



The Fundamental Role of the Arts and Humanities in Medical Education



December 2022 FRAHME Newsletter

This newsletter is designed to keep you up to date on news from the [AAMC's Fundamental Role of Arts and Humanities in Medical Education \(FRAHME\) initiative](#). If you know others who are interested in learning more about integrating the arts and humanities into medical education, please forward this email to them. To subscribe, they can [sign up here](#).

Medicine During the Holocaust and Its Contemporary Relevance: Perspectives from Health Professions Students

[Please register to join us](#) on Thursday, Jan. 26 from 12-1:30 p.m. ET for a webinar, "Medicine During the Holocaust and Its Contemporary Relevance: Perspectives from Health Professions Students." Featuring presentations by Hedy S. Wald, PhD, Alpert Medical School of Brown University, and Sabine Hildebrandt, MD, Harvard Medical School, the presentation will be followed by a panel discussion with health profession learners from four countries. Both Drs. Wald and Hildebrandt are commissioners of the [Lancet Commission on Medicine and the Holocaust](#), of which Dr. Hildebrandt serves as co-chair, and the students serve on the commission's Student Advisory Council. David J. Skorton, MD, AAMC president and CEO, will provide opening remarks.

Celebrating the Role of Arts and Humanities in Medical Education

On Oct. 28, the AAMC hosted a celebratory event as part of the FRAHME initiative and in recognition of National Arts and Humanities Month. Participants heard from Sacha Sharp, PhD, MA, assistant professor at Indiana University School of Medicine, who developed the "Health Equity Using Art" program. This program is designed to increase awareness and empathy while identifying bias against those underserved in medicine. Dr. Sharp participated in the pilot of the "Humanities and Arts Program Evaluation" course developed by the AAMC. She shared her experience in the class and her plans for evaluation before answering questions from the virtual audience. [View the recording](#). (Please note that the breakout room portion of the event was not recorded).

Winning Essays on Humanism in Healthcare from Health Professions Students

Each year, the Arnold P. Gold Foundation sponsors the [Hope Babette Tang Humanism in Healthcare Essay Contest](#) and winners have their essays published in *Academic Medicine*.

Medical Student Essays

First place: [The Light](#) by Mason Blacker, NYU Grossman School of Medicine

Second place: [Every Patient After](#) by Molly Fessler, University of Michigan Medical School

Third place: [To Tend to a Life Story](#) by Nali Gillespie, Duke University School of Medicine

Nursing Student Essays

First place: [As the Sun Sets](#) by Jessica Pierce, Oregon Health & Science University

Second place: [A Song for the Dying](#) by Victoria Furka, University of Tennessee-Knoxville College of Nursing

Third place: [She Served Him Well](#) by Danielle Blackwell, Frontier Nursing University

Using the Performing Arts to Teach Medical Competencies

The FRAHME Getting Started Guide is designed for educators who are new to incorporating arts and humanities into their programs, courses, or curricula. The Guide provides specific ideas and examples for integrating the arts and humanities into competency-based medical education. Activities were selected due to their ability to be conducted at low cost with any group of learners, regardless of developmental stage or specialty.

The Guide offers examples of how to use [Indian dance, jazz music, and improv theater techniques](#) to teach interpersonal and communication skills and how to use [film and dance movement](#) to teach patient care and procedural skills

Arts and Humanities in *Academic Medicine*

[Using Narrative Medicine Workshops to Improve Empathy and Emotional Intelligence and Address Burnout Among Medical Students](#)

Andrew M Childress, E Lee Poythress, Reginald Toussant, Andrea Stolar, Larry Laufman, Nital P Appelbaum, Ricardo Nuila. *Academic Medicine*: November 2022 - Volume 97 - Issue 11S - p S120

Baylor College of Medicine School of Medicine developed a mandatory narrative medicine course for students that spans spring of second year through fall of third year. Sponsored in part by a [FRAHME grant](#), evaluation research demonstrated statistically significant improvements in areas such as empathic concern, perspective-taking, and well-being.

[Addressing Peer-to-Peer Resident Mistreatment Through the Use of Forum Theatre: A Pilot Intervention](#)

Sylvia Botros-Brey, Adriana Dyurich, Alixandria Pfeiffer, Roberto Prestigiacomo, Hanzhang Wang, Sarah M. Page-Ramsey, Joseph W. Basler, Ruth Berggren. *Academic Medicine*: December 2022 - Volume 97 - Issue 12 - p 1780-1785.

This initiative was conducted in obstetrics–gynecology and urology residencies at UT Health San Antonio and consisted of three phases: a focus group to identify mistreatment experienced by residents, resident volunteers to create and act out the forum theater scenario, and enactment of the forum theater scenario during didactic time. After 6–8 months, self-reported mistreatment behaviors had decreased.

Featured Poetry from AAMC Constituents

For the Lost

Tomorrow the sun will rise
to touch the face of life
some will feel it for the first time
others, here yesterday, gone today
death grounds us, wherever we come from
the closer we've been to it, the sturdier
Earth gets, the more we remember our roots

For all of us -- families of immigrants
mourning from horizons of distant homelands
may our roots grow us deeper in origin
may the comfort of our cultures wash over us
may the memories of our motherlands mend us
wherever the ground beneath us
and those we've laid to rest

[See the text version of this poem and notes from the interview.](#)

This poem is written by Jenny Hegland of The Good Listening Project. As part of the AAMC initiative "[Creative Expressions During Times of Uncertainty](#)," Hegland and other listener poets conducted over 200 interviews with health professionals and trainees and subsequently transformed the conversations into original works of poetry. Some of these poems were featured on [The Good Listening Podcast](#) where listener poets bring you three poems along with the stories behind the conversations that inspired each poem.

Featured Artwork from AAMC Constituents



Fleeting Moments by Akshata Hopkins, MD, pediatric residency program director at Johns Hopkins All Children's Hospital

Artist's Statement:

This artwork is mixed media. These are two different acrylic pouring paint canvas pieces – one created as I processed a challenging day and the other created as I reflected on a great day. Seeing and feeling the juxtaposition inspired me to connect them together using wired lights to represent the “tightrope” we straddle often.

As physicians, healers, and humans, we transition so quickly between “Fleeting Moments” that we often forget to experience the beauty and fragility imparted on our journey.

You must truly feel the highs, the lows, and everything in between.

Years. Months. Weeks. Days. Hours. Minutes.

Good and Bad days.

Highs and Lows.

Joy and Grief.

Hello and Goodbye.

Connection. Solitude.

We are constantly walking a tightrope.

We must live each fleeting moment. Without the bad, one cannot truly experience the good.

Without embracing the present, one may only look to the past and anticipate the future.

As healers, we must gift ourselves fleeting moments of presence.