



SOCIETY FOR THE ARTS IN HEALTHCARE

2007 BLAIR L. SADLER INTERNATIONAL HEALING ARTS COMPETITION

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Top Honors Awarded in 2007 International Arts and Healing Competition

Winners of the 2007 Blair L. Sadler International Healing Arts Competition were recognized at the Society for the Arts in Healthcare's 16th annual conference on April 13, 2007, at the Hilton Nashville Downtown, Nashville, Tennessee.

"It is now widely recognized that hospitals have unintentionally become toxic environments where too often unnecessary harm occurs to patients. It is also well recognized the clear connection between the physical environment of hospitals and its effect on patients, families and staff. Less well recognized is the equally clear connection between improved quality, wellbeing and the arts," says Blair L. Sadler, former president of the Rady Children's Hospital in San Diego, California and Senior Fellow at the Institute for Healthcare Improvement. He continues, "The 2007 award winners are extraordinarily powerful examples of partnerships between artists and healthcare providers that have successfully shown positive measurable impact on patients' lives."

"The Society for the Arts in Healthcare is honored to host the Sadler Awards," states Gay Hanna, PhD MFA, Executive Director of the Society for the Arts in Healthcare in Washington, DC. "Each year individuals are selected who have inspired growth in this emerging field through their own talents, along with the support from communities across this country and around the world. We thank Blair Sadler who, through his leadership and generosity, has made these awards a bench mark of success for the arts in healthcare."

At a special awards ceremony during the conference, Sadler presented a \$1,000 cash prize to each of the three professional winners and a \$500 cash prize to one student winner. All first place winners received up to two complimentary registrations to attend the SAH conference in Nashville. The 2007 award recipients are:

First Place Professional

Inge Mulvad Eje and **Niels Eje** produced and composed a new, original sound and music program specially designed to reduce stress, anxiety, pain and other disorders without side effects, in hospital patients. ***MusiCure – Specially designed music environment in hospitals*** is based on more than eight years of research by the Musica Humana Research organization (based in Copenhagen, Denmark) documented through clinical studies involving over 6,000 patients at major hospitals in Denmark, Sweden, Norway and the USA. Musica Humana has published extensively the research results in professional journals, newspapers, TV and radio appearances, and presentations at conferences, congresses and symposia all over the world. In one study, a specially created musical recording reduced anxiety and stress so successfully in psychiatric patients, who otherwise would have been treated with on-demand sedative medication, that 87% of the patients relaxed, calmed down, and even fell asleep from listening to the music.

Lorna Hastings and **Beverley Healy** coordinated a three-year effort, the ***Dreams Art and Health Research Project***, at Mater Hospital Trust in Belfast, Ireland, in association with Arts Care, and funded primarily by the Arts Council of Northern Ireland Lottery fund. Their work has been highlighted in the Dreams Project, which aimed to assess, in measurable terms, whether the involvement in visual arts activities in a healthcare environment by patients, staff and community members significantly improved their wellbeing on a number of levels. The results from this project provide a range of quantitative and qualitative evidence of the beneficial effects of their participatory visual arts program. General enjoyment survey results showed that 95% reported that the art activity was either very or fairly enjoyable, 77% said that it helped to express or unburden thoughts or feelings, and over 90% reported some improvement in mood, while almost 50% reported an alleviation in pain and symptoms.

Amir Lahav developed ***The Medical Benefits of Music Making: A Musical Human-Computer Interface for Stroke Rehabilitation*** using a Virtual Music Maker (VMM) – an innovative human-computer interface that converts body movements into musical feedback in real-time, allowing patients to enjoy the experience of playing music while performing prescribed therapeutic exercises. His group in the Department of Neurology at Harvard Medical School performed a pilot clinical trial in a small group of stroke victims to test the rehabilitative potential of the VMM for improving functional hand movements. Results showed significant improvements in hand motor function following five days of music-making therapy; patients' movements became more controlled, coordinated and purposeful. This work provides preliminary evidence for the effective use of music as an enjoyable artistic medium, and as a powerful, engaging treatment modality for stroke rehabilitation. It should open the door for future investigations using music-based human-computer interfaces in clinical settings.

First Place Student

Renee Buchanan (a second year medical student at Texas Tech University Health Sciences Center) filmed the oral histories by senior citizens at various homes, assisted living, and nursing facilities in a West Texas town. They told stories about their medical care experiences and expressed their beliefs about the health care system through a number of open-ended questions. ***BOOM: House Calls About Medicine and Graying America*** is a half-hour long video compilation targeted to an audience of junior medical students who might be unaware of the need for geriatricians and who otherwise might not be exposed to the breadth of health topics that concern senior citizens. One student responded, "It was wonderful to hear what we can do to facilitate trust in the relationship, in our practice of care, and the little things that can make a huge difference. This is something that every medical student should watch."

Honorable Mention

Several arts in healthcare professionals also received honorable mention awards.

Bailey Barash created a powerful half-hour documentary, *203 Days*, showing the gradual decline of a patient and her family coping with a terminal illness in hospice care at Weinstein Hospice of Atlanta, Georgia. Written evaluations made it clear that the honest portrayals shown in the video were acceptable to most, shocking to some, and enlightening to all; 93% of the initial audience felt that they had acquired a greater understanding of end-of-life care and hospice.

Janet Lew Carr and **Deborah Farris** developed and implemented *Danceworks Intergenerational Multi-Arts Project (IMAP)*, a pioneering arts education program by Danceworks, Inc. in Milwaukee, Wisconsin that brought together elderly Aurora Adult Day Center senior citizens with local sixth-grade students and engaged them in the process and performance of art. Through specific outcome measurement tools, Danceworks observed and verified that the positive flow of energy in the workspaces increased exponentially when the older adults and youth came together for dance, art making, interviews, and socialization.

Olga Stamatiou, Rocco Zappia, and Matt Zappia, for their *Seewall CHILD (Children's Hospital Inter-Linked Display)* art and technology multimedia display with moving images of fish and sea-life at the Medical University of South Carolina (MUSC) Children's Hospital in Charleston. Hospital administrators believe that the audiovisual components of the Seewall act as an adjunct to medical therapies to alleviate pain, anxiety and stress associated with painful procedures. Evaluation response to the initial installations has been overwhelmingly positive.

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ABOUT THE BLAIR L. SADLER INTERNATIONAL HEALING ARTS COMPETITION

Competition sponsor Blair L. Sadler is the former president of Rady Children's Hospital in San Diego and is a senior fellow at the Institute for Healthcare Improvement in Boston. Under his direction from 1980 to 2006, Rady Children's Hospital received numerous awards for its commitment to the arts and their impact on healing. Annette Ridenour, co-founder of the Blair Sadler Awards, is the president and founder of Aesthetics, Inc., an internationally recognized design firm promoting the arts in healthcare. The competition has been a partnership with the Society for the Arts in Healthcare since its inception in 2001. The competition aims to recognize innovative artists who have partnered with healthcare organizations to develop and implement high quality projects that have a measurable impact on patients, families or staff.

The **Society for the Arts in Healthcare** (SAH) is a non-profit 501c3 organization based in Washington, DC. Founded in 1991, SAH is dedicated to promoting the incorporation of the arts as an integral component of healthcare. Funded in part by the National Endowment for the Arts; Johnson & Johnson and the National Institutes of Health/National Institute on Aging, SAH provides program development support through grants, consultant services and the convening of conferences and symposia to a wide range of arts and healthcare institutions nationally. Over 1,600 SAH members, artists and healthcare professionals, serve patients and their families in the USA and abroad. For further information about SAH or the awards visit www.thesah.org or call 202-299-9770.