Encouraging Creativity & Connection to Address Clinical Burnout

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Why do humans make art?
Could it be that the arts enhance survival?

- The arts allow us to *pay careful attention*, explore thoughts and feelings, consider important questions, *connect to ourselves and others*, and *“make sense” of the world*

- Could the arts enable us to *build durable connection* with ourselves and others, change our behaviors and *increase resilience*?

- What does that have to do with *clinical burnout*?
Futility & Isolation
Does what I do matter?
Will I succeed?

Too Much • Too Fast
EXHAUSTION

My Skills & Capacity
INADEQUACY
Barriers & Obstacles
Not a new concern, but getting worse?
No Wonder Why…

MEDICAL KNOWLEDGE
Vast & Ever-Expanding

Complexity
(limitless)

• True Gaps
• Applicability
• Relevance

PATIENT CARE
Urgent & Vital

Demanding
(boundless)

• Outcomes
• Satisfaction
• Trust/Confidence

SYSTEM MANAGEMENT
Confusing & Irrational

Frustration
(accelerating)

• Reliability
• Navigability
• Effectiveness
A Struggle to Connect

Clinician

Patient

Family Caregiver
WARNING: LONELINESS IS AS LETHAL AS SMOKING 15 CIGARETTES PER DAY.
One Intriguing Possibility…
Maybe the Arts Can Connect Us?

"I think that people do go to art in general as a way of addressing very deep, very intimate, very mercurial and elusive, ineffable things in a communal setting. It ends a certain kind of inner loneliness. Or it joins one's own inner loneliness with the inner loneliness of many other people. And I think that that can be healing."
Striving for synthesis of humanism, science, and community

“"If we can demonstrate that emotion affects outcomes and art affects emotion, then a logical path to better outcomes would involve more attention to engaging people in artistic pursuits.”

Harlan Krumholz, MD, SM
Three parallel ways that creative expression improves health

**create**

“Experience the moment” allows you to be in touch with your “self”

**share**

The act of “baring” your soul, emotions, or perspective to others

**receive**

Contemplate and absorb the message from others
What Can Creative Arts Offer?

▸ A powerful, fun and non-threatening way to engage people of all ages and in any circumstance by giving them a chance to express who they are and what matters to them

▸ A way to “connect” people to themselves and others

▸ A way to promote a general sense of wellbeing and belonging
Times are tough...and getting tougher...and some are particularly vulnerable...

Let's take good care of each other.