



The Fundamental Role
of the Arts and Humanities
in Medical Education



October 2023 FRAHME Newsletter - Issue 1

This bi-monthly 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](#).



We are honoring October, [National Arts and Humanities Month](#), by publishing poetry, stories and artwork from many talented AAMC constituents. Our sincere appreciation goes to those who submitted their work to be shared with the FRAHME community.

If you are attending [Learn Serve Lead 2023: The AAMC Annual Meeting](#) in Seattle in November, we invite you to join us on Sunday, Nov. 5 at 6 p.m. PT for the Friends of FRAHME convening.

The Last Time I Saw Her



I ate oatmeal all summer to afford a visit to the ocean with a beloved friend in the fall. I sensed she was unwell; her figure showed yet-undiagnosable signs of a disease that hospitalized her only a few months later. We had the beach to ourselves. She wandered to a rocky breakwater and as she watched the sunset, I watched her.

I marvel at how the visceral experience of a thing fades far before our memory of it does; the physical sensation of sand between toes, a sunset, or even cold hospital sheets flees as soon as the experience slides into the past. Yet memories are not bound by such terrestrial notions as time. Certain memories become unwanted constant companions.

The nine months of painting this scene became a meditation for me; a reflection upon the price of a human life and what we will sacrifice to keep our loved ones from slipping away.

*by Morgan McBride, medical student
University of Minnesota Twin Cities*

Poetry

Sojourner

Make the Journey
To flatter lands
And stranger people

Make the Journey
Where concrete elevation
Replaces stone and pine

Make the Journey
To blinding white classrooms
For growth and gain

Make the Journey

And know one day
You'll make it back home, again

*by Aidan White, medical student
University of Minnesota Medical School*

Age 23, Death by Suicide

The pain is searing.
Even if it cannot be seen from the outside,
the scars are there,
marks inside and out.
The ink seeps through the skin, deeper and deeper.
it cannot be wiped off.

You tried with all your might to walk away,
to free yourself from the blackness, the stain
it remained

I have not met you,
Yet from your photograph
Your eyes speak to me.

*by Andrea Reilly, MD
Massachusetts General Hospital, Harvard Medical School*

Racism in Skin and Me



This piece explores my creative expression on the topics of racism in medicine and dermatology. At the top, there are groups of knots representing people of color. Each knot represents an individual, and each group has its own unique area that represents their background and social determinants. Each community has two threads that converge in the center of the piece at a white flower which symbolizes me. My whiteness will significantly impact the care I will provide, and I strive to practice open communication, cultural humility, and understanding. As racism affect peoples' healthcare, my whiteness also affects how I will treat patients. The flowers at the bottom signify how I hope a piece of my care and culturally-just practice stays with the patient and spreads out into their communities. Equitable healthcare does not end with the encounter with the provider but has a reverberating impact on the community.

by April Feist, medical student

University of Minnesota Medical School - Duluth Campus

55 Word Stories

Her Pain Haunts Me a Little

Her pain haunts me a little
No disorganization or delusions at first glance
Until you push beneath the surface
when they are disturbingly real
No tooth brushing or foot washing
Water and plastic would kill her
But she hates it here so much
and we have nothing for her
Such is the difficulty with psychiatry

*by Jonathan Kapilian, medical student
Zucker School of Medicine at Hofstra/Northwell*

Happy Birthday

Happy Birthday. Born fifteen weeks early but not a moment too soon. Rushed away to help ensure the next 15 weeks be a guarantee, not a hope. I stood watching, scared yet awed. Finally a cry, quieting the commotion. It takes a village to raise a child, and a code team to save this one.

*by Jonas Leavitt, medical student
Zucker School of Medicine at Hofstra University*

Harmonious Blooms



"Harmonious Blooms" melds nature and medicine, showcasing their interconnected beauty. Growing up on a farm, I have always found comfort and inspiration in the beauty of nature's intricate patterns and delicate harmony. This love for nature blends seamlessly with my passion for the complexities and beauty that are mirrored in medicine.

When I stumbled upon the peace lily draping over the nerve plant, it struck a chord. It felt like nature's way of showing the relationship between the protective, caring physician and the uniquely complex and multi-faceted patient. Just as the lily gently hangs over the plant, physicians protect and nurture their patients, offering comfort and serenity in times of need.

This composition conveys the delicate balance between nature and human connection. Nature, a profound teacher, inspires our understanding of the human form. "Harmonious Blooms" is an homage to physicians' care for their patients and our shared existence with nature.

by Sara Osborne, medical student

University of Minnesota, Twin Cities School of Medicine

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