



The Fundamental Role
of the Arts and Humanities
in Medical Education



October 2023 FRAHME Newsletter - Issue 2

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 two FRAHME Newsletters with poetry, stories and artwork submitted by many talented AAMC constituents. Thank you to all of those who contributed their work below. Keep an eye on your inbox for Issue 2 coming next Friday, October 20th!

Please see below for poetry, stories and artwork submitted by many talented AAMC constituents. Thank you for sharing this work with the FRAHME community!

Wave Returns Home



The acrylic painting "Wave Returns Home" invites the viewer to reflect upon our shared humanity. It whispers of our shared origin—each molecule in our bodies, every speck of stardust—all woven together from the same universal fabric. Just as a transient wave is part of a vast ocean, we are all fleeting characters within the broader human narrative. This piece is a reminder to recognize the shared humanity in one another, and that collective liberation is our path forward.

*by Shannon Zui, medical student
University of Minnesota Medical School*

Poetry

Hard to Erase

to erase a mistake on paper
sometimes it leaves a smudge
or grey and pink shreds of debris
or rubbing too hard
tears the page

how much harder to erase
a harsh word
the hand raised in anger

how much deeper the mark
what tape can mend the tear

by Helen Chang, MD, FCFP

Finality

In a heavy moment slowed by the weight of mournful attention
Gathered around the paternal giant
As orange, yellow, and red flecks have gradually faded from the weathered arms
Casting a proud shadow of its rugged and unrelenting push to touch the clouds
Many little and big ones assume its mantle as they take over the charge of pulling the earth
The clouds do not seem that distant
The giant has parted the forest
We can see the sun
Rest now
You have done a good job
We will take it from here

by John Luk, MD

Dell Medical School, The University of Texas at Austin

55 Word Stories

Faceless Administration

I walked through the halls, looking straight ahead. My surroundings were blurry, muffled, and seemingly unnecessary. Subliminal messages were haunting me. No one knew. Not even me.

"We want what's best for you." I feel the pressure. I finally understand the expectations. Nothing will satisfy them. I'm their game. But, I will never win.

by Aarohi Shah, medical student

University of Minnesota Medical School

Brain Death Exam

As we walked through the ICU, I looked into the window of each room. Glimpses. Then I saw them, wife and daughter standing over the patient whom last week we declared "gone." Instead, he remained intubated, still unmoving, still breathless, eyes glazed over and sightless. His brain was gone, but they couldn't let him go.

by Brooke Milosh, medical student

Donald and Barbara Zucker School of Medicine at Hofstra/Northwell

The System Unchosen

I discharged a man with pseudoseizures. So misunderstood—adult strength but a child's mind. Loved helicopters, threw tantrums, asked for a goodbye hug.

Later he attacked someone. A knife. Police arrived. Shot.

Dead.

I imagine his mom grieving.

Did anyone try, y'know, talking to him?

I chose healing others. I didn't choose this broken system.

by Linda Li, medical student

Duke University School of Medicine

Wildfire



This photo was taken in 2020 during the initial onslaught of the Covid-19 Pandemic. The words on my mask represent the intense emotions my colleagues and I experienced at the time. In my family medicine office my face was always covered with a mask. I was expressionless. I listened to my patients. I was empathic. I was compassionate. However, beneath the mask I had feelings, emotions and thoughts that I kept separate from my

patients and colleagues. I took this photo to give myself permission to feel and to develop self-compassion. I want physicians to connect, thrive and feel healthy. Special thanks to my son Max for photographing me.

*by Daniel Y. Dodek, MD
University of British Columbia*

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