



# See, Do, Teach: A Pilot Study to Evaluate the Impact of Visual Art Experiences on Burnout

Natalie J Tedford, MD and Jessica Babal, MD

Department of Pediatrics, University of Wisconsin School of Medicine and Public Health

## Background

- Burnout is common among physicians and trainees.
- There is an overall lack of consensus regarding the interventions and initiatives to use in helping address this issue and the risks associated with burnout.
- Narrative medicine has shown evidence for improving physician and trainee wellbeing.
- The impact of visual art experiences on burnout and wellbeing has not been well explored.

## Purpose

Investigate the impact of visual art experiences on burnout.

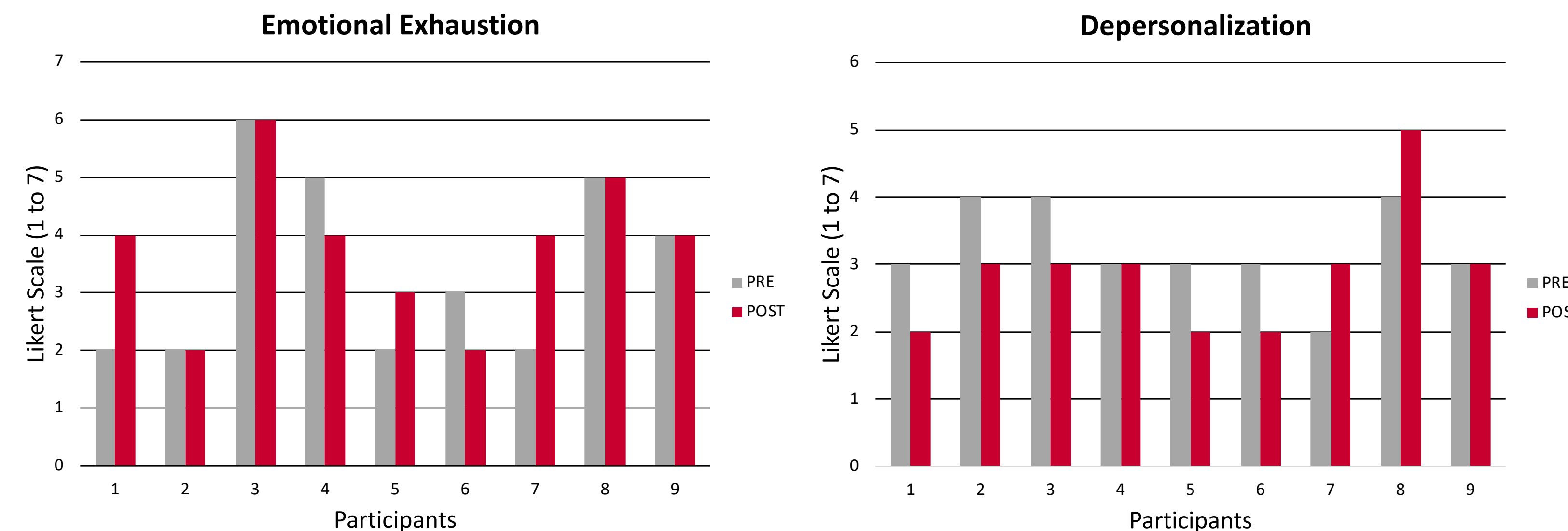
## Methods

- Physician trainees and faculty physicians participated in three visual art themed sessions: Observation, Creation, and Instruction.
- Participants completed pre-post surveys:
  - Two-item burnout inventory by West et al.
  - Qualitative descriptions of perceived impact of art in medicine
- Burnout questions using Likert scale:
  - "How often do you feel burned out from work or school?"
  - "How often do you feel you've become more callous toward people since you started your current training or job?"
- A paired t-test and thematic analysis were used for pre and post intervention analysis.

## Results

- 14 participants: 85% were female and 69% were medical students.
- 64% or 9 of the 14 participants completed both pre and post intervention surveys.

Burnout measure	Pre	Post	p-value
Emotional Exhaustion	3.4 (SD=1.6)	3.8 (SD=1.3)	p=0.4
Depersonalization	3.2 (SD=0.7)	2.9 (SD=0.9)	p=0.28



- Qualitative assessment indicated that visual art experiences were enjoyable and perceived as facilitating a relaxing environment for reflection and interpersonal connection.
  - Five themes were present in the comments:
    - Interpersonal connection:
      - “So much fun to learn how others view art. We can all look at the same piece and see something completely different.”
    - Enhanced curious observation:
      - “Allowed me to consider my experiences in a more abstract way. Reminded me to keep an open mind to many interpretations by avoiding "anchoring bias" and allow perspective taking”
    - Broadened perspective:
      - “Keeping an open mind to many interpretations. Avoiding "anchoring bias". perspective taking. patience. balancing attention to detail without missing forest for the trees, as it were.”
    - Enabled empathy:
      - “Reminded me that we see life everyday in our clinics, and we experience it through and with our patients.”
    - Provided an emotional outlet:
      - “It provided an outlet for interpretation and a way to experience emotions.”

## Conclusions

- Thematic congruences throughout all three events that support our postulation that visual art experiences provide an important space for self-reflection, observation, and potential burnout prevention through resiliency skill building.
- The medical humanities, specifically visual art experiences, could serve as a vital resource to address physician burnout by implementing interventions in medical education and/or professional training/practice settings to help mitigate burnout and aid in wellbeing.



## Limitations/Next Steps

- Larger studies are needed.
- Future studies might include collecting more longitudinal data and assessing the implication of a visual art intervention to reduce burnout and enhance wellbeing.

## Acknowledgements

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