Annual Report
2016
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Introduction

The Arts and Humanities Initiative at Harvard Medical School was officially launched in October 2015 with a joyous celebration of the arts held at the Courtyard Cafe in the Warren Alpert Building. This was an astonishing showcase of the many medical students with talents in the arts, with music, thoughtful essays, art discussion, and pulsing fusion dance. The event closed with a group song and a feeling of camaraderie and reflection about the role that arts can play in medical education.

Dean Flier addressed the gathering and commented, "Whether our particular interest is in literature, painting, sculpture, music, dance, philosophy, theater, or otherwise, the Arts & Humanities Initiative recognizes that even as we are steeped in teaching and learning medicine, we are above all human beings with many facets. That, indeed, we take care of ourselves and our patients best when we open ourselves up to the great art of the world and when we let our creative sides flourish. I fully believe that art makes us better doctors. I wouldn’t be the first to argue that art helps us consider unfamiliar points of view. It strengthens our ability to empathize with patients and families, and it reminds us to stay in touch with our innate human compassion. It encourages us to think differently about the people and the illnesses we encounter. Art, like medicine, rewards the practice of close observation. And it enables us to place our experiences within a greater human context. Similarly, I agree with the idea that being doctors can make us better artists. The people we meet—the stories we encounter—the ethical and philosophical considerations we grapple with—the intense emotions involved in clinical care—all can inspire creative works that are deeply moving, thought-provoking, and grounded in the human experience. Even if we are not destined to become the next Anton Chekhov or Albert Schweitzer, there is immeasurable value in having a creative outlet. Writing, reading, dancing, playing an instrument, listening to music, can help us process our experiences, relieve stress, and reduce burnout.

The Arts & Humanities Initiative reminds us that it’s okay—indeed, that it’s ideal—to be well-rounded. That becoming a doctor doesn’t mean giving up your hobbies. That being a composer, or a reader, or a knitter, isn’t something separate from studying and teaching and practicing medicine. We cannot split ourselves into physicians by day and artists by night. We carry our many passions—our many facets—with us, always."
Our steering committee is indeed committed to infusing the arts into the culture and environment of HMS, thereby enhancing and humanizing the experience of students, faculty, and patients. The Harvard Medical School Mission Statement is “To create and nurture a community of the best people committed to leadership in alleviating human suffering caused by disease.” The arts and humanities are yet another tool to advance this mission. As Harvard President Drew Faust has said, "Creativity is so essential to living our best lives."

**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
Events

January 2016

Museum Musings led by Dr. Tommy Heyne | A Special Tour of Doctors and Disease in Artwork

A custom-designed tour for physicians and medical students. Dr Tommy Heyne led a viewing and discussion of paintings from masters such as Van der Weyden, Velazquez, Winslow Homer, and Picasso. Examples include: “General Bonaparte Visiting the Plague-Stricken at Jaffa”, “Don Carlos with a Dwarf”, and “Nydia, the Blind Girl of Pompeii.” The focus was how do artists portray disease and doctors? What might we, as observant physicians, learn and teach using artwork? Afterwards, the group gathered for refreshments.
Wintersession

Medicine and the Arts led by Dr. Lisa Wong (for undergraduates interested in a medical career)

This event was held in the Harvard Art Museums. Sessions led by AHI faculty and included:

- Writing and Medicine led by Susan Pories
- Disease in Artwork led by Tommy Heyne
- Artistic Problem Solving led by David Odo and Laura Muir
- Visual Thinking Strategies led by Andrea Schwartz and Judy Murray
- Narrative Medicine with Suzanne Koven
- Medicine, Literature and Film led by Steve Schlozman
- Gallery: Van Gogh with Shah Khoshbin and Judy Murray
- Gallery Personal Responses with Liz Gaufberg and Corinne Zimmermann

The group then came together for Music/Medicine reflections on Dvorak String Sextet, conclusion and reflections.

Story Slam Workshop led by Lisa Gruenberg, MD, MFA

A storytelling workshop. Using a performance from NPR’s “The Moth” as an example, a discussion was held about plot and what makes for a good opening to a story. The challenges of telling a story to a live audience were addressed and brave volunteers demonstrated the openings of their tales.

Pediatric Grand Rounds, MGH Hospital for children

Art and Music in the Reflection of Illness Pediatric Disease in Great Works of Art presented by Thomas Heyne, MD, MSt
**February 2016**

**Reflective Writing Workshop**

This is a **monthly** informal writing workshop to help students tell their stories about the experience of medical training led by Dr. Rafael Campo, Dr. Susan Pories, and Dr. Andrea Schwartz. In each session, selected prose and poetry are read and discussed. A writing prompt is provided and then everyone has a chance to share their writing if they like. A light dinner is served.

**March 2016**

**Artsenses: An exploration of art, health and the senses**

AHI and Le Laboratoire Cambridge in Kendall Square collaborated to present a series of curated conversations looking at different ways arts, health and the senses can intersect. Artsenses is open to the public and curated by Dr. Lisa Wong.

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**Dr. Atul Gawande Lecture and Reception**

Dr. Atul Gawande addressed the Practice of Medicine (POM) class to celebrate the kick-off of the POM Geriatrics and Palliative Care core curriculum. Dr. Gawande spoke about aging, end of life, and the role of narrative and stories in medicine. The Arts and Humanities Initiative at Harvard Medical School generously provided a copy for each POM student of Dr. Gawande’s book, *Being Mortal: Medicine and What Matters in the End*.

*Student feedback: “I wanted to pass along though some thoughts on the Atul Gawande event (and Dr. Schwartz's geriatrics lecture) in partnership with POM. I so enjoyed Dr. Gawande’s talk and was really grateful for the generous gift of his Being Mortal book. Many thanks for all the effort in planning this AHI program! It was incredibly meaningful and I heard numerous positive responses from my classmates!”*
Jack El-Hai Lecture and Discussion

Jack El-Hai, writer and historian. Mr. El-Hai has published more than 500 articles and essays. His books include: The Nazi and the Psychiatrist: Hermann Göring, Dr. Douglas M. Kelley, and a Fatal Meeting of Minds at the End of WWII and The Lobotomist: A Maverick Medical Genius and His Tragic Quest to Rid the World of Mental Illness.

http://www.el-hai.com

Harvard Art Museums Event

Led by Drs. Tommy Heyne, Liz Gaufberg, and Lisa Wong, this afternoon of art and music brought HMS faculty and their families to the newly renovated museum for an afternoon of reflection and rejuvenation.

AHI Student Open Mic Night (in Joseph B. Martin Lounge, Vanderbilt Hall)

An enthusiastic group of 50 students gathered to share their talents, including everything from standup comedy, poetry slam, opera, guitar, piano, and clarinet.

Student feedback: "I'm a first-year student who plays with some other students in a band; we participated in the last AHI open mic and we had such a blast!"
Body Language Workshop with the American Repertory Theater

This was a joint event sponsored by the American Repertory Theater and Arts and Humanities Initiative at HMS. Medical school teaches you what to say to patients—but not how to say it. As everyone knows, the way we speak and our non-verbal communication (i.e., our body language) has a huge impact on communication, especially on how patients respond to doctors. Acting schools teach voice and non-verbal communication intensively, but medical schools do not... until now. Erika Bailey, Head of Voice and Speech at the Institute for Advanced Theater Training at the American Repertory Theater led a two-hour workshop, teaching medical students how to use voice and posture to enhance communication with patients.

April 2016

Exploring Creativity and Connection in Health and Healthcare

A workshop with Jeremy Nobel, MD, MPH, Founder and President of The Foundation for Art & Healing to discuss the UnLoneliness Project and the burden of isolation all of us experience to some extent. This interactive workshop used creative expression to explore loneliness and isolation from the perspective of medical students, residents, practitioners, patients, family members and caregivers.

Open Mic Event

At the student’s suggestion, this event was scheduled specifically for HMS revisit weekend. This was a reprise of the popular open mic event held earlier in the year, this time for students planning to come to HMS.

HMS Chamber Music Society

In addition to its two concerts each year, the CMS performed an additional free concert in the JBM Lounge at Vanderbilt Hall as part of ARTS FIRST, Harvard’s annual University-wide celebration of the arts. The concert featured musicians from Harvard Medical School and their colleagues, playing works by Brahms and Bach.

Dinner & Discussion with author Jessica Fechtor

At 28, Jessica Fechtor was immersed in graduate school at Harvard and her new marriage, thinking about starting a family. Then one day, she went for a run and an aneurysm burst in her brain. She nearly died, and lost her sense of smell and the sight in her left eye. In Stir: My Broken Brain and the Meals That Brought Me Home, she chronicles her journey to recovery, which began in the kitchen as soon as she was able to stand at the stove-top and stir.

During Ms. Fechtor’s evening with medical students, the conversation touched on topics ranging from patient perspective, empathy, healing and creativity.
Lucy Kalanithi is an internist at Stanford University’s Clinical Excellence Research Center. She wrote the epilogue to her late husband Paul Kalanithi’s book, “When Breath Becomes Air.” Her visit was co-sponsored by the Dana Farber Cancer Center and the AHI at HMS. She met with faculty, had a luncheon with medical students and gave a lecture during her day at HMS.

The American Reparatory Theatre presented In the Body of the World, a world premiere adaptation of Eve Ensley's critically-acclaimed memoir that connects her battle with Stage III/IV uterine cancer to the harm being done to the planet. We arranged for a large group of medical students to attend the play. Several AHI faculty participated in the discussion series around this production including Drs. Susan Pories, David Jones, and Suzanne Koven.
**June 2016**

**Americans for the Arts ArtVentures**

**Arts and Healing: Classroom to Doctor’s Office**

led by Dr. Lisa Wong and Brooke Di Giovanni Evans, Head of Gallery Learning, MFA Department of Education.

Part of the Americans for the Arts Annual meeting, held in Boston in June 2016, Lisa Wong, Brooke DiGiovanni Evans (Museum of Fine Arts) and creative arts therapists from Children's Hospital introduced arts and health advocates and practitioners from across the country to Boston's rich cultural scene. Following a tour of Boston Children’s Hospital’s environmental art and creative arts programs, the group traveled to nearby Museum of Fine Arts for a sample of “Training the Eye,” Harvard Medical School’s course offered to young doctors and medical students to promote humanism and empathy in our next generation of healers.

**The Art of Examination**

**Art Museum and Medical School Partnerships**

This event took place at the Museum of Modern Art in New York City and explored the value of engaging art museums in programs with medical schools. AHI was represented by Drs. Joel Katz, Liz Gaufberg, and Lisa Wong.
July 2016

Grand Rounds at MGH

Dermatological Diseases in Art was presented by Dr. Tommy Heyne at Dermatology

Reflective Writing Workshop

This is a monthly informal writing workshop to help students tell their stories about the experience of medical training led by Dr. Rafael Campo, Dr. Susan Pories, and Dr. Andrea Schwartz. In each session, selected prose and poetry are read and discussed. A writing prompt is provided and then everyone has a chance to share their writing if they like. A light dinner is served.

In July, the group was filmed by Kenneth Browne for his documentary: Why Doctors Write: Finding Humanity in Medicine.

Partnership with Boston Symphony Orchestra

The Boston Symphony Orchestra is proud to present the BSO Medical Card program. Using music to heal the healer, this innovative program is designed to engage medical students and residents with 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 this pilot year, AHI provided BSO Medical Cards to 450 HMS students. BSO box office information shows that medical students have utilized over 800 tickets so far this season.
Partnership with Isabella Stewart Gardner Museum

Located just steps away from Harvard Medical School, the Isabella Stewart Gardner Museum would like to cultivate its role as a sanctuary for healing for medical students. To that end, ISGM has hosted a series of evening events of art making, art observation, and reflection, co-led by the AHI faculty and art educators.

September 2016

ArtsCelebration 2016 in the Courtyard Café

This was our second annual event to celebrate the arts at HMS. The Program included:

- Welcome by David Jones
- Two miniatures, op. 75a by Antonin Dvorak performed by Justin Lo, Colleen Farrell, Lisa Wong
- Poetry reading by Rafael Campo
- Prose reading “Writing My Own Windows” by Colleen Farrell
- Bharata Natyam (Classical Indian Dance) performed by Madhvi Venkatesh
- As it fell upon a day by Aaron Copland performed by Perry Choi, Elliana Kirsch, and Clara Yang.
- Prose Reading by Suzanne Koven
- Hard Day’s Night by The Beatles and Starlight by Muse performed by the Discount Pediatricians: Michael Dilorio, Luis Fandino, Ben Mormann, Jenny Shih, Sean Wang
- Group song led by Clara Yang and Elliana Kirsch
- Reflection led by Susan Pories
HUBweek

Harvard University, The Boston Globe, Massachusetts General Hospital, and Massachusetts Institute of Technology are the founding partners of HUBweek, a week-long ideas festival celebrating the intersection of art, science, and technology across Greater Boston.

Music, painting, story-telling: Discovering the intersection of medicine and art
This was a three-part interactive lecture series co-hosted by Mass General Hospital and Harvard Medical School’s Arts and Humanities Initiative.

Michelangelo to Van Gogh: Connecting medicine and disease to art and artists
The study of art is a powerful tool to inform the practice of medicine. Among other benefits, it helps to improve physician empathy and communication with patients, enhance perspective, and sharpen diagnostic skills. In this program, audience members view and experience iconic works of art and well-known artists in a new way through a visual thinking exercise—and disease diagnosis. The setting for this unusual journey into the canvas is Massachusetts General Hospital’s historic Ether Dome.

Medical story-telling: Patients, families, clinicians, and caregivers write and tell their stories.
Everyone has a medical story to tell. In a series of programs throughout the day, story-telling experts Annie Brewster, MD, founder of Health Story Collaborative and Mass General Hospital internist, and Suzanne Koven, MD, writer-in-residence for the Division of General Internal Medicine at Mass General Hospital, provided helpful advice and coaching on how to develop and communicate personal medical stories and experiences to provide an inspiration or laugh, or understand a sadness or loss.

Workshop: Patient as story-teller. This program featured two medical stories, one from a patient and another from a clinician. Following the stories, experts facilitated a story-telling workshop with the audience.

Recording your medical story. Patients, clinicians, caregivers, and family members had an opportunity to record their medical stories for the Health Story Collaborative. Participants received coaching on how to tell their story. Story recording will be scheduled in 15 minute segments throughout the afternoon, and story-tellers will receive a copy of their recording.

Story-telling and the future of medicine. Panel discussion. As medicine becomes increasingly dependent on technology, patients have fewer opportunities to tell their stories and similarly, clinicians are less likely to hear their stories. How can narrative medicine restore the story-telling connection to the practice of health care, and what can be done to promote better communication between patients and their clinicians? The program featured Annie Brewster, MD, founder of Health Story Collaborative and Mass General Hospital internist, Suzanne Koven, MD, writer-in-residence for the Division of General Internal Medicine at Massachusetts General Hospital, and Jonathan Adler, PhD, narrative psychologist at Olin College.
Mozart to Aerosmith: Connecting medicine and the performing arts
Music and the performing arts have had an enormous influence on the medical careers of many Boston clinicians and researchers, and it’s helping to shape the future of clinical care for both adults and children. Hosted by Mass General Hospital pediatrician and founding director of the Longwood Symphony Orchestra Lisa Wong, MD, the panel included: Rudy Tanzi, PhD, named one of TIME’s 100 most influential people in 2015 for his groundbreaking research work into Alzheimer’s disease; and Brian Harris, CEO MEDRhythms who is using music therapy in the treatment of brain-injured patients at Spaulding Rehabilitation Hospital. A special preview of Longwood Symphony’s 2016 season opening concert concluded the program.

October 2016

Regeneration, a solo performance was written and performed by Dr. Nancy Rappaport, an associate professor of psychiatry at Harvard Medical School and a child psychiatrist at the Cambridge Health Alliance. Dr. Rappaport’s memoir, In Her Wake: A Child Psychiatrist Explores the Mystery of her Mother’s Suicide, received the Julia Ward Howe Book Award from the Boston Authors Club. In 2013, Dr. Rappaport received Cambridge Health Alliance's "Art of Healing Award." Diagnosed with breast cancer at age 55, she began writing this play because she believes “creating a narrative of our trauma is a necessary part of healing. Dr. Rappaport’s acting debut, this is a daring piece of theater about mortality, a monologue in a dozen scenes.
Franz Schubert Concert

HMS students Clara Yang and Elliana Kirsh, MGH Chief of Dermatology David E. Fisher, along with New England Conservatory faculty and students, the Harvard-Radcliffe Orchestra concertmaster, and a student from Juilliard, performed in a concert in the Tosteson Medical Education Center (TMEC) Oct. 13 at 5pm. The concert was arranged by Dr. Martha Katz.

November 2016

A Dramatic Reading of Whose Life is it Anyway?

Performed by students of Harvard Medical School and The A.R.T/MXAT Institute for Advanced Theater Training at Harvard.

Whose Life is it Anyway, was written in 1975 by Brian Clark. Set in a hospital room, Ken Harrison, a sculptor by profession now paralyzed, is an intelligent man with a useless body and is determined to be allowed to die. The play was a Tony Award nominee for Best Play in 1979, received the Society of West End Theaters Award in 1978, and in 1979, The Burns Mantle Theatre Yearbook, The Best Plays of 1978–1979.
Give Yourself a Break

This is a very popular event that we have repeated several times by student request, a relaxed evening of art, writing, music, and improv theatre.

Student Feedback from Give Yourself a Break:
- I liked the painting session. It was so nice to take a break from studying with art and expression. I also loved meeting fellow students and faculty with similar interests.
- I liked writing and the amount of time.
- Ending with singing was awesome!
- I liked the sharing of how pt’s stories impact on our perspective of our surroundings.
- I liked the improv session and how open and accepting it was!
- Great session, would enjoy more
Thirdspace Journal

thirdspace, HMS & HSDM students-run journal of literature and the arts, has organized contests for social media, visual arts, short fiction, and nonfiction. They receive submissions from all over the world.

The winner of the second annual short fiction contest is Loreen Niewenhuis from Battle Creek, MI. Her winning story *Vein Cutter* talks about one premed student’s journey during a trying time in history of medicine. When she took a job as a phlebotomist, Carly had no idea that within months her job would transform from ancillary to essential, as the world battled one of the deadliest and least understood viral infections of all time.

The 2016 Social Media Contest aimed at capturing "A Day in the Life of a Medical Student." First prize was awarded to Nina Žavbi Kunaver, a second-year medical student in Slovenia, for her submission "Theatre of Events.” Read more here: www.thirdspacejournal.org

Drawing by Srutika Sabu, a second-year student and the Founder and President of the Public Health and Social Justice Collaborative at Touro College of Osteopathic Medicine in Middletown, NY.

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Steering Committee

Our committee is multi-disciplinary and multi-institutional. There is representation from many of the HMS hospitals, as well as many medical specialties and art forms. Medical students, residents, and fellows are an integral part of the committee.

Leadership

- David S. Jones, MD, PhD, A. Bernard Ackerman Professor of the Culture of Medicine (HMS/FAS), Director
- Susan Pories, MD, Associate Professor of Surgery (MAH/BIDMC), Associate Co-Director
- Lisa Wong, MD, Assistant Clinical Professor of Pediatrics (MGH) Associate Co-Director

Executive Committee

- Rafael Campo, MD, Associate Professor of Medicine (BIDMC)
- Elizabeth Gaufberg, MD Associate Professor of Medicine (CHA)
- Joel Katz, MD, Associate Professor of Medicine (BWH)
- Suzanne Koven, MD, Assistant Professor of Medicine (MGH)
- Amy Ship, MD, Assistant Professor of Medicine (BIDMC)

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- Eugene Beresin, MD Associate Professor of Psychiatry (MGH)
- Lisa Gruenberg, MD, Assistant Professor of OB/GYN and Reproductive Biology, (CHB)
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- Robin Schoenthaler, MD, Clinical Instructor in Radiation Oncology (MGH) Andrea Wershof Schwartz, MD, Instructor in Medicine (BWH/VA)
**Selected Bibliography**


Press Coverage
Mass. doctors get lesson in art to improve patient care


An innovative program in Boston shows medicine is an art as much as a science. It teaches physicians in training to use their eyes and ears to connect with patients and enhance the practice of medicine, reports CBS medical contributor Dr. Tara Narula.

At the Brigham and Women's Hospital, doctors, nurses and Harvard medical students are helping reshape medical education. By day, members of the integrated teaching unit, or ITU, focus on treating patients. But at night, they fix their sights on works of art.

At the Museum of Fine Arts in Boston, art becomes a catalyst to strengthen clinical and interpersonal skills, softening the hard science of medicine with creative expression.

"To me, this represented the struggle of being a third-year med student where I'm on a different rotation every couple of months and I feel like my story is being rewritten over and over and everything I learned, some of it I forget," one student said.

Dr. Joel Katz designed the art curriculum at Brigham and Women's, which has become a model for other hospitals.

"When you survey patients, very few of them complain about the knowledge base of their doctor or the fact that their doctor doesn't know anatomy," Katz said. "What they complain about is that their doctor is inefficient or ineffective in communicating. That's what patients feel and that's what we're trying to address with these programs." Katz chose the art museum because it "allows everybody to focus on an external object in a way that I would say takes the personal aspects out and lets them solve problems together."

Activities are carefully designed to enhance team-building, and to break down the hospital hierarchy, junior staff members are paired with more senior colleagues. Observing and describing art is used to promote problem solving, communication, thinking outside the box and appreciating other perspectives.

The museum experience is incorporated into medical practice on hospital rounds, with the goal of improving patient care. Instead of deciding the care plan in the hallway, rounds are conducted collaboratively at the bedside, with the patient included.

In the museum, our goal was to interpret a piece of artwork together, here our goal is to interpret a patient case together. And it's really about figuring out the answer to the patient, for the patient," said Thomas Gilliland, an intern at the hospital.

Getting everyone on the same page with a consistent message avoids the fragmented care many patients
experience in the hospital.
"Whether you're the nurse, nursing assistant, physician, physical therapist, care coordinator, we're all there equally to serve the patient regardless of your role," said Casey Burnett, a registered nurse. "I think the museum experience helps bring us all together for them to realize that we're all in the same team and I think it really translates into patient care."

Patients also benefit from the experience of having doctors at the bedside.

"The fact that they get together and they talk to me about what's going on they don't just treat me like "Oh, he doesn't know," one patient said.

With this program, Dr. Joel Katz hopes to find some of the human interaction that has been lost in medicine.

In fact, as recently as 50 years ago, humanities were at the core of medical practice. While research into this program's effects is still ongoing, there is strong anecdotal evidence that both patients and practitioners benefit.

Several doctors "CBS This Morning" interviewed said that interacting with art helps them process the stress of their jobs.

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Music as Medicine

The Walter Amphitheatre was recently transformed from lecture hall to concert hall

By AMY MAGIN October 26, 2016

Violinists (from right) Stella Chen, Emma Frucht and Martine Thomas. An evening of music featuring a collaboration of faculty and students from HMS, Harvard College and the New England Conservatory of Music recently transformed the Walter Amphitheatre from lecture hall to concert hall.

The sound of Franz Schubert filled a hall normally used for medical school lectures, as a string quintet raised its bows and transported the audience through the range of emotional notes expressed in the composer’s “String Quintet in C Major Op. 163 D. 956.”

The Oct. 13 concert was the result of ongoing efforts at HMS to make the arts and humanities integral to the teaching of medicine, with the added intent of making the HMS community more inclusive.

“This event gives us a welcome occasion to come together as members of diverse communities,” said Acting Dean Barbara McNeil, “and to appreciate not only each other's company but also the beauty that music never fails to produce.”

Martha Ellen Katz, an HMS instructor in medicine and the event organizer, said that the meaning and motivation for both the performers and the collaborators was personal and pedagogic, a way to build bridges that can unite people and institutions, and to make life on this planet more livable for everyone.

“The music selected touched on existential life-and-death themes that are the underlying concern for all of us, especially the medical community—both clinical and research staff—whose ultimate mission is to heal,” Katz
said. “We rarely take the time or have the opportunity to experience these themes directly while learning and working.”

David E. Fisher, the HMS Edward Wigglesworth Professor of Dermatology, and head of the Department of Dermatology at Massachusetts General Hospital, played cello in the quintet.

“This was a wonderful opportunity to perform one of Schubert’s greatest masterpieces with outstanding musicians in a venue that has previously been purely medical or science-oriented,” Fisher said.

Fisher was joined by violinist Emma Frucht, a senior at Harvard and concertmaster of the Harvard-Radcliffe Orchestra; violinist Stella Chen; and violist Martine Thomas.

Chen is a graduate and Thomas a student in the NEC/Harvard dual-degree program. NEC cello faculty member Paul Katz rounded out the quintet and served as the group’s coach. Katz is a founding member of the Cleveland Quartet and also the director of CelloBello, a cello resource website.

The concert opened with a three-minute commissioned duet, “Three,” featuring soprano Elliana Kirsh (HMS ’19) and flutist Clara Yang (HMS ’19). Both students had extensive backgrounds in music before coming to HMS.

Kirsh has degrees in voice performance and neurobiology from the University of Cincinnati College Conservatory of Music. Now in her second year at HMS, she plans to pursue a career focusing on the integration of voice, wellness and neuroscience.

“Performing in this concert provided me with the opportunity to pause and reflect, to be grateful and peaceful, in the midst of our tumultuous lives,” Kirsh said.

Yang said she draws from her background as a seventh-grade science teacher and a teaching artist with the Youth Orchestra of St. Luke’s and the New York Philharmonic to focus on exploring the interdisciplinary connections between music, education and medicine.

Concert organizers were committed to reaching out to as many potential audience members as possible within the HMS community as well as healing institutions and the general public, particularly those who traditionally may not have access to live classical concert music or for whom the experience is entirely new.

*The concert was sponsored by the Office of Human Resources Community Engagement, the HMS Chamber Music Society, the HMS Arts and Humanities Initiative, the HMS Office for Diversity Inclusion and Community Partnership and Greater Boston Physicians for Social Responsibility. Martha Strongin Katz, viola faculty, New England Conservatory, served as the musician liaison for this project.*
What Medical Students Can Learn From Art Museums

There's more to being a doctor than diagnosing symptoms. And that's where art comes in. A hospital is not just a laboratory. A patient is not simply a diagnosis. And medicine is often more than a science. "We are pretending to be accurate scientists but we're really social scientists," Alexandra Charrow, a resident in internal medicine and dermatology at Brigham and Women's Hospital in Boston told The Huffington Post.

"We’re dealing with human beings. The way we collaborate will patients will not be based on their numbers, it will be based on their non-objective data.” Charrow recognizes the importance of exploring subjective modes of thinking in her medical practice and evolution. And while art may not seem like the most essential aspect of a medical curriculum, amidst a stream of facts, diagrams, equations and machines, its value is critical. Standing before a carved sarcophagus from 350 B.C. can communicate the unspeakable magnitude of death and dying more than a textbook ever could.

As part of their humanistic curriculum, residents at Brigham and Women’s Hospital are mandated to attend what are called Art and Medicine workshops at Boston’s Museum of Fine Arts, located less than a mile away. The program of study is designed to help doctors treat their patients as people, not just symptoms.

“We focus on the human side of being a doctor,” Brooke DiGiovanni Evans, the MFA’s head of gallery learning, told HuffPost. Using artwork as a jumping off point, the residents converge to discuss the challenges of both treating patients and coping with the demanding lifestyle of a medical practitioner. Often the discussion will
begin with a close reading of a work of contemporary art coupled with a single question: how does this work of art relate to your current life situation? In the neutral environment of the museum, doctors can discuss their pressures, fears, and hopes, exposing vulnerabilities that remain concealed during school and work hours.

“When people realize other doctors are feeling the same thing, they’re not as alone,” Evans said. “Often they haven’t had a chance to voice those thoughts yet.”

The workshop also contains a creative activity, often inviting the class to work together as a large group to create an image. This exercise emphasizes the importance of teamwork, with each doctor-turned-artist adding their own perspective and skill set to yield the final outcome.

This year, Evans has also added sculpture to the syllabus. For this exercise, everyone gets a small piece of clay and uses the it to tell a story about how they’re feeling about their residency at this very moment. “One woman created a very long, stretched out piece of clay that was maybe six feet long, saying she felt incredibly stretched thin,” Evans said.

Although the MFA Gallery Learning team are not art therapists, there is something undoubtedly therapeutic about the program and its mission. Just the physical act of slowing down, feeling clay morph and yield in your grasp, is a vital recess from the accelerated pace of life within hospital doors. For two hours at a time, the residents are not rushing, not stressed, not checking their phones. They’re engaged with the feel and weight of a small piece of clay, answering to no one but a small voice inside.
“We try to bring residents back to the human side of being a doctor,” Evans said. “Giving them ways to connect with their patients, have empathy and understanding for what they’re going through. It reminds them that slowing down can really help, and that the skills they bring as a doctor to that. They’re opportunities to be clear with their patients, the opportunity to connect with colleagues.”

The Museum of Fine Arts also works with dermatology students from Harvard Medical School, though the program goals are distinct. With these workshops, the focus is on building observation skills that can be translated directly into dermatological diagnoses.

“A lot of the things you notice in a work of art — the color, line, texture, shape, is similar to what a dermatologist is looking for in skin conditions,” Evans said. “Using the artwork as a way to talk about what you are seeing and to building a case for what you are noticing as well. You can say you are seeing this or that in a painting, but you need to be able to explain why. That really helps doctors work on their evidence building skills and descriptive language.” Both dermatologists and medical practitioner residents work with artwork from the MFA’s collection. In one room, full of ancient Buddhist imagery, the conversation touches on the importance of self-care and meditation. In a contemporary gallery, a certain image can have unexpected ramifications.

For example, Charrow mentioned a certain series of photographs by Nicholas Nixon, in which he photographed four sisters every year for 40 years. When the photos made the rounds on the Internet in 2014, the overwhelming reaction was one of nostalgia and the magic of sisterhood. For Charrow, however, the image illuminated the often tangled web of family dynamics, a particularly difficult aspect of her work.
“It was a really haunting set of images,” she said, “and hard to distinguish the relationships between the people. As a doctor, you are seeing a family in this bizarre time slice. You have a window into these weird interactions you normally would not have. Sometimes the decisions they make seem so foreign. Like in the photos, as a doctor you can feel very clueless to the dynamics of the family in some situations.”

Overall, Evans hopes the workshops provide medical residents a safe space to process the intensity of their daily experiences, thus better enabling them to continue treating patients with not only accuracy but compassion and strength.

Another goal is presenting the museum as a space of refuge, an available resource to meditate, unwind and think.
**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 FAS
- 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 HMS curriculum
- Visiting lectures and scholars
- Physician/artist in residency program
- Small grants/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
Upcoming Events

Leslie Jamison, Author of The Empathy Exams Marmor Artist in Residence

As part of our Marmor Artist in Residence Program, supported by a gift from Drs. Michael and Jane Marmor, HMS ’66”, Ms. Jamison will spend 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.

Hippocrates Poetry Symposium

The Arts and Humanities Initiative at Harvard Medical School will be hosting the International Hippocrates Poetry Symposium in 2017. Organized by Dr. Rafael Campo, this promises to be a huge international event.

Poetry Judges include:

- Neal Baer, pediatrician and producer of ER, USA
- Jorie Graham, Pulitzer-Prize winning poet, USA
- Jackie Kay, Scottish Makar (National Poet Laureate), UK
- Owen Lewis, psychiatrist and poet, USA
**Writer's Retreat**

Laurel Braitman, with the Medicine in the Muse Program at Stanford will be joining us in 2017 for a day long retreat to be 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.
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Donation Information

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

Donate: http://hms.harvard.edu/giving. Enter fund number, 520-365227 and “Arts and Humanities Initiative” in the comments.

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And I noticed how peace rested in the nestles of the mossy greens
And I noticed the way the air seemed softer and sweeter in here than outside
And I noticed that static lines still move
And I noticed how a large space can feel very cozy
And I noticed the little winged lion, mysteriously smiling down at me
And I noticed that the lines and spaces point upwards to the sky
And I noticed that the imagination is all we need to travel though time and bring others with us on our journey
And I noticed the quiet.

Thomas Way, Fanoli Xia, Krystle Leung, Jocelyn Streid,
Helen, Chelsea Messinger, Ali Shamji, Radhika Agarwal

And I noticed the lion pride peering over their kingdom
And I noticed the sound of water
And I noticed the water babbling on stone bringing life where there was silence
And I noticed lines, planes, light, radiate
And I noticed shadows obscuring light, light overcoming darkness
And I noticed the gentle trickle of water assaulting my ears at every turn
And I noticed the way her voice softened as not to disturb the pitter patter.

Virginia Tran, Michael Kochis, Carlos Torres, Rahul Nayak