MAYO CLINIC
DOLORES JEAN LAVINS
CENTER FOR HUMANITIES
IN MEDICINE

2017 YEAR IN REVIEW
By all measures, Mayo Clinic had a great year in 2017. It was also a fantastic year for the Mayo Clinic Dolores Jean Lavins Center for Humanities in Medicine. Programs and special events included music, visual arts, dance, theatre, creative writing, lectures and other educational programs that contribute to the healing environment of Mayo Clinic. They promoted the culture of Mayo, reaching larger and more diverse audiences. Educational programs continued to grow, and the 2017 Humanities in Medicine Symposium, held in Rochester, reached an even larger number of students, providing them with experiences that plant a legacy for the future.

The Dolores Jean Lavins Center for Humanities in Medicine builds on the very best evidence-based clinical practices which continue to advance as researchers make scientific breakthroughs and share progress through educational programs. Humanities serve in a complementary fashion to bring benefits to patients that are not fully achievable by medical treatments alone, such as improved quality of life and pain relief. Benefits to our staff include improved work experience and job satisfaction with reduced employee burnout. Our students also receive those benefits while expanding their tools for helping patients.

The continued evolution of the Lavins Center for Humanities in Medicine contributes increasingly to the healing environment of Mayo Clinic as our educational programs expand our presence in the minds of our students and practitioners. We look forward to continuing to lead the transformation of hope and healing at Mayo Clinic.

With gratitude,

Paul D. Scanlon, M.D.
Medical Director, Mayo Clinic
Dolores Jean Lavins Center for Humanities in Medicine

A GREAT YEAR

The Dolores Jean Lavins Center for Humanities in Medicine provided programs to more than 10,000 patients, family members, staff, students, visitors and community members in 2017. Notable events included the fourth annual Mayo Clinic Humanities in Medicine Symposium with attendees and participants from all over the world; the first Medical Humanities International Nursing Forum; performances by globally-recognized ensembles and lecturers such as Ragamala Dance Company and Swiss futurist Gerd Leonhard; and the third in a series of historical exhibits featuring the contributions of women at Mayo Clinic, “Women of Mayo Clinic: Pioneers and Leaders.”

We continued to expand our educational offerings within the Mayo Clinic College of Medicine and Science. Courses offered in the medical school include The Human Element, Telling the Patient’s Story and The Practice of Narrative Medicine. Workshops for resident physicians included Thinking Well, Medical Improvisation and Reflective Writing. Staff and student participation in monthly workshops in Medical Improvisation and Literature and Medicine, as well as the quarterly book discussion continued to grow.

We also began offering formal Humanities in Medicine training for all students and staff at Mayo Clinic. Both the medical student and resident physician profiled in this report articulate the need for humanities training. “It [medical humanities training] allows me to be a better physician, a better person,” according to Maggie Nolan, M.D. Medical student Gohar Manzar, Ph.D., states, “I was able to learn how to keep medicine as my passion while weaving in writing and other art to create a career that allows me to recognize the person behind the disease.” These testimonials demonstrate the power of medical humanities to shape future physicians and the quality of their interactions with patients.

We are deeply grateful to have generous benefactor support that enables us to provide valued, compelling and restorative programs to patients, staff and students at Mayo Clinic, as well as to employ the medical humanities as a tool in support of Mayo Clinic values.

Sincerely,

Johanna S. Rian, Ph.D.
Program Director, Mayo Clinic
Dolores Jean Lavins Center for Humanities in Medicine
PROGRAM HIGHLIGHTS

Serving patients, families, caregivers, students and community members, the programs presented by the Mayo Clinic Dolores Jean Lavins Center for Humanities in Medicine highlight the restorative effects of the arts and the role of humanities in strengthening patient care. The center does this through a variety of powerful mediums, including music, dance, theatrical performances, visual arts exhibitions, bedside arts programs, lectures and more.

Regularly Scheduled and Recurring Events
These primary programs of the Center for Humanities in Medicine reached more than 9,100 people in 2017.

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<td>Art at the Bedside</td>
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<td>Book Discussion Group</td>
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<td>Creative Renewal Series</td>
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<td>Humanities in Medicine Lecture Series</td>
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<td>Improv Workshop</td>
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<td>Literature and Medicine</td>
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<td>Music is Good Medicine Concert Series</td>
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<tr>
<td>Quarterly Concert by Residents of Mayo Clinic School of Medicine</td>
<td>90</td>
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<tr>
<td>Rosemary and Meredith Wilson Harmony for Mayo Concerts</td>
<td>7,085</td>
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<tr>
<td>Selective, Mayo Clinic School of Medicine</td>
<td>45</td>
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<tr>
<td>Visual and Narrative Arts in Psychiatric Units</td>
<td>96</td>
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Special Events in 2017
These unique offerings were attended by more than 1,300 people in 2017.

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<th>EVENT</th>
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<td>2017 Humanities in Medicine Symposium</td>
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<td>Opening Reception — Art &amp; Ability</td>
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<td>Mayo Clinic School of Medicine First Year Student Reception</td>
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<td>Mayo Clinic School of Medicine Student Arts and Theatre in Minneapolis</td>
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<td>Megan Cole — The Faraway Nearby: Life-and-Death Choices Through the Patient’s Lens</td>
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<td>Opening Reception — Otherness: The Art of Humanizing Perceptions of the Other</td>
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<td>Rewoldt Lecture — Gerd Leonhard : The Future of Technology and Its Impact on Direct Democracy</td>
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<td>Women of Mayo Clinic Film Premier Maud Mellish Wilson: A Singular Voice</td>
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EVENT ATTENDEES
SPOTLIGHT ON 2017

2017 Humanities in Medicine Symposium
Held in Rochester, Minnesota, the Humanities in Medicine Symposium focused on transforming perceptions in health care by showcasing innovative programs at the intersection of health and humanistic disciplines. Attendees explored vital themes, emerging research and innovation in the field. The relationship between well-being and humanistic disciplines promotes the artful and compassionate delivery of health care. Those gathered for the symposium reflected on the experiences of the patient and the care provider and advocated for emerging research and innovation in the field.

Women of Mayo Clinic
Throughout the month of March, Mayo Clinic recognized the profound contributions women have had on the history of medicine at Mayo. Customized exhibits in Arizona, Minnesota and Florida highlighted unique artifacts linked to key women in Mayo Clinic’s history. Paired with Women’s History Month, Mayo Clinic also premiered the film Maud Mellish Wilson: A Singular Voice. Maud Mellish Wilson established the Mayo Clinic Medical Library, supervised Editorial Services and founded Mayo Clinic Proceedings. The video was filmed on location at the historic Wilson House at Assisi Heights and the Plummer Building.

Rewoldt Lecture Featuring Gerd Leonhard
Futurist Gerd Leonhard presented at the annual Rewoldt Lecture in October, discussing the future of technology and its ability to drive societal change today. He shared a prediction that humanity will change more in the next 20 years than the previous 300 years, with much of this progress being very positive (tackling global warming, slowing down deadly diseases, creating energy abundance, etc.). However, some changes may create vexing new challenges for the humanities.

Ragamala — Written in Water
The Ragamala Dance Company creates work that conveys a sense of reverence, of unfolding mystery, of universal celebration. Now in its 24th season, Ragamala has been hailed by The New York Times as “soulful, imaginative and rhythmically contagious.” In Written in Water, dancers explored the concept of spiritual ascension through the second-century Indian board game Paramapadam (a precursor to Snakes & Ladders), the 12th-century Sufi text The Conference of the Birds, and the Hindu mythological story Ksheerabthi Madanam, the churning of the seven seas.

Medical Humanities

International Nursing Forum
In this two-day seminar, the Dolores Jean Lavins Center for Humanities in Medicine offered training in the principles and practice of medical humanities for nursing students and professionals from around the world. Topics included narrative medicine and reflective writing, music therapy, visual arts and observation skills, bedside arts programming for patients, creative expression and communication skills, and more.
A TRANSFORMATIVE EXPERIENCE
Gohar S. Manzar, Ph.D. | Medical Student

A student’s first year in college is often a time of growth and transformation. For Mayo Clinic medical student Gohar S. Manzar, it was a whirlwind of change that taught her the importance of the humanities. Gohar, born in New York to immigrant parents from India, found herself starting college in Iowa while her parents were forced to leave the only country she had known, leaving her behind. The challenge seemed nearly insurmountable for an 11-year-old college freshman.

“Art has been an anchor through the instability in my life,” Gohar said. “When I began to seek out medical schools, it was important for me to find one that has an emphasis in the humanities.”

Gohar, now 23, describes the Humanities in Medicine opportunities as a fertilizer for her medical education. The experience she’s had with the Dolores Jean Lavins Center for Humanities in Medicine has planted seeds of creativity, helping enrich her interactions with patients and laying a foundation for how she will practice medicine and cope with the challenging role as a physician hoping to specialize in radiation oncology.

Mayo Clinic has the honor to care for patients during their most vulnerable times, and Gohar appreciates how the humanities have helped her build relationships with patients.

“As a provider, I will encounter patients in times of high emotion. It is important for me to be able to process that as a provider. Art is great at allowing that to happen. Both through drawing and writing, I’ve been given tools of resilience.”

Poetry in particular has allowed Gohar to connect with patients on a more human level. After encountering a difficult diagnosis for a pediatric patient, she found herself doubting whether she was mentally strong enough to be a cancer physician. By writing about the experience, she was able to process the grief and allow it to sublimate in a way that allowed her to self-heal, rebounding to care for others with new strength and perspective.

“Without the humanities, I would be a fragment of a person. I wouldn’t be able to bring the best to my job if I didn’t choose to have these activities enriching my life. Through the Humanities in Medicine selective, I was able to learn how to maintain medicine as my passion while weaving in writing and other art to create a career that allows me to keep central the person behind the disease.”

BECOMING A BETTER PHYSICIAN
Margaret B. Nolan, M.D. | Humanities in Medicine Committee Member

Words have always had immense power for Margaret B. Nolan, M.D. An English literature major in college, Dr. Nolan began to see the power for her dual passions of writing and medicine intertwine as she began to study the human body in medical school. She has since become a strong advocate for all medical students to experience the profound impact that humanities in medicine can have in shaping the future leaders of health care.

“It’s so important to focus on the humanities in medical school, as this is the time these students are forming their identity and where values are embedded that they’ll carry with them throughout their career,” Dr. Nolan said. “You learn it in medical school because when you become a resident — that’s when you really need it.”

The art of writing has allowed Dr. Nolan to relate to her patients in new ways. She has often crafted poems about her patients and, in doing so, altered her perspective on how she viewed them.

“In moments like that, you recognize the humanity in someone you might not have related with at first. It allows us, as doctors, to treat our patients at another level. By giving yourself permission to relate to a 21-year-old patient who has been diagnosed with cancer while completing college applications, you’re struck by the human experience. It allows me to be a better physician, a better person.”

Poetry and other writing have also allowed Dr. Nolan to document some of the most chaotic times in her life. In medical school, she created a poetry collection that highlighted each rotation she went through. For her, it was a strategy to deal with the very challenging intern year, utilizing a creative way to release stress. Additionally, it served as a way to reflect on her past experiences. Writing is a recommended strategy for physicians to use today in an effort to avoid burnout.

“The real reason we’re practicing medicine can get lost in the pressure of day-to-day activities. Reliving these patient-physician relationships provides valuable motivation to be a better doctor.”
MEETING THE NEEDS OF THE PATIENT
Christina Wood | Music Therapist

Music has a unique ability to provide hope and healing to patients who come to Mayo Clinic from around the world. Music therapist Christina Wood witnesses daily how the Dolores Jean Lavins Center for Humanities in Medicine is improving the patient experience.

“The work of the music therapy program allows our patients to be treated holistically — mind, body and spirit,” Christina said. “We’re able to use music as a tool that empowers patients in their health care journey.”

When a member of a patient’s care team recognizes that current care isn’t sufficient for conditions like anxiety, rehabilitation or other clinical needs, they are able to request music therapy as an additional intervention. Being present with the patients allows them and their families to be distracted from long hospital stays and challenging diagnoses. Live music is often able to lower the heart rate and blood pressure as changes to the tone and style of music are made in the moment.

“Music bridges gaps across ages and cultures. We once had a patient here waiting for a transplant. When we realized he played guitar, he began sharing his own songs with patients and guests in a nearby atrium. It allowed him to process his emotions through songwriting while giving back to those around him. Before he left, he performed a concert for his care team in recognition of their support. It was a very meaningful way for him to give back to those who cared so much for him.”

Music can also play a powerful role in uniting families during difficult moments.

“When I arrived to the bedside of a patient, the family knew their grandma had a favorite hymn but couldn’t name it as she approached end of life. I just started strumming, humming “How Great Thou Art,” and the family immediately recognized it as the song. The patient’s breathing started to slow, and by the time I finished the chorus, she had taken her last breath. It was such an honor to be part of that moment and provide that family a meaningful final experience with their loved one.”