the challenging, occasionally awkward and sometimes heartbreaking first doctor-patient relationship.

Beautifully written by first-year Harvard medical students who are following their patient for an entire year, the book is an inspiring must-read for aspiring doctors and for the rest of us who will one day be their patients.”


The Soul of a Patient follows the intertwining narratives of nineteen Harvard medical students as they meet with their first patients during their first-year of medical school.

These students, all participants in a medical school course called the Mentored Clinical Casebook Project, spent a year following, documenting and learning from the lives and experiences of their patients. More valuable than anything that could be learned from their textbooks, these students witnessed the grit and resolve of their patients. They learned how their patients navigated the often fragmented and flawed medical system, their illnesses, and their lives. In the process, these students come to understand the inherent chaos, uncertainty, triumph, and despair that can define the illness experience. As they undergo the transformation from student to doctor, their first patients are their greatest teachers.

The reader is introduced to poignant, and sometimes tragic, intangible moments that define the relationship between patient and doctor. They learn of the power of their words to inspire hope and to ease suffering. They learn how illness can provoke anxiety, fear, vulnerability and isolation, and that therapeutic interventions can come in many forms. With candor and humility, these early physicians grapple with understanding what it takes to be not just a skilled physician, but to retain the humanity and empathy required to be a healer. They learn this by walking through the journey of illness and health with their first patients, in the process seeking to understand the soul of every patient.
Vision for the Future

We are building an arts and humanities community at HMS, with the affiliated hospitals, and with the undergraduate school. With appropriate funding, we plan the following activities:

- Establish a permanent office to coordinate Arts at Harvard Medical School in collaboration with the Faculty of Arts and Sciences
- Continue to host events with an ongoing effort to define demand and meet it with performances, activities, discussions, and subsidized tickets to arts events
- Coordinate/align activities with Harvard Medical School curriculum
- Visiting lectures and scholars
- Physician/artist in residency program
- Continue small sponsorships/awards for students and faculty for innovative arts/medicine projects
- Establish website listing curricular and extracurricular courses, programs, and activities in arts/medicine
- Continue support for Student Literary magazine, thirdspace
- Establish practice/rehearsal space for students
- Publication/Performance of student writing/art/music/drama
- Ongoing fund raising
- Arts and Humanities in Medicine elective course
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  The Ackerman Program on Medicine & Culture

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The Arts and Humanities Initiative is deeply grateful for the charitable donations that lend support to enriching experiences for students and faculty at HMS.

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