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## 2007 Blair Sadler Competition Awardees

The Blair L. Sadler Awards honored exemplary, visionary leaders from around the U.S. and Canada for projects that measurably impacted the experience of healthcare for patients, visitors, family members, staff and other caregivers. Those honored in 2007 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

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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

**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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