

The Art of Medicine: Resiliency Skill Building Workshop

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Background

Burnout is common among healthcare professionals with a known lack of directed interventions on reducing the risk this population faces. It is known that training and exposure to visual art enhances wellness by improving reflection and self-care. However, the impact of visual art experiences on medical professional burnout and wellbeing has not been well explored.

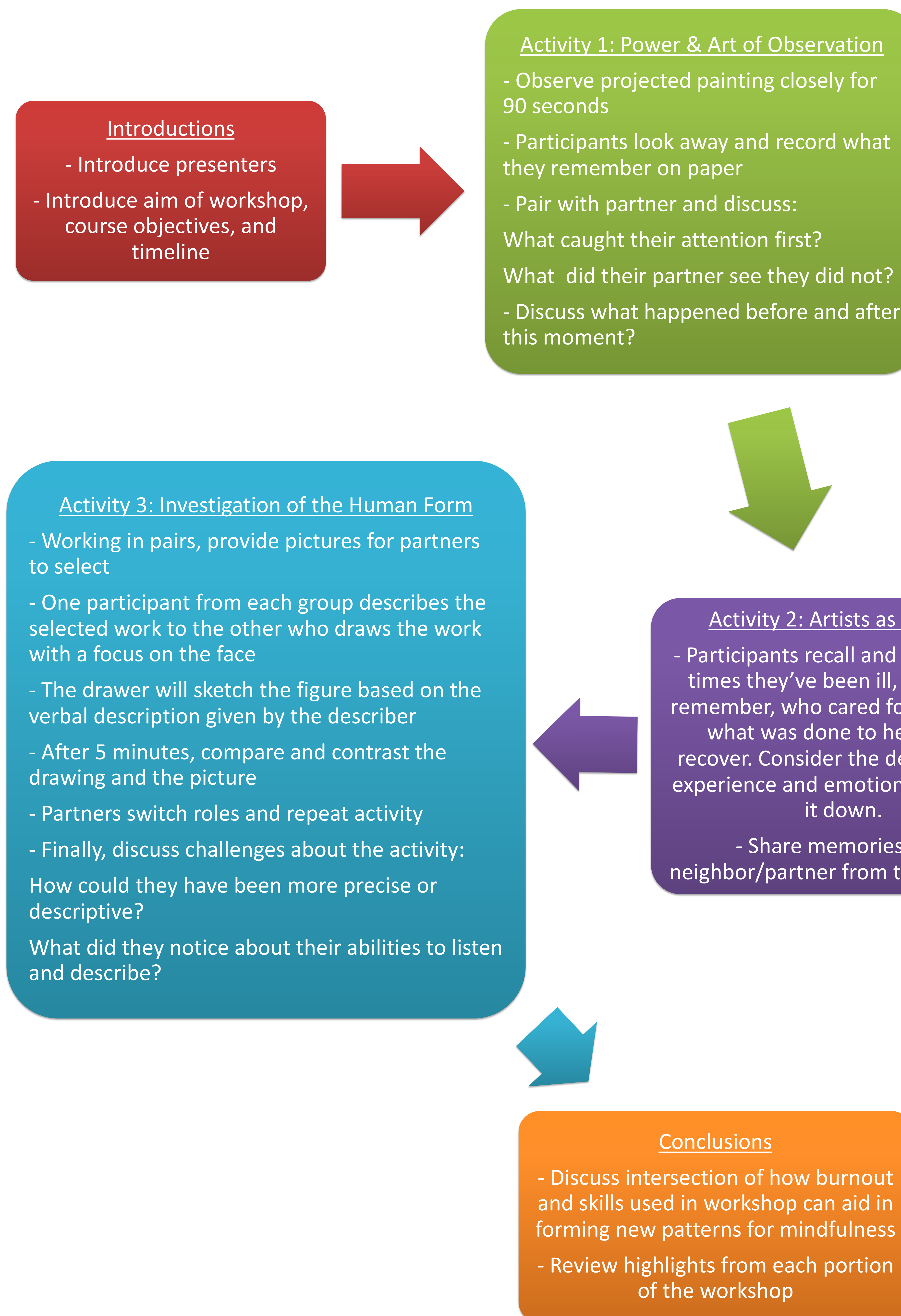
Purpose

The Art of Medicine is a visual art workshop designed to help address health-professionals' burnout by developing visual and communication skills that are routinely used but rarely discussed in healthcare.

Methods

- Using a small group setting (15-20 participants) we created a 75 minute workshop
 - The workshop is broken down into 3 main segments, and serve the following purposes:
 1. Power & Art of Observation (20 minutes)
Designed to help participants learn how to look deeply and retain detailed information. Also to identify how emotions and bias can affect objective observations.
 2. Artists as Patients (20 minutes)
Expand participants understanding of empathy and compassion and the importance of caring for patients and themselves
 3. Human Form (20 minutes)
Develop strategies for dealing with ambiguity and evaluating diverse interpretations
- Resources: paper for note-taking, writing utensils

Outline



Take Away Skills & Strategies

- Expand participant's abilities to observe, describe, analyze with works of art and relate these skills to patient examination and care
- Increase participant's abilities to do visual analysis and to communicate their observations, hypotheses, and conclusions more effectively with colleagues and patients.
- Develop strategies for dealing with ambiguity and evaluating diverse interpretations
- Increase participant's engagement with visual arts as process to reduce burnout and build self-resiliency

Limitations

- This workshop hasn't been replicated or evaluated for effectiveness and thus lacks rigorous research backing
- Self-selection bias could play a role in participants if attendance is voluntary as it was at our institution

Next Steps

- Incorporate workshops such as this into medical training at any appropriate level to mitigate the effects of burnout on healthcare professionals

Acknowledgements

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