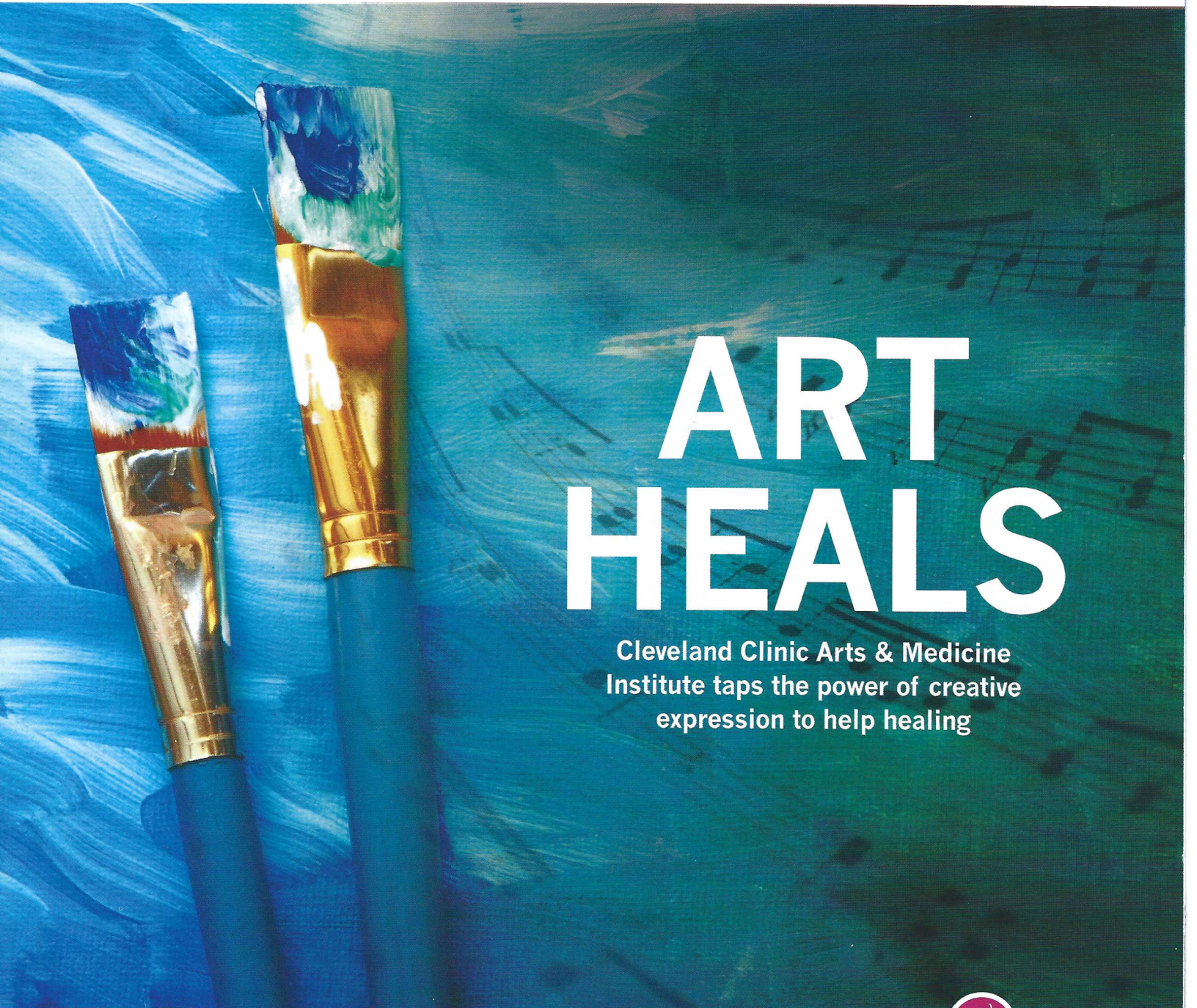


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ART HEALS


Cleveland Clinic Arts & Medicine
Institute taps the power of creative
expression to help healing

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COVER
STORY

ART HEALS

Cleveland Clinic Arts & Medicine Institute taps the power of creative expression

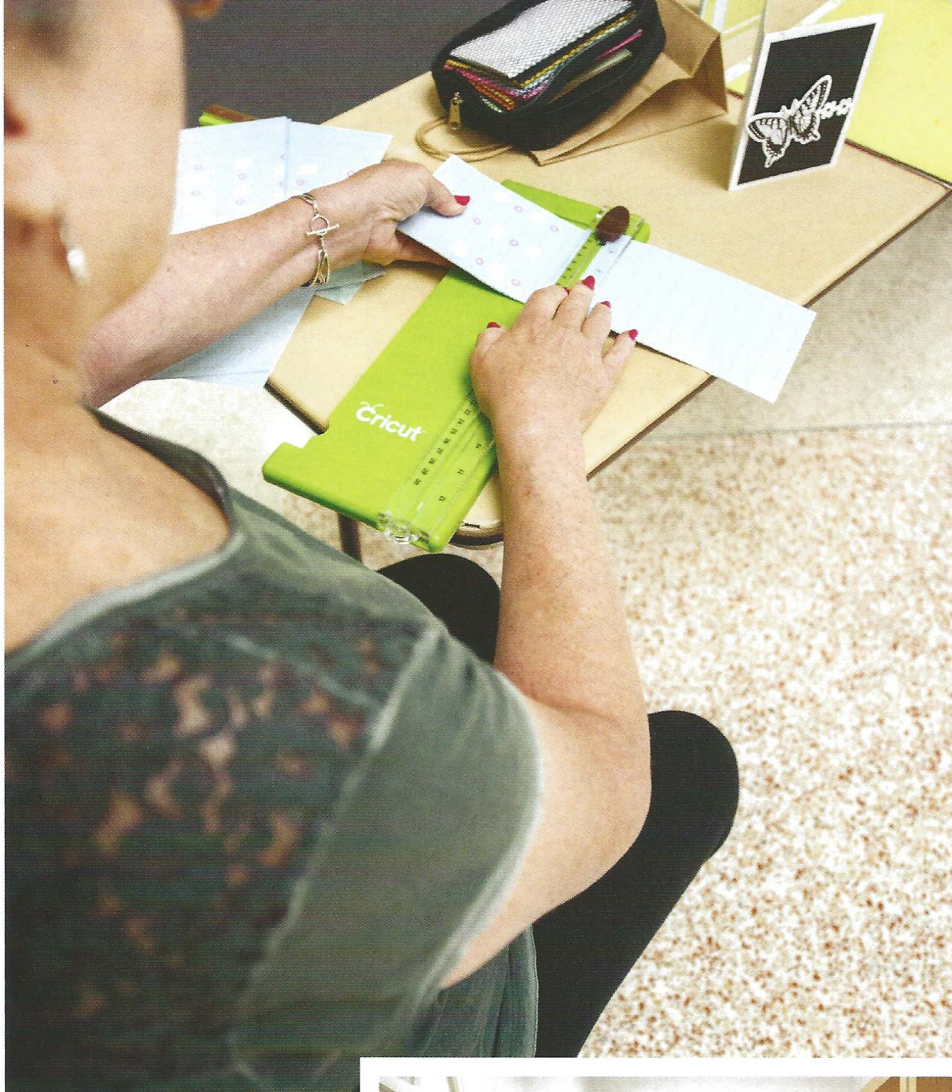
Arts and medicine is a powerful combination. Cleveland Clinic integrates the arts into its healing environment through the Arts & Medicine Institute. Its mission is three-fold:

- To enhance the hospital experience through the arts
- To practice and investigate the use of the arts in healing
- To build community around the arts, health and medicine

Through research, Cleveland Clinic recognizes that the arts deliver measurable clinical benefits and improve emotional, mental and physical health. “Emerging evidence reveals true therapeutic effects from the arts. Being exposed to art stimulates various pathways in the brain and can have an impact on many body functions,” says Francois Bethoux, MD, Medical Director of the Arts & Medicine Institute.

PHOTO BY YU KWAN LEE

Live music performances, such as this one in the Hillcrest Hospital atrium, help create an innovative healing experience.



Art and music therapy are available to support Cleveland Clinic patients and families during inpatient and outpatient treatment.



Francois Bethoux, MD
Medical Director,
Arts & Medicine
Institute

For example, ongoing studies are investigating questions like: Can arts therapies decrease the amount of medication a patient needs to feel better after surgery? And how do various types of visual arts impact the well-being of patients in the hospital?

The Arts & Medicine Institute encourages healing and supports medical professionals' work through a robust art collection, art and music therapy, performing arts, education and research.

"What differentiates Cleveland Clinic's Arts & Medicine Institute is the comprehensive nature of the programs offered, along with the breadth and depth of our vision to integrate the arts into medicine and

health," says Maria Jukic, Executive Director, Arts & Medicine Institute. "Through an established institute, we take a unified, coordinated approach with a focus on research."

A PATIENT-CENTERED COLLECTION

The Art Program, established a decade ago, acquires art, facilitates artwork donations, maintains the collection, curates and organizes exhibits, and offers educational programming.

"Our mission with installing art throughout the entire health system is to offer a diverse collection showcasing different artists and different media, and covering different subjects, whether landscape, abstract or figurative," says Jennifer Finkel, PhD, Curator of the Cleveland Clinic Art Program. "There is something for everyone — something that can transport you, take you away."

"Our goal is to incorporate art into every public space — an estimated 24 million total square feet within the health system," Ms. Jukic says.

More than 6,000 fine art pieces and 10,000 framed posters are on display at Cleveland Clinic facilities.

Specifically, at Cleveland Clinic Fairview Hospital, a series of contemporary paintings on paper — based on nature and botany — by local artist Susan Danko were commissioned for the new Emergency Department/Intensive Care Unit. Meanwhile, 120 additional artworks hang in the lobby and clinical areas. A cell phone tour allows anyone to "dial in" and hear sound bites from the artists and engage with the story behind these works of art, explains Ms. Finkel.

Cleveland Clinic's art collection illustrates the core values of collaboration, quality, integrity, compassion and commitment.

THE POWER OF ART AND MUSIC

Art and music therapy enhance the physical, psychological and emotional well-being of patients and their loved ones.

"Art and music therapy resonate with the patients and families," says Brian Harte,

Cleveland Clinic's Art Program commissions site-specific artworks, like the installation shown in the Fairview Hospital lobby by local artist Susan Danko. Additionally, the Performing Arts Program brings in performers of various genres to entertain patients and visitors.



MD, President of Cleveland Clinic Akron General and the Southern Region (former president of Cleveland Clinic Hillcrest Hospital). "Our art and music therapists work in partnership with care teams. Anyone can ask for them to be involved — anyone can make a referral."

Cleveland Clinic art and music therapists guide individuals through a range of creative experiences. For instance, a parent can request art or music therapy for a child who is hospitalized. Patients can ask for these creative arts therapies for themselves or for the family members at the hospital supporting them.

"Engaging in art or music therapy can be life-changing," adds Stephanie Morris, MT-BC, a music therapist at Hillcrest Hospital. She recalls how playing her keyboard encouraged a cancer patient at the hospital to revisit his days as a doo-wop singer.

"He had a big smile on his face, and it was almost like we weren't in the cancer center any more," Ms. Morris relates. "Sometimes, focusing on a positive stimulus like music can take your mind off the pain."

Art therapy can help decrease pain and anxiety, improve coping skills, promote relaxation, increase attention span, assist with rehabilitation and so much more. Research supports the clinical benefits of delivering art and music therapy in hospital settings, Dr. Harte notes.

In pursuing a grant to support more music therapy at Hillcrest Hospital, researchers conducted before-and-after surveys on pain, emotional coping skills and relaxation. "Both our patients and nurses reported significant improvements in those areas," Dr. Harte says.

PERFORMANCES FROM THE PROS

The Performing Arts program is a cornerstone of the Arts & Medicine Institute, encompassing a Musicians-In-Residence program along with a range of live performances at Cleveland Clinic hospitals.

From local professional musicians and students to conservatory opera singers, Cleveland Clinic opens its hospital doors to performers of many genres — providing innovative healing experiences for patients and families. Cleveland Clinic staff members and volunteers also take part by performing and engaging in the arts.

For example, at Cleveland Clinic Medina Hospital, the sound of a piano in the main lobby lifts spirits and provides some mental rest and relaxation. "When the piano is playing, the space feels more animated and upbeat," says Logan Johnson, the spiritual care chaplain who enjoys inviting performers to play there.

A COMPREHENSIVE APPROACH

Patients. Performance. Research. Community. These primary points

of focus guide the Arts & Medicine Institute's mission. Even beyond the healing power of arts and medicine in the clinical setting, the greater community benefits from art therapy, music therapy and the performing arts.

The institute offers educational arts programs and performances that are open to the community. These include ongoing programs such as Art in the Afternoon (small group art tours for people with memory loss), the Art Ambassador Program and the Performing Arts Series.

Looking toward the future in arts and medicine, Dr. Bethoux says, "The arts will become an even larger part of our arsenal of treatments as we learn which patients can benefit the most and how we can best reach them with the therapeutic effects of the arts. The arts will also be increasingly integrated into wellness interventions."

Ms. Jukic adds that "the possibilities are almost limitless" with arts and medicine. "We look forward to advancing the conversation about the role arts can play in achieving and maintaining a healthy lifestyle."

HEALING POWER

You can access the arts at Cleveland Clinic hospitals through an array of Arts & Medicine Institute services.

To learn more, visit us online at: clevelandclinic.org/artsandmedicine or my.clevelandclinic.org/services/arts_medicine