



Musician to  
Musician-in-Healthcare

Constanza Roeder,  
Founder and CEO of  
Hearts Need Art

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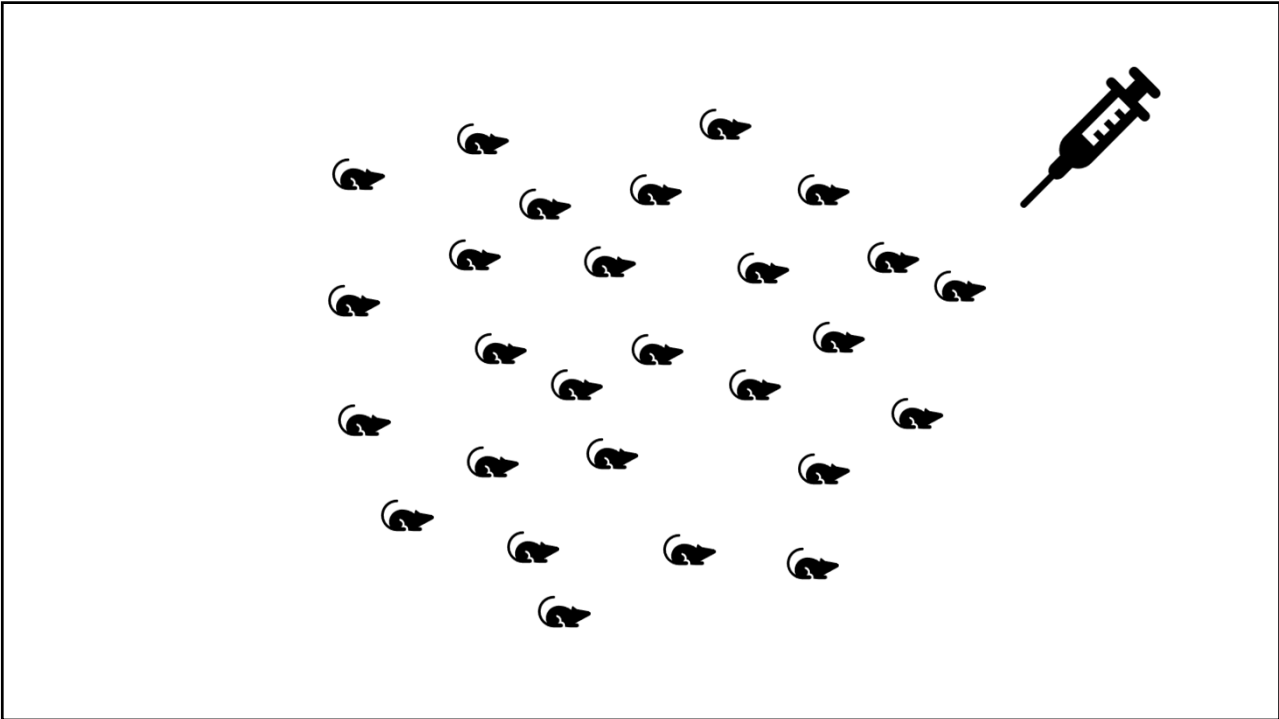


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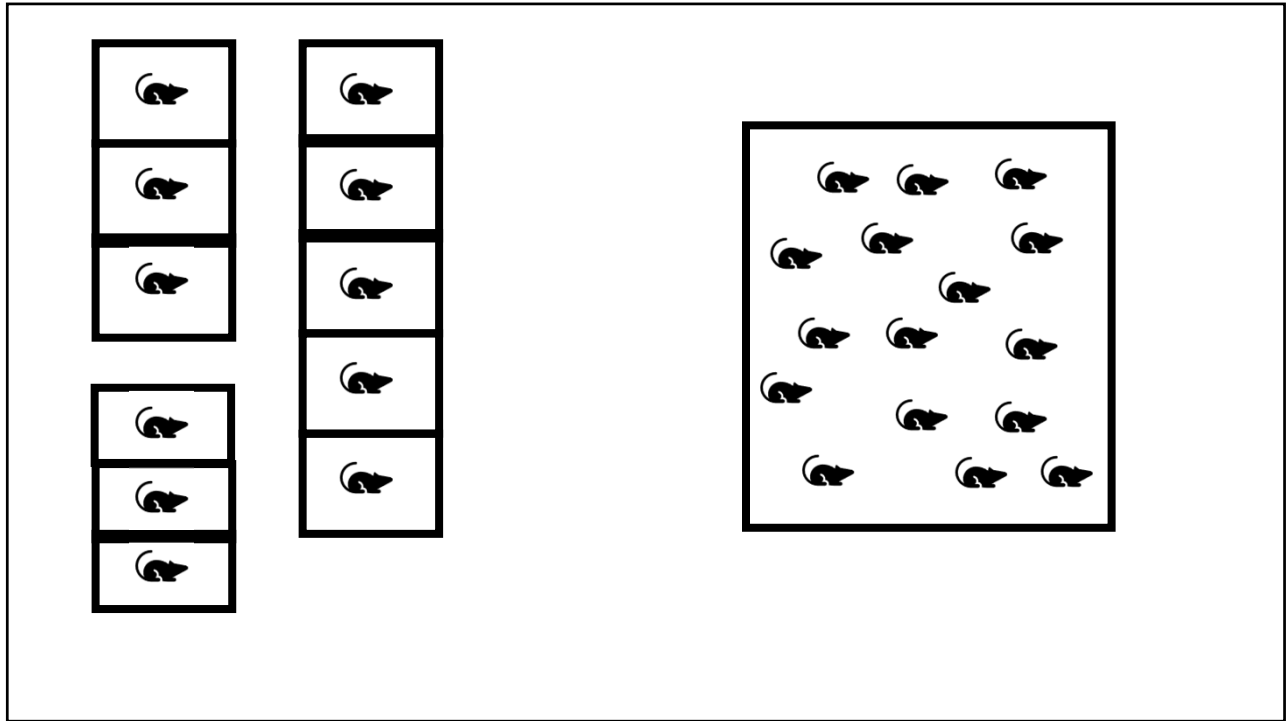


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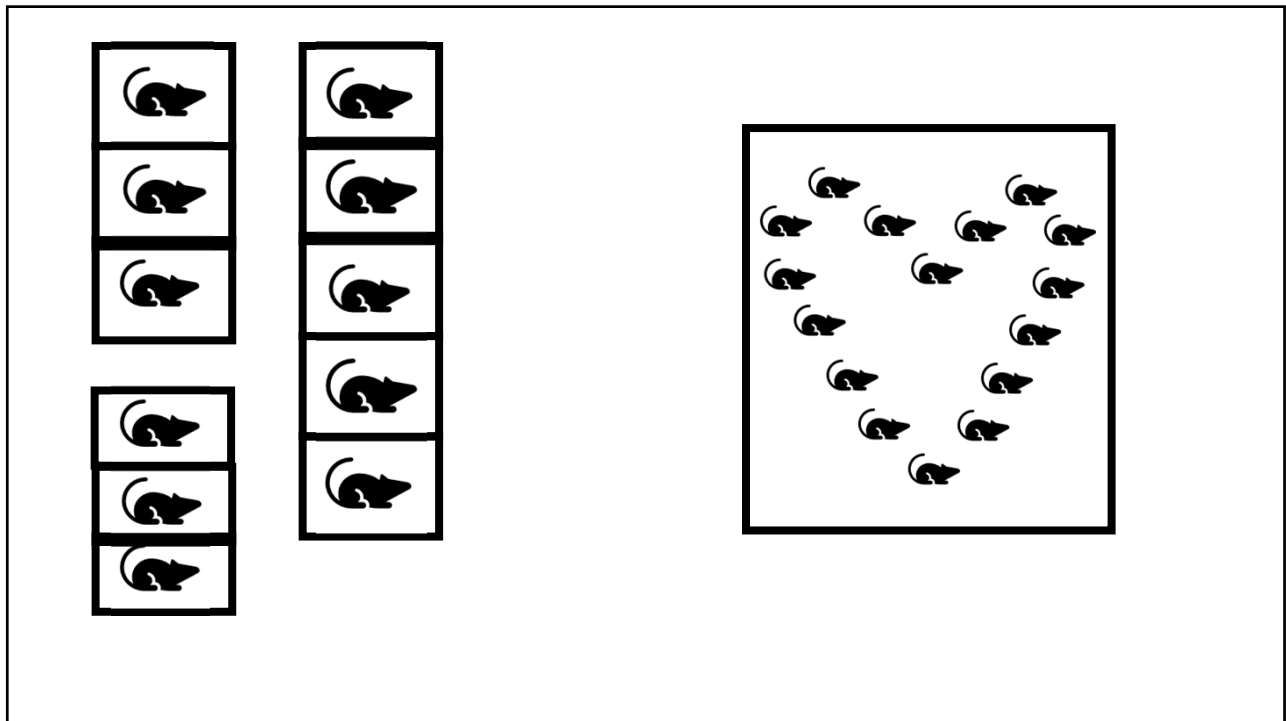


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Social isolation (Williams, 2009)

- increases the body's stress response
- lowers immune function
- stimulates tumor growth



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Long hospital stay  
(Shoar Et Al., 2016)

increased anxiety

depression

pain levels



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Increase in Psychosocial symptom burden  
(Nipp Et Al., 2017)

lengthen hospital stays

increase the rate of readmissions

increase the cost of medical treatment



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Depression and Anxiety (DiMatteo Et Al., 2000)

3x more likely to not comply with caregivers

Not comply with medical treatment

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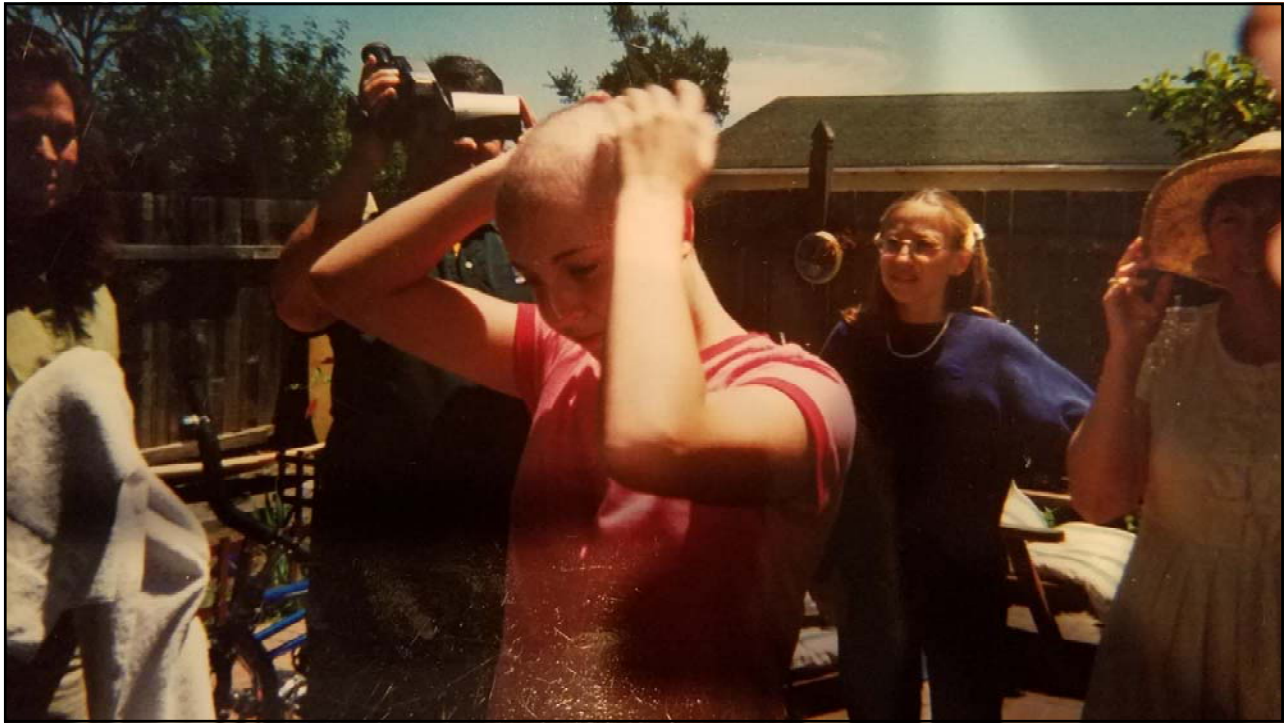
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Attending to the psychosocial needs of patients is imperative for their holistic wellness.



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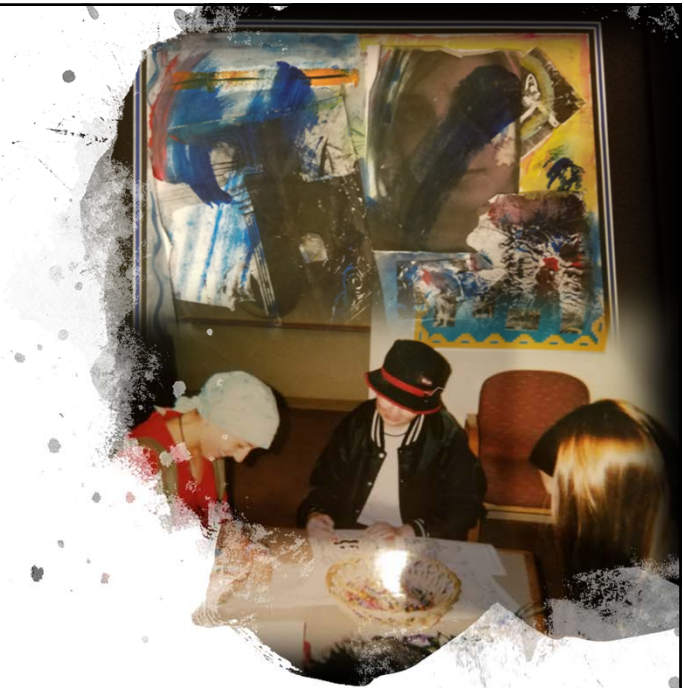
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"The arts are now viewed as an integral component of holistic care for patients and families. By offering opportunities to engage in the arts and creative expression, persons with cancer can be enabled to mourn, grieve, celebrate life, be empowered to endure their situation, and find healing and meaning."

- Chaplain Sally Bailey, *The Arts in Spiritual Care* published in *Seminars in Oncology Nursing*



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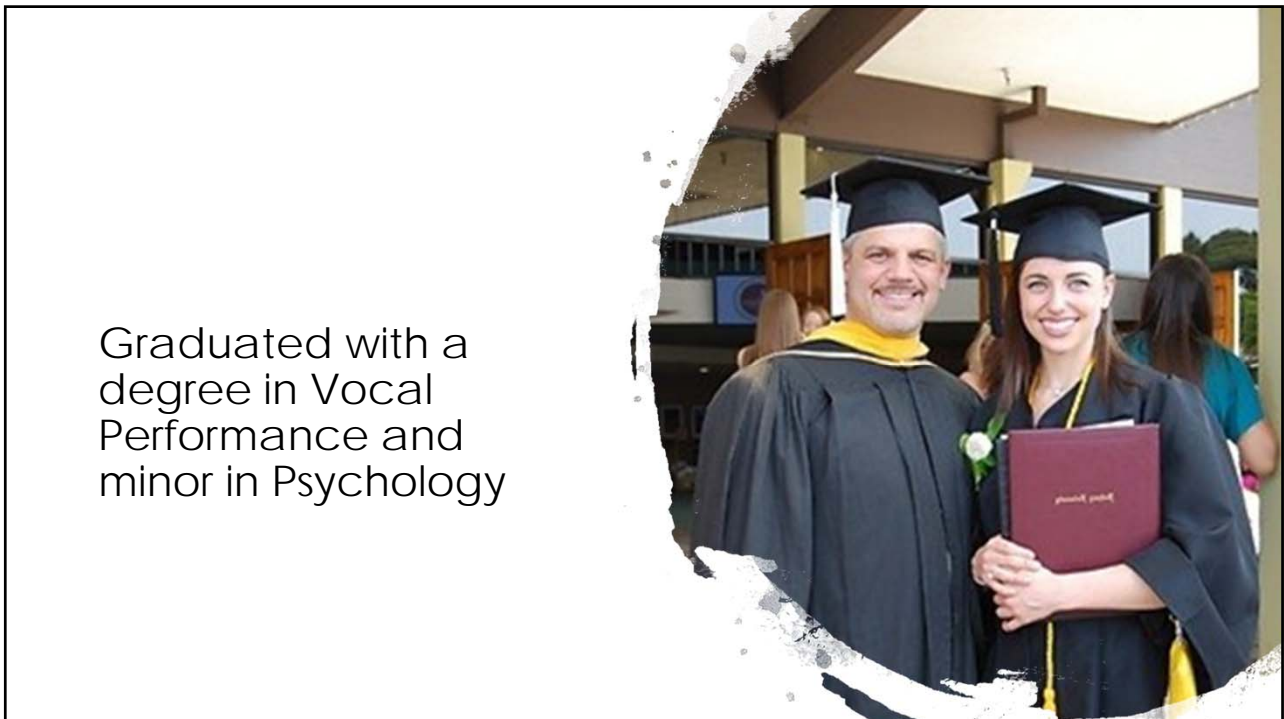




17 Years Cancer Free!

Cancer Free!

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Graduated with a  
degree in Vocal  
Performance and  
minor in Psychology

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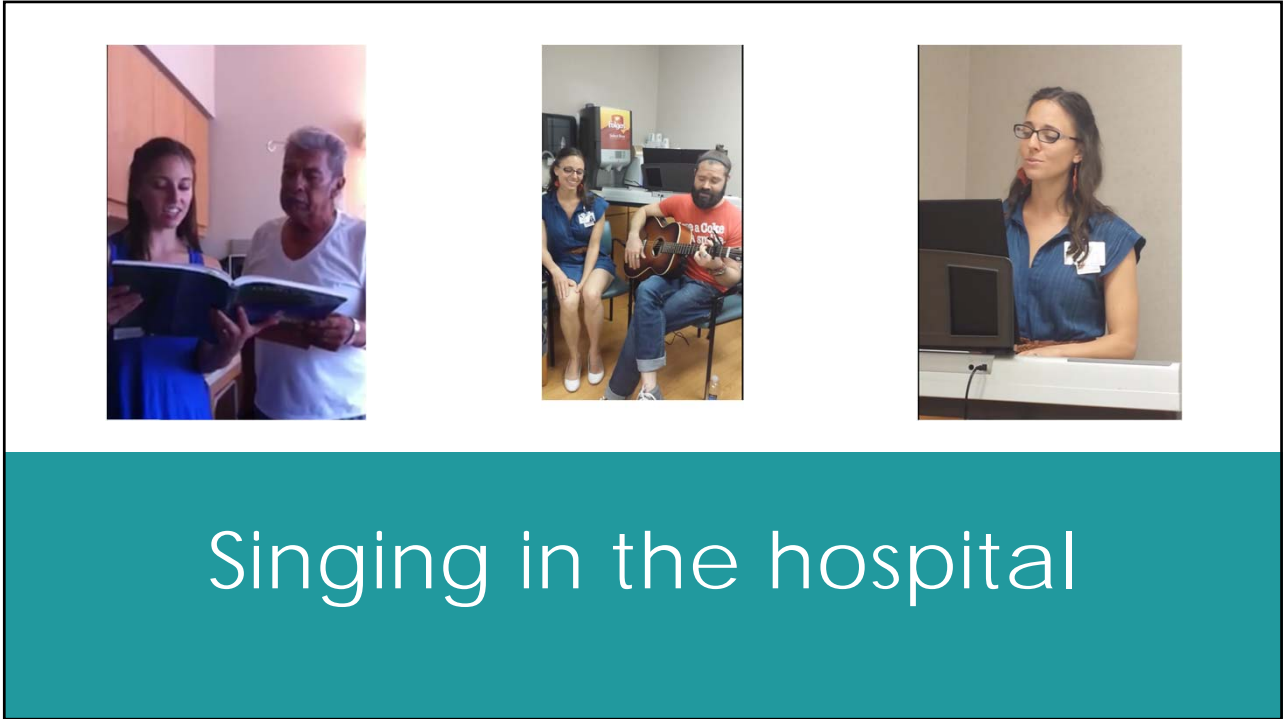
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Adult Oncology Unit

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## Singing in the hospital

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"We need more art and music. We need to remember the reasons why we are alive as much as we need the things that keep us alive."

-Gracie

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**heartsneedart**  
creative support for adults with cancer

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What we do...

We combat anxiety, depression, and loneliness by using the arts to create moments of joy, self-expression, and connection for those facing life-altering health challenges.

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Provide arts  
accessibility to  
**2100+** patients  
through  
**415+** arts programs  
a year

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**METHODIST HEALTHCARE  
CANCER NETWORK**  
A SARAH CANNON PARTNER  
Fighting Cancer Together.

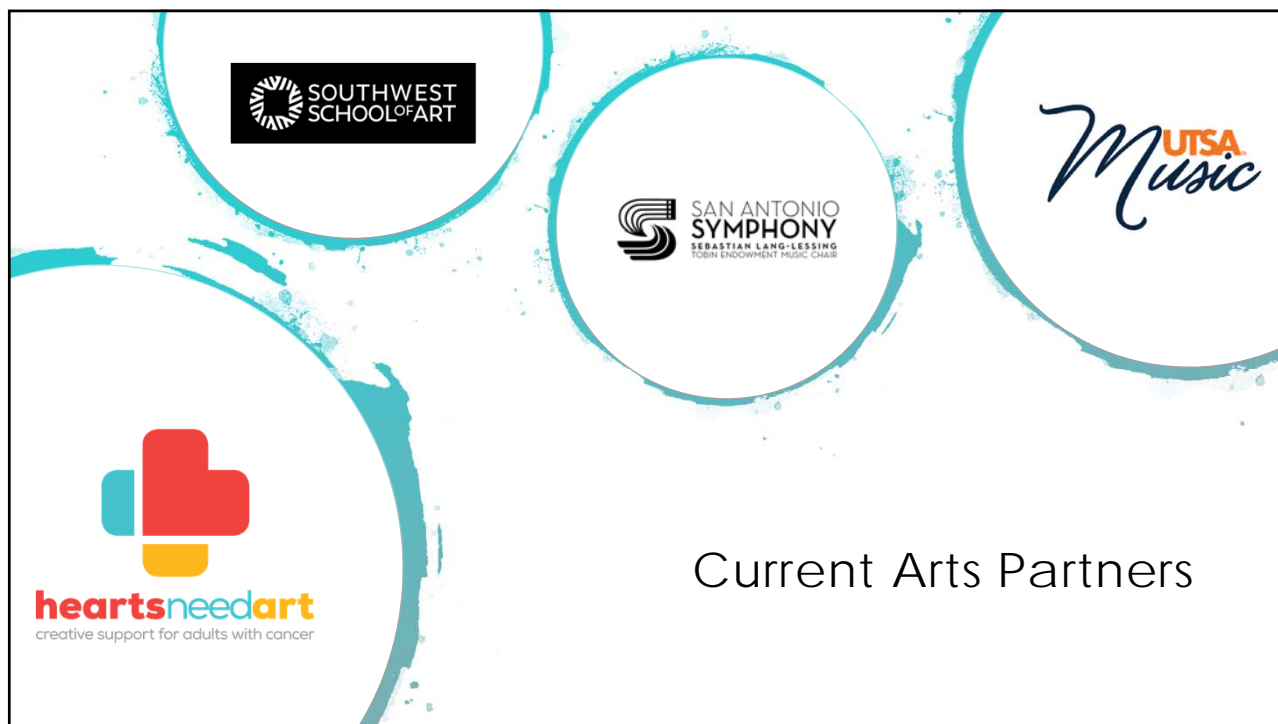
UT Health  
San Antonio

**heartsneedart**  
creative support for adults with cancer

Current Healthcare Partners

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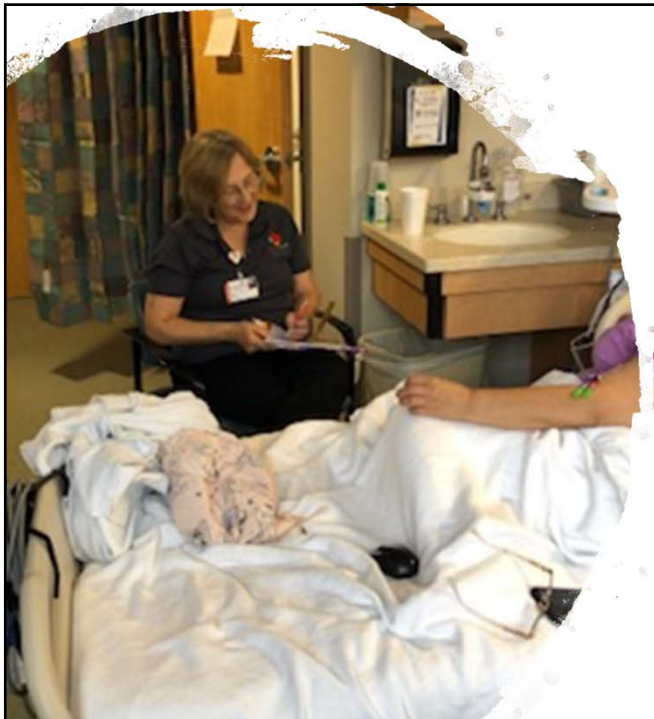


"The art on the walls brings life and color to the unit. Walls that were bare and institutional looking before are now filled with the creative expressions of our patients. Patients want to get out of their rooms more to come look at the art work or show off what they made in class to their families. In addition, it gives us as nurses a different perspective at the internal experiences of our patients."

-Kelly (Nurse)

## Patient Art Gallery

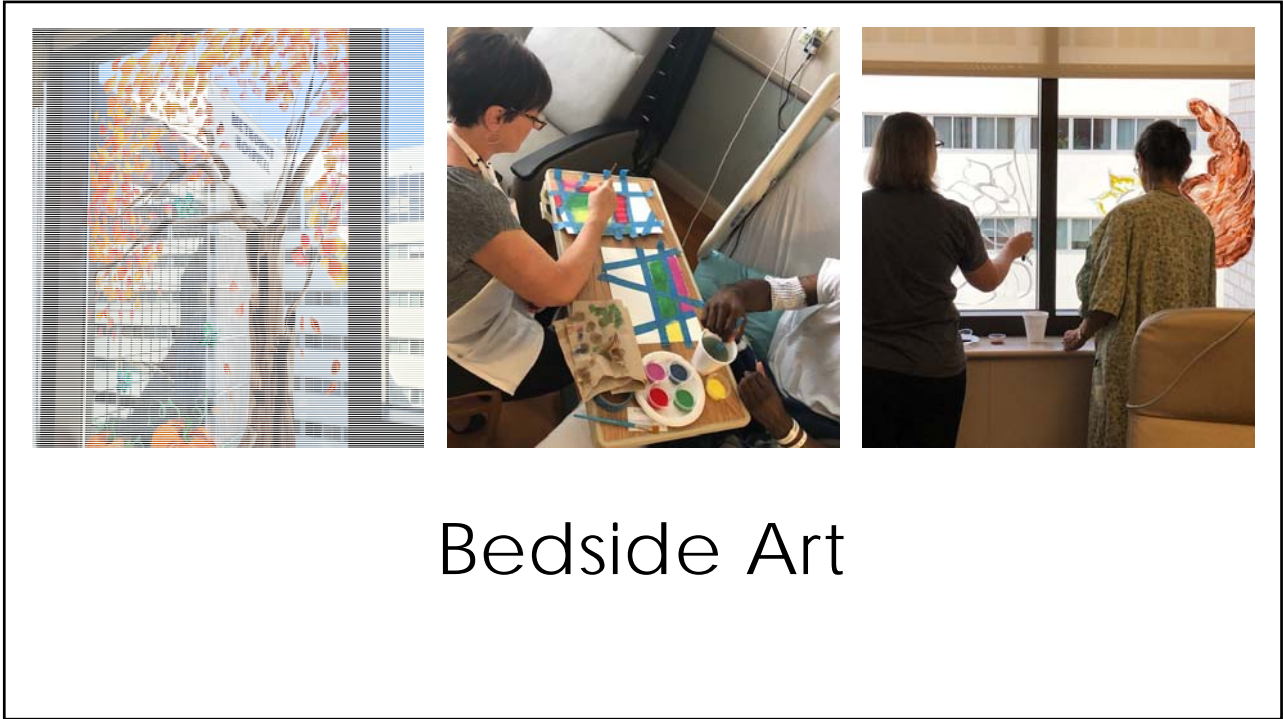
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## Bedside Writing

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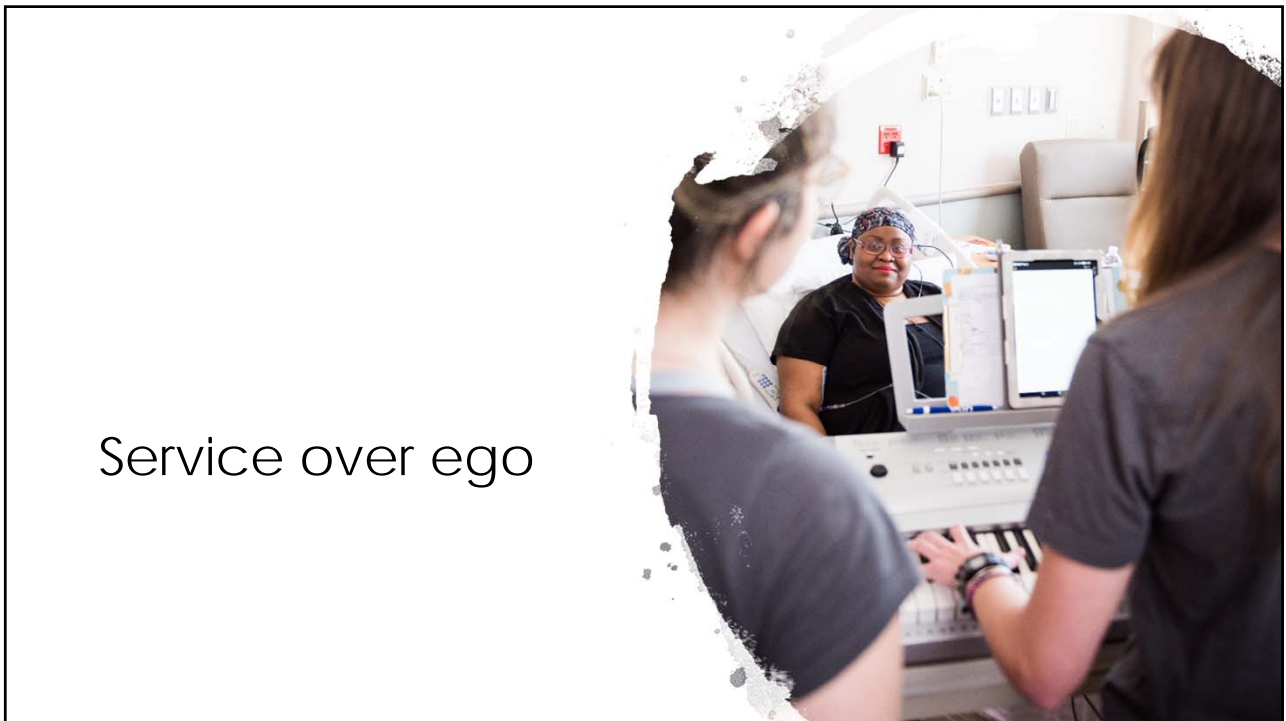


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Let go of  
expectations



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Expand artistic  
versatility

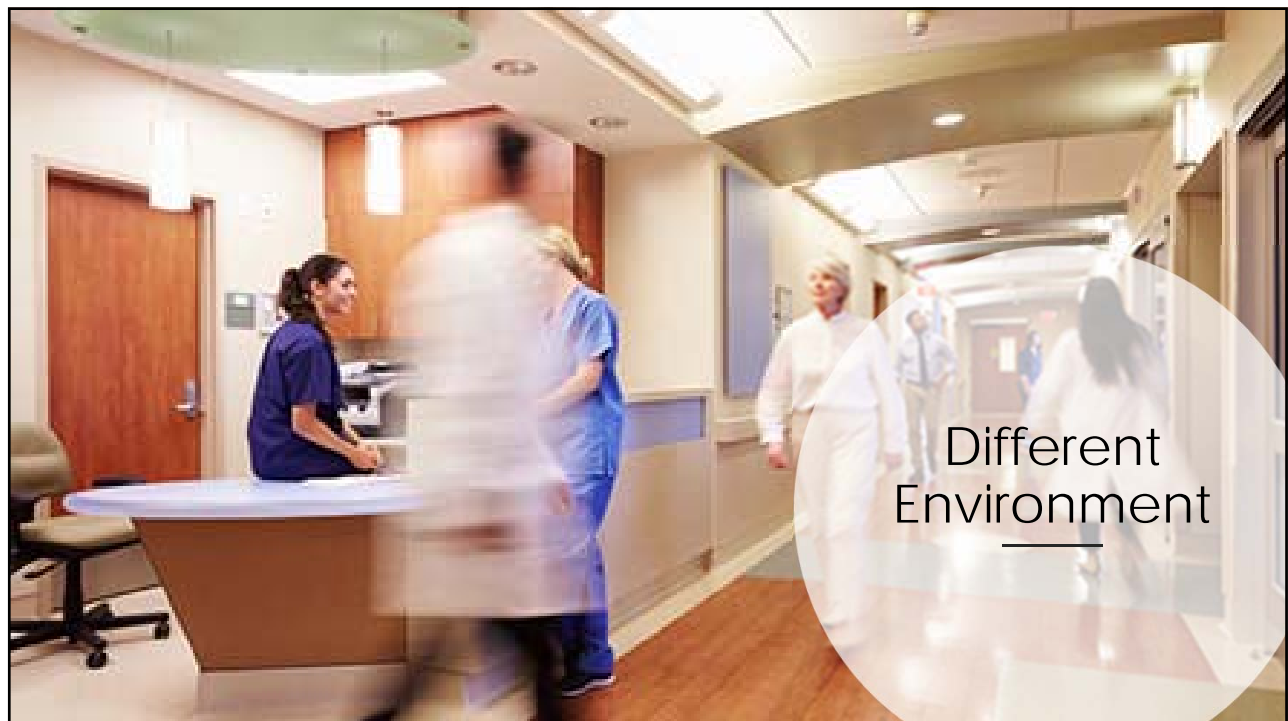


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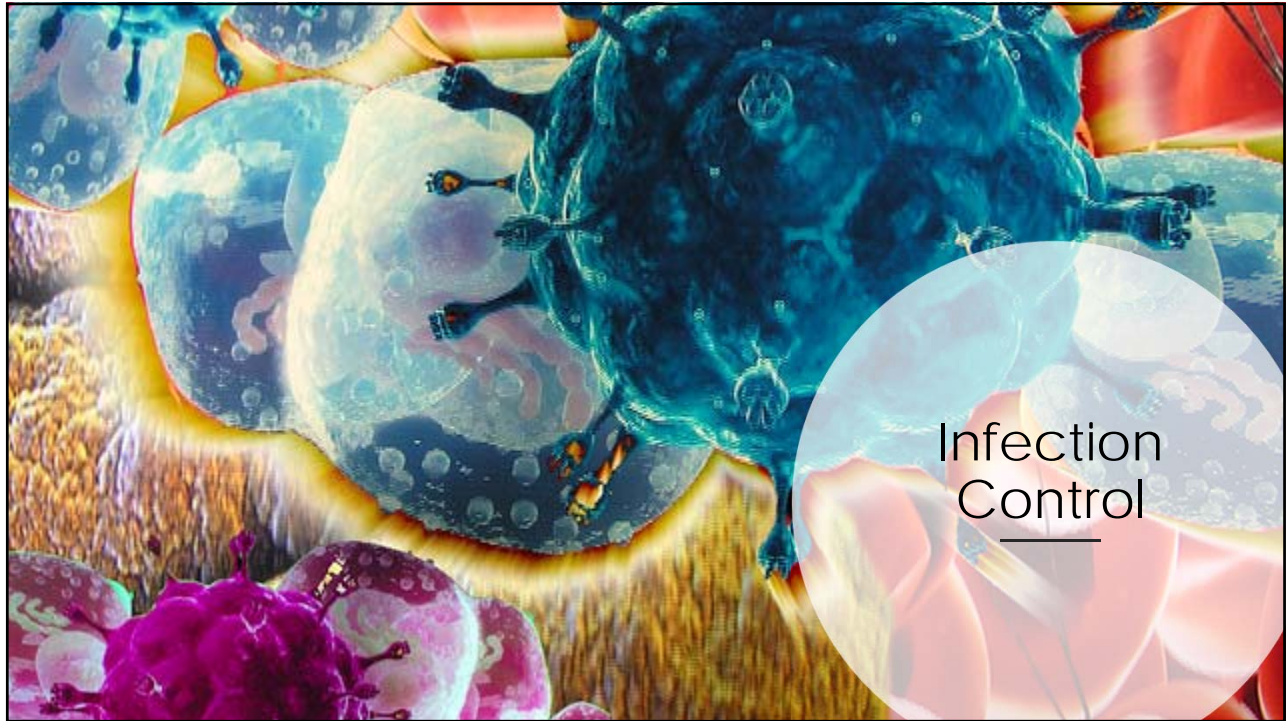


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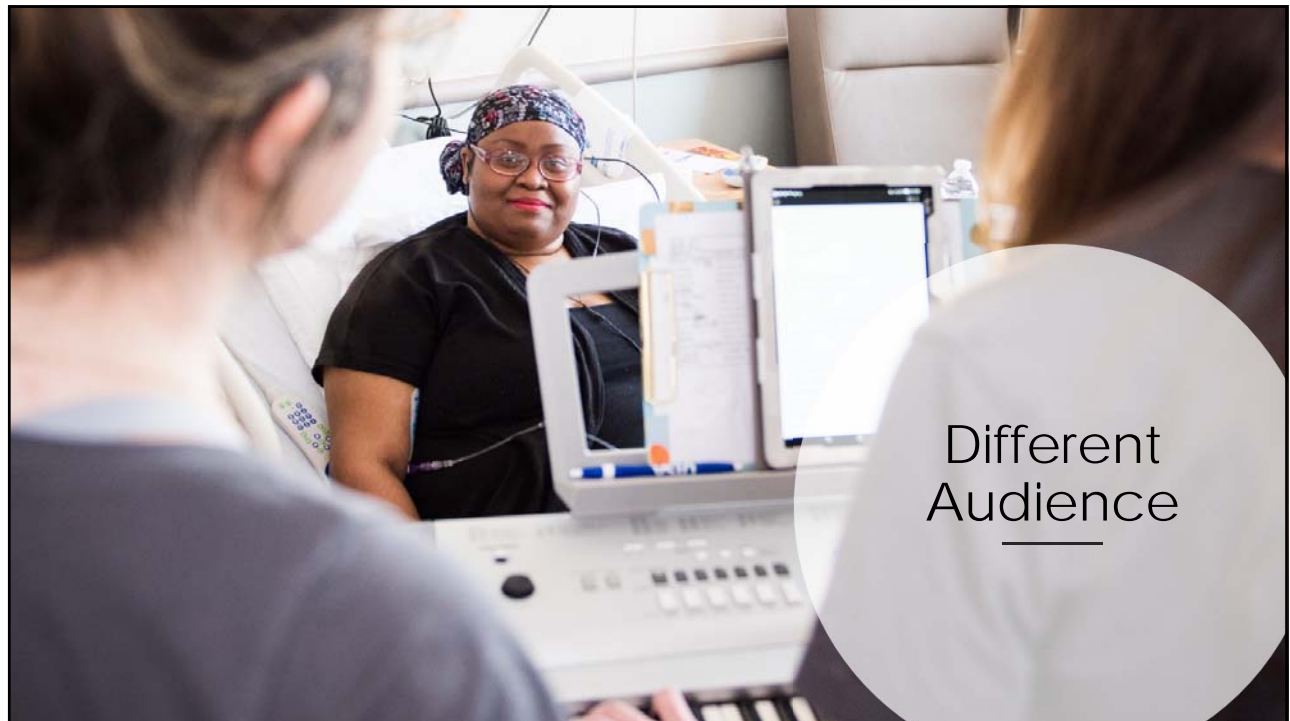
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## Get to know your allies



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Different  
Audience

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## Physical Side Effects of Cancer Treatment

- Anemia
- Appetite Loss
- Bleeding and Bruising (Thrombocytopenia)
- Constipation
- Delirium
- Diarrhea
- Edema (Swelling)
- Fatigue
- Fertility Issues in Boys and Men
- Fertility Issues in Girls and Women
- Flu-Like Symptoms
- Hair Loss (Alopecia)
- Infection and Neutropenia
- Lymphedema
- Memory or Concentration Problems
- Mouth and Throat Problems
- Nausea and Vomiting
- Nerve Problems (Peripheral Neuropathy)
- Organ-Related Inflammation
- Pain
- Sexual Health Issues in Men
- Sexual Health Issues in Women
- Skin and Nail Changes
- Sleep Problems
- Urinary and Bladder Problems

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## Cultural Humility involves:

- Self-reflection on our own cultural background.
- Learning about the world-views of various communities
- "The model of Cultural Humility emphasizes the life-long commitment to understanding diversity." (Tervalon and murray garcia, 1998)

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But I'm  
not an  
Artist!

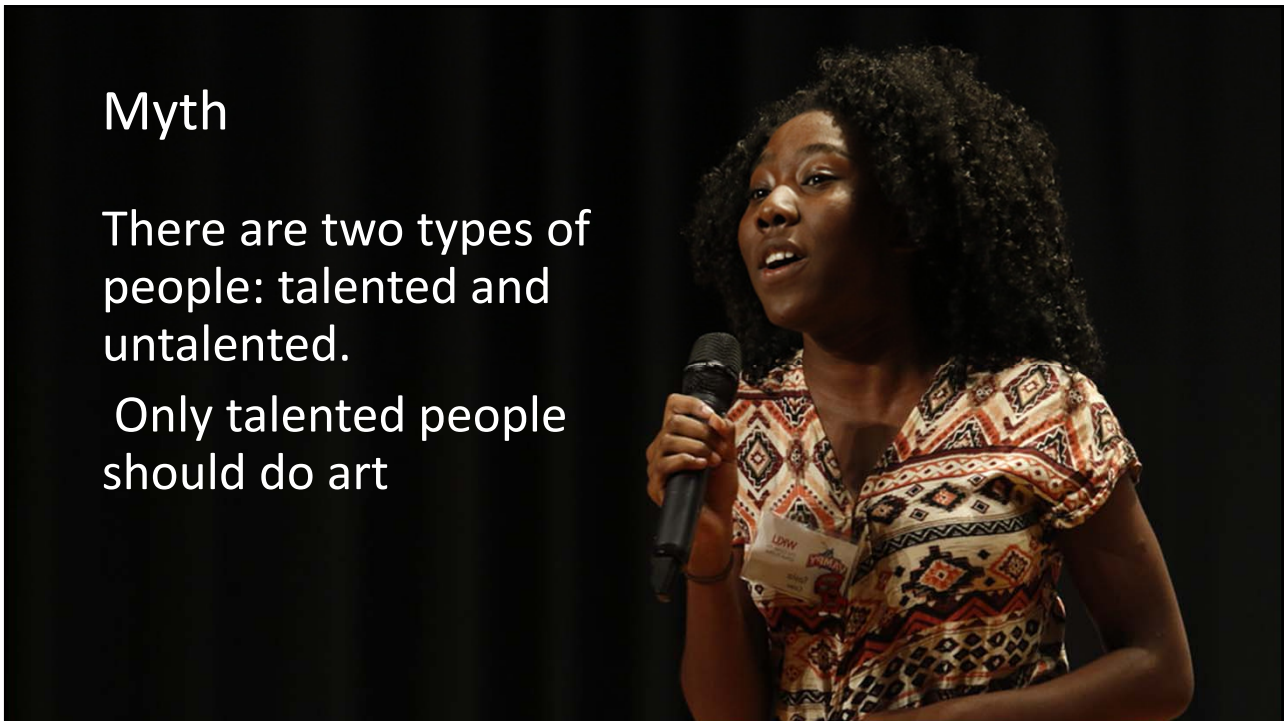


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## Myth

There are two types of  
people: talented and  
untalented.

Only talented people  
should do art



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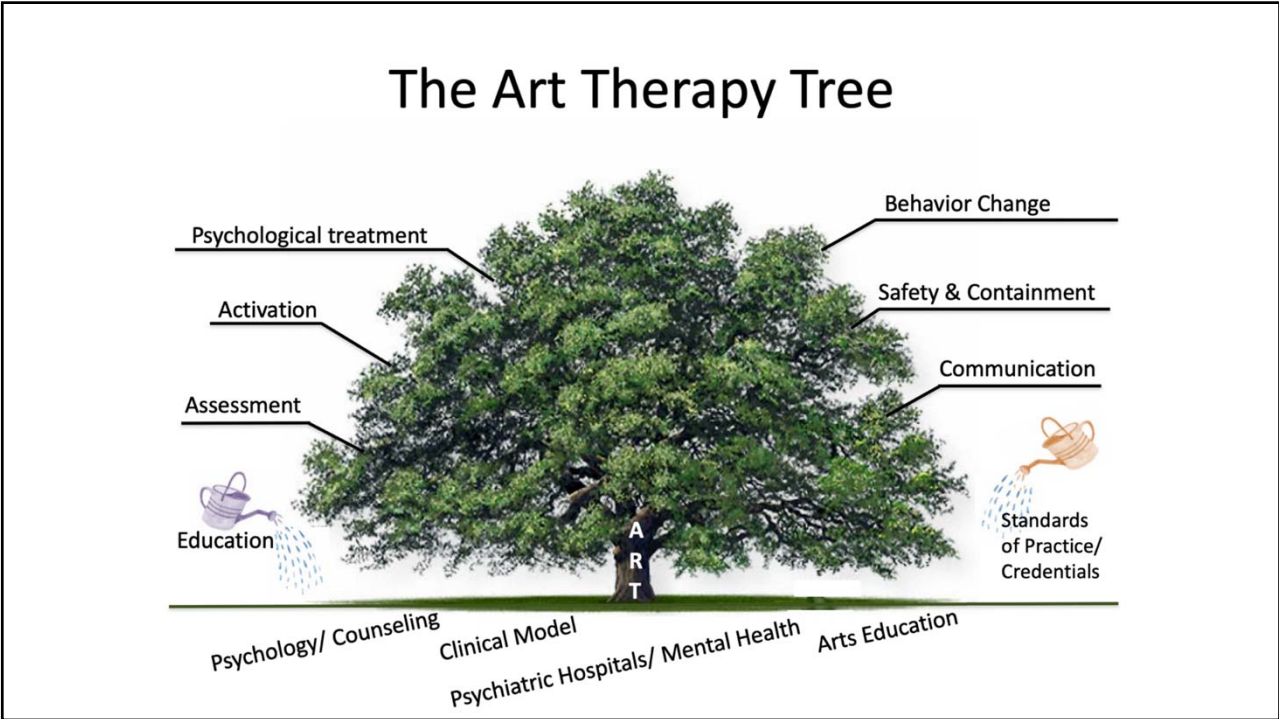


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# Scope of Practice

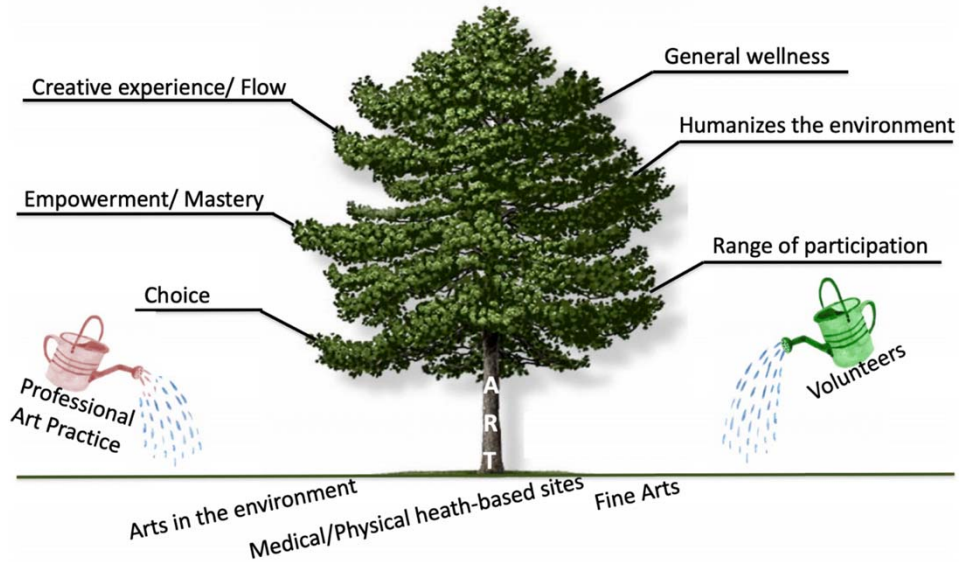
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# The Arts in Health Tree



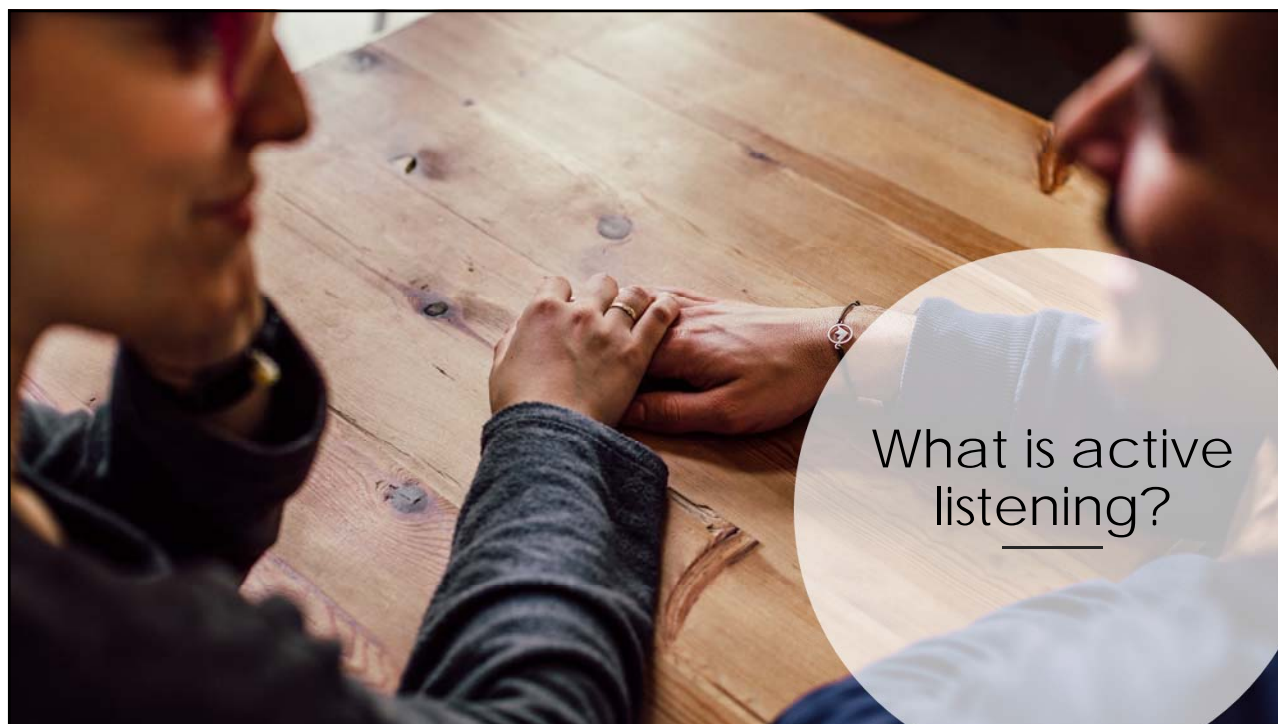
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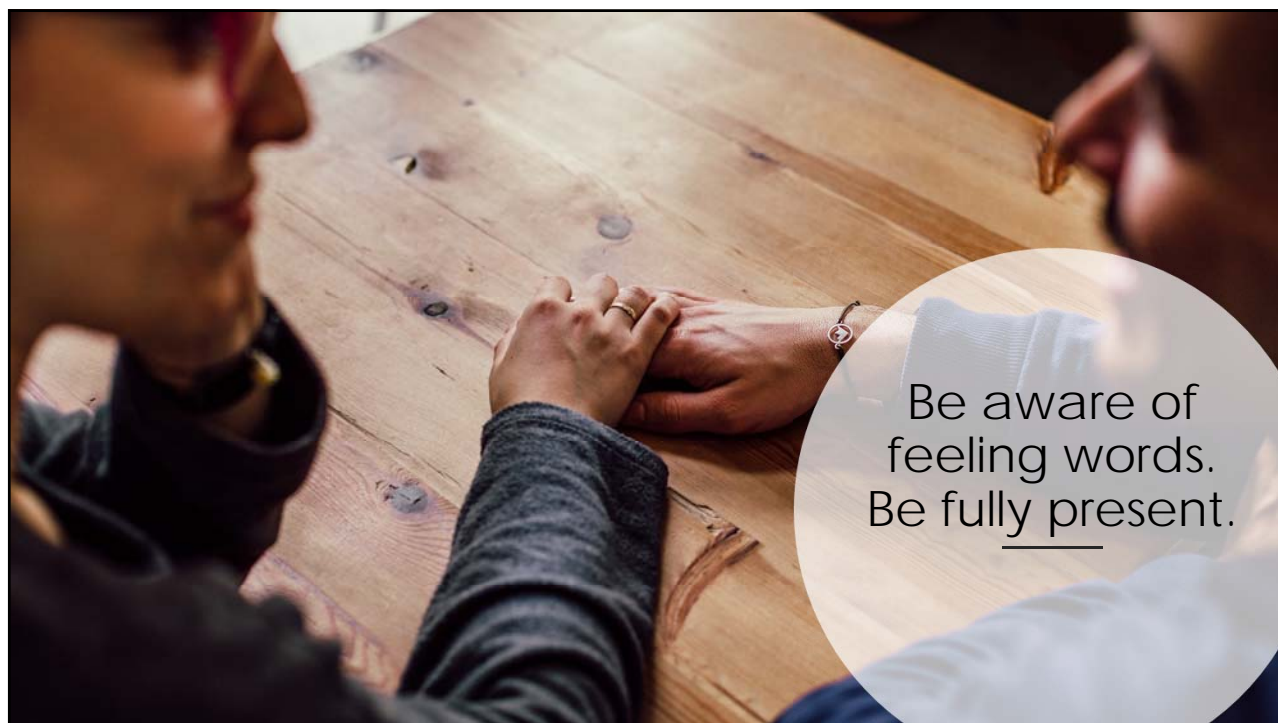
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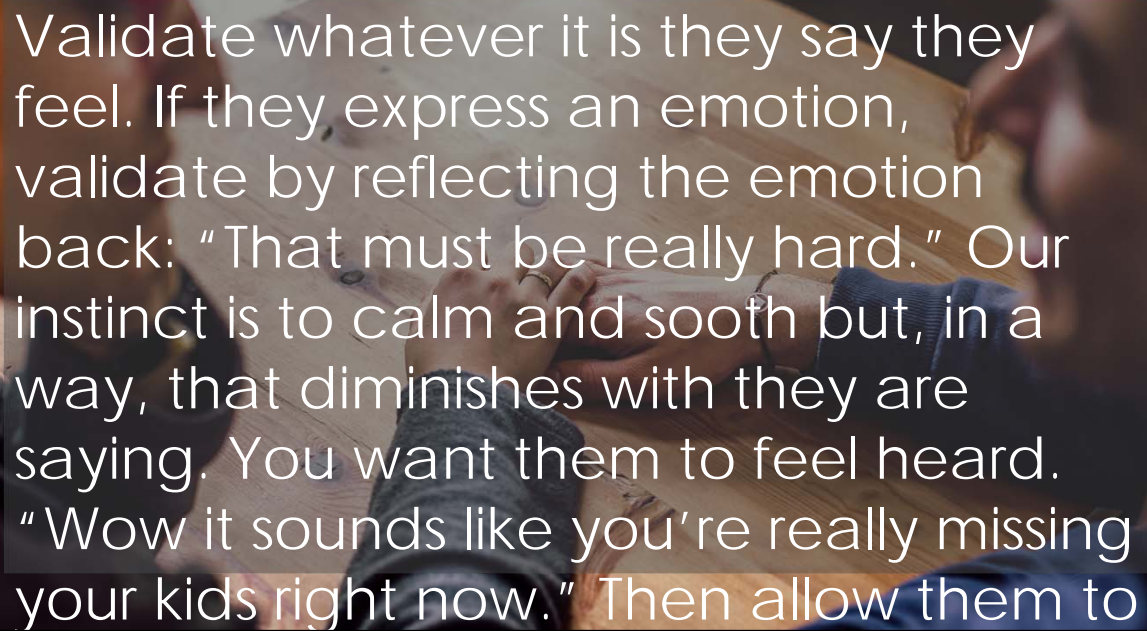


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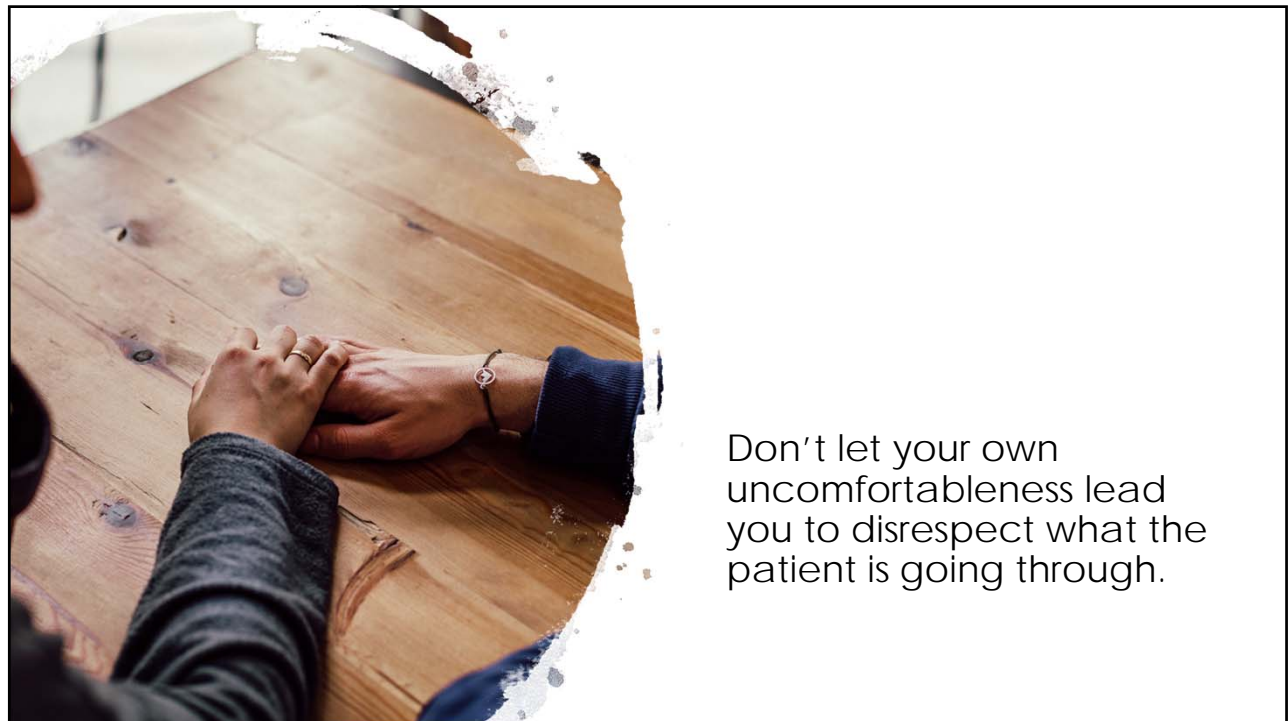
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Validate whatever it is they say they feel. If they express an emotion, validate by reflecting the emotion back: "That must be really hard." Our instinct is to calm and sooth but, in a way, that diminishes with they are saying. You want them to feel heard. "Wow it sounds like you're really missing your kids right now." Then allow them to

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The goal is for the patient to feel heard without judgement. Do not try placate or change how they feel.

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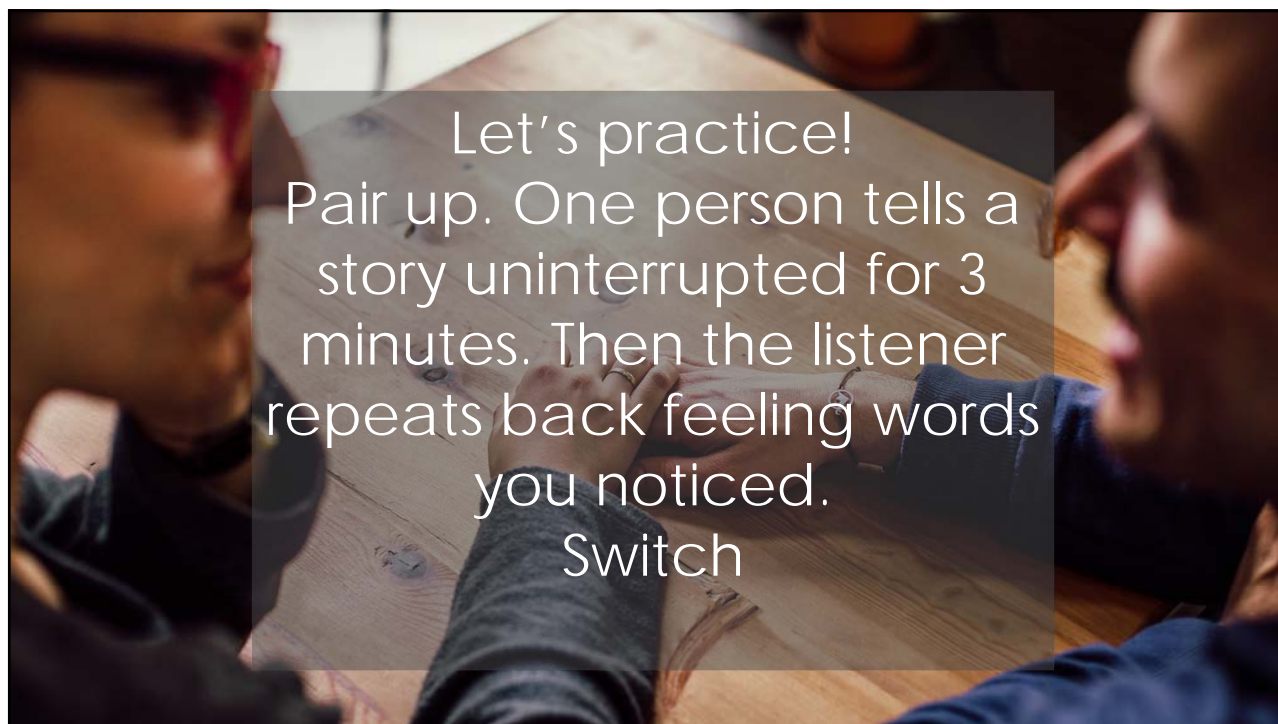


**Compassion** is the sense of lovingkindness for someone else; unconditional love. It can keep growing.

**Empathy** is feeling what they are feeling. Feeling what they are feeling is dangerous and the well dries up quickly.

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Let's practice!  
Pair up. One person tells a  
story uninterrupted for 3  
minutes. Then the listener  
repeats back feeling words  
you noticed.  
Switch

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How do you  
care for  
yourself?


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This work will  
change you. Let'  
it.

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Entering and Exiting Rituals  
Create a process to prepare you for  
entering the healthcare setting, and  
likewise, create a process to  
decompress after spending time with  
patients. Do not carry your patients'  
burdens home with you.

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# Entering and Exiting Rituals

Create your own



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# Cultivate Your Own Creativity

Invest in your creativity outside of HNA:  
journal, make art, listen to/write/ play  
music, dance, try a new medium, etc.



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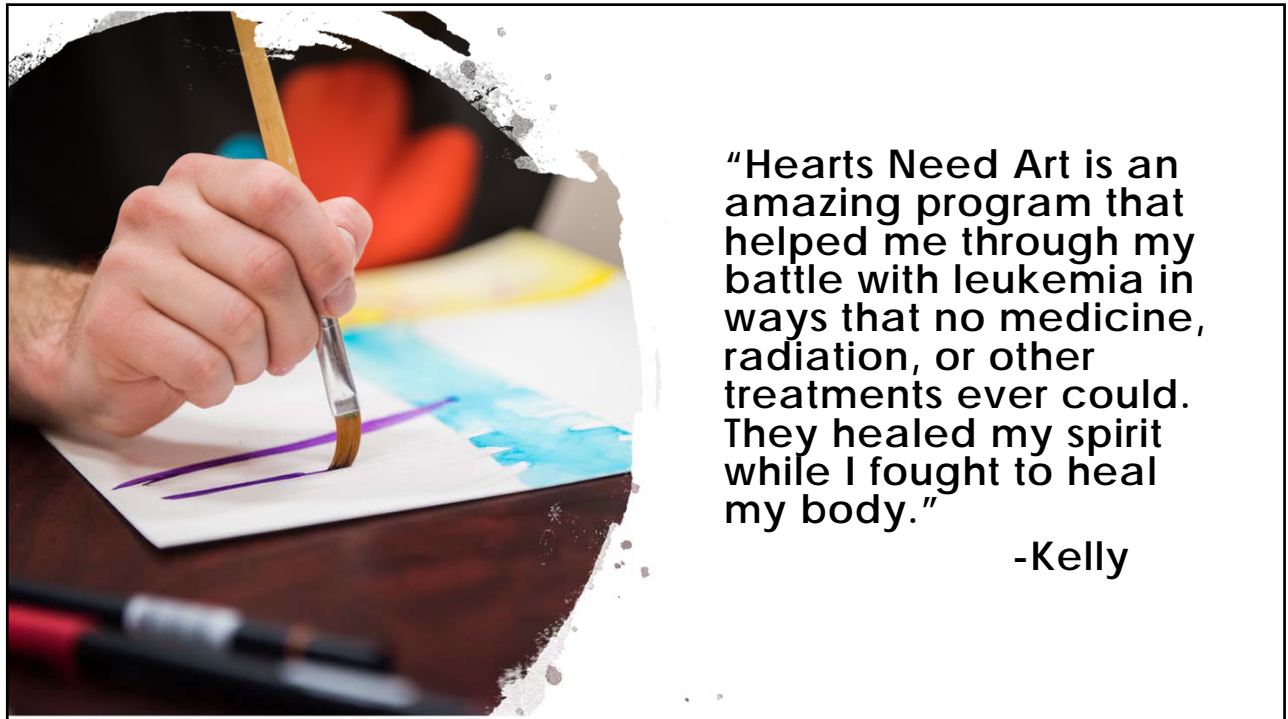


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**"Hearts Need Art is an amazing program that helped me through my battle with leukemia in ways that no medicine, radiation, or other treatments ever could. They healed my spirit while I fought to heal my body."**

**-Kelly**

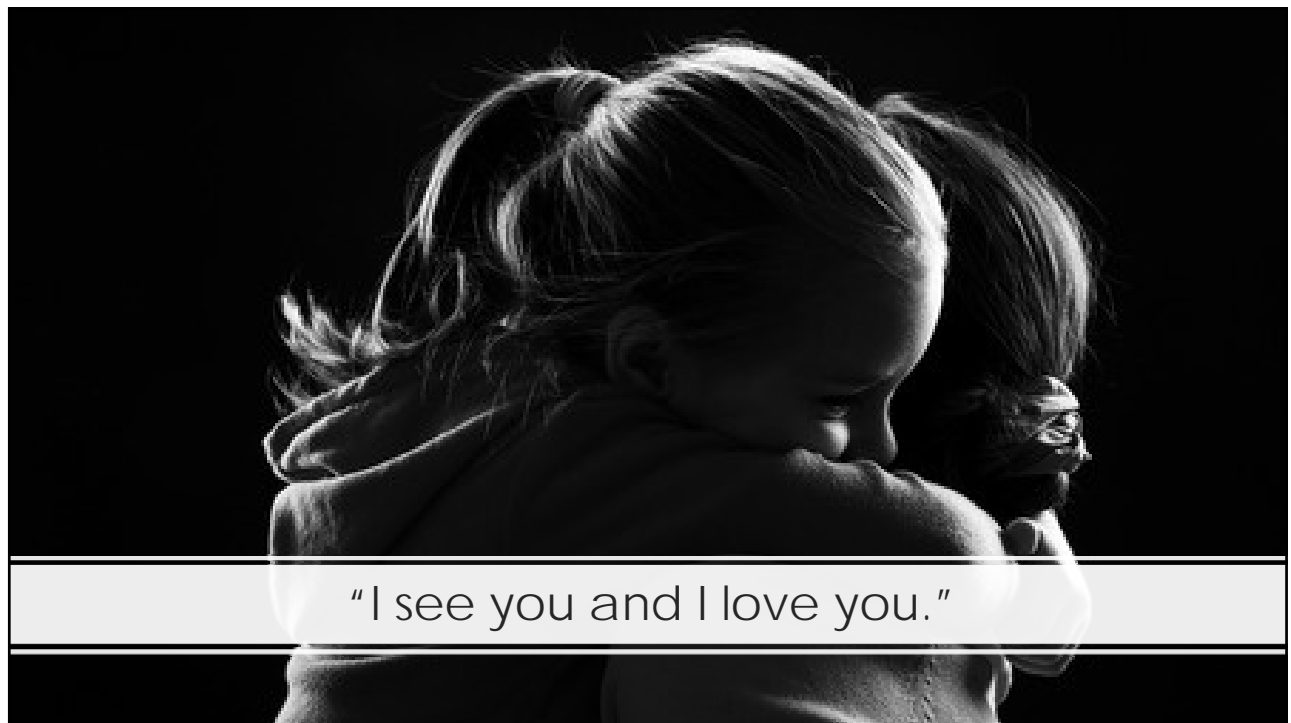
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"The critical issue is reciprocity: being truly heard and seen by the people around us...For our physiology to calm down, heal, and grow we need a visceral feeling of safety. No doctor can write a prescription for friendship and love."

-Dr. Van Der Kolk, The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma (pg. 81)

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"We need more art and music. We need to remember the reasons why we are alive as much as we need the things that keep us alive."

-Gracie

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With your help we can create a world where everyone can experience moments of joy, self-expression, and connection while facing life-altering health challenges.

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**heartsneedart**  
creative support for adults with cancer

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