



Musician to
Musician-in-Healthcare

Constanza Roeder,
Founder and CEO of
Hearts Need Art

1

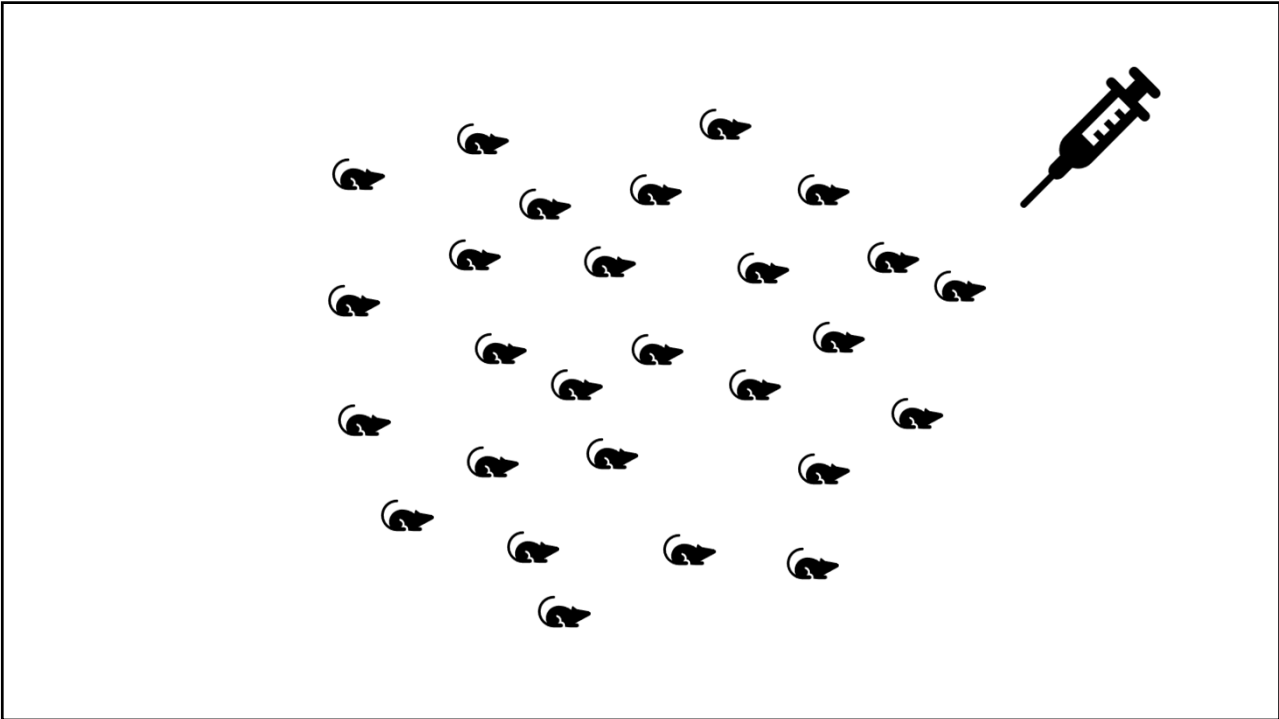


2

This presentation is the intellectual property of the author.
Contact them for permission to reprint and/or distribute.

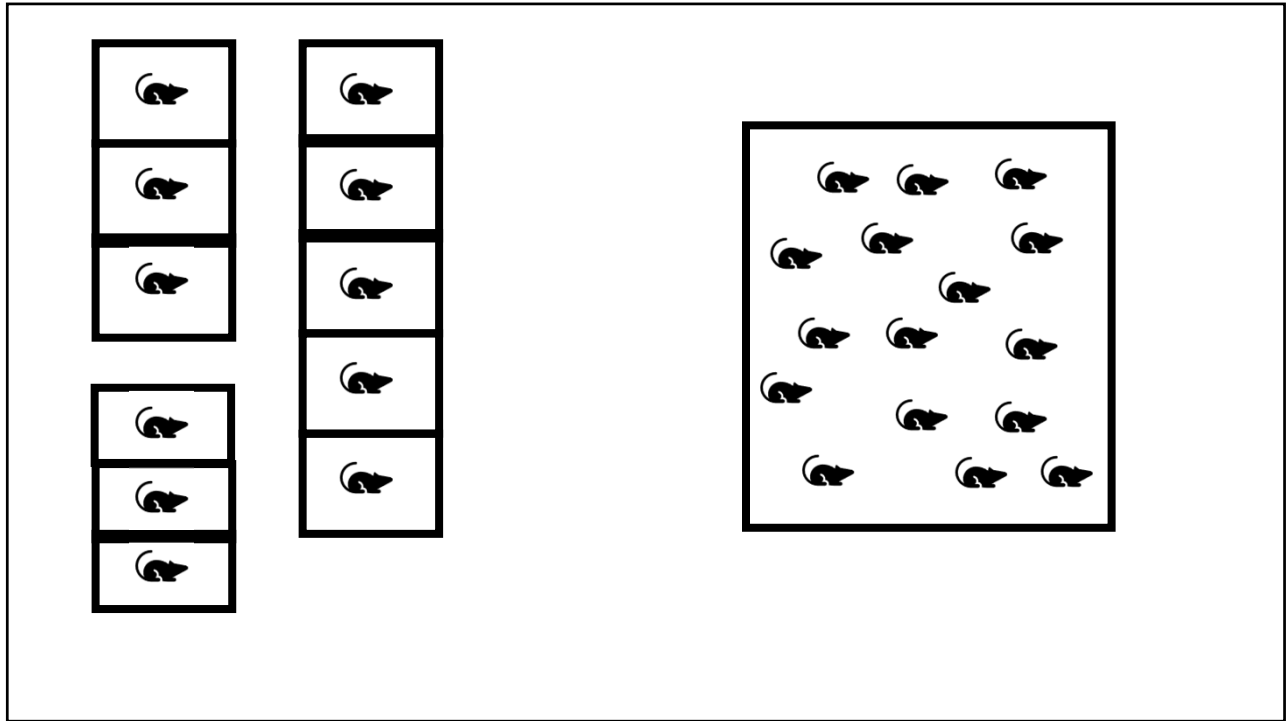


3

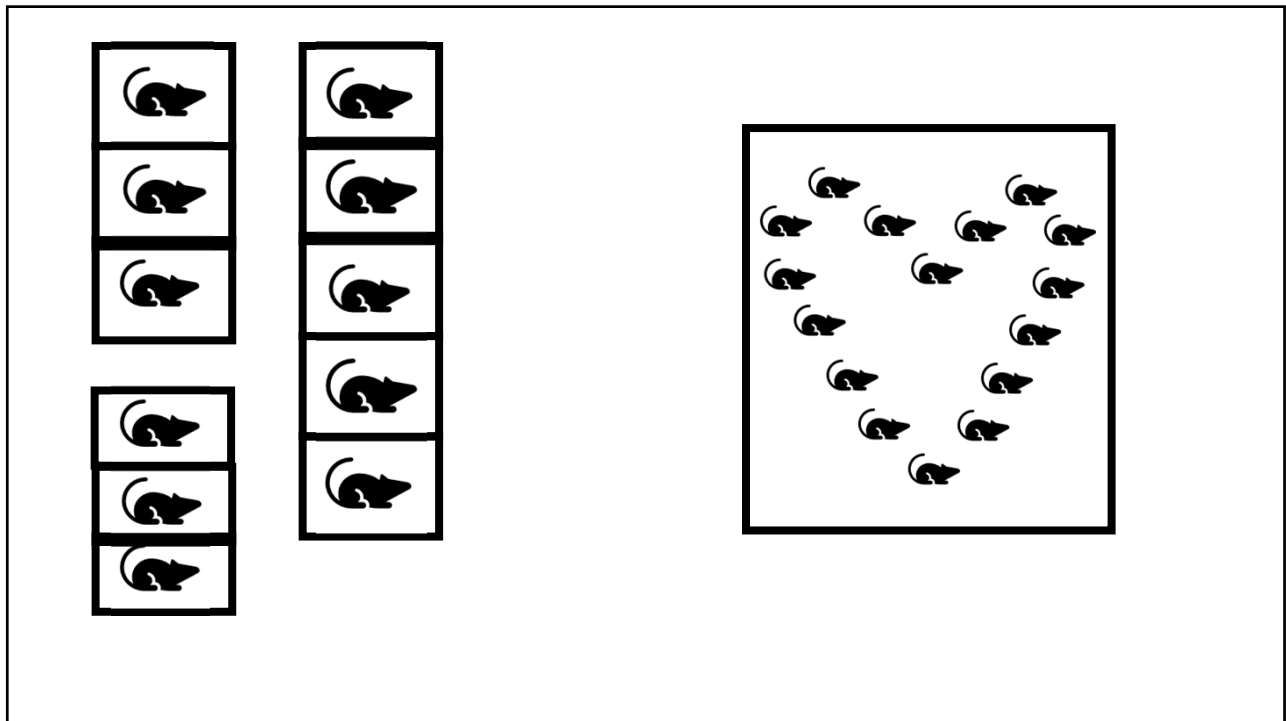


4

This presentation is the intellectual property of the author.
Contact them for permission to reprint and/or distribute.



5




6



7

Social isolation (Williams, 2009)

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



This Photo by Unknown Author is licensed under CC BY-SA-NC

8


This presentation is the intellectual property of the author. Contact them for permission to reprint and/or distribute.

Long hospital stay
(Shoar Et Al., 2016)

increased anxiety

depression

pain levels



This photo by Unknown Author is licensed under CC BY-SA

9

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

lengthen hospital stays

increase the rate of readmissions

increase the cost of medical treatment



10

This presentation is the intellectual property of the author.
Contact them for permission to reprint and/or distribute.



Depression and Anxiety (DiMatteo Et Al., 2000)

3x more likely to not comply with caregivers

Not comply with medical treatment

This Photo by Unknown Author is licensed under CC BY-SA-NC

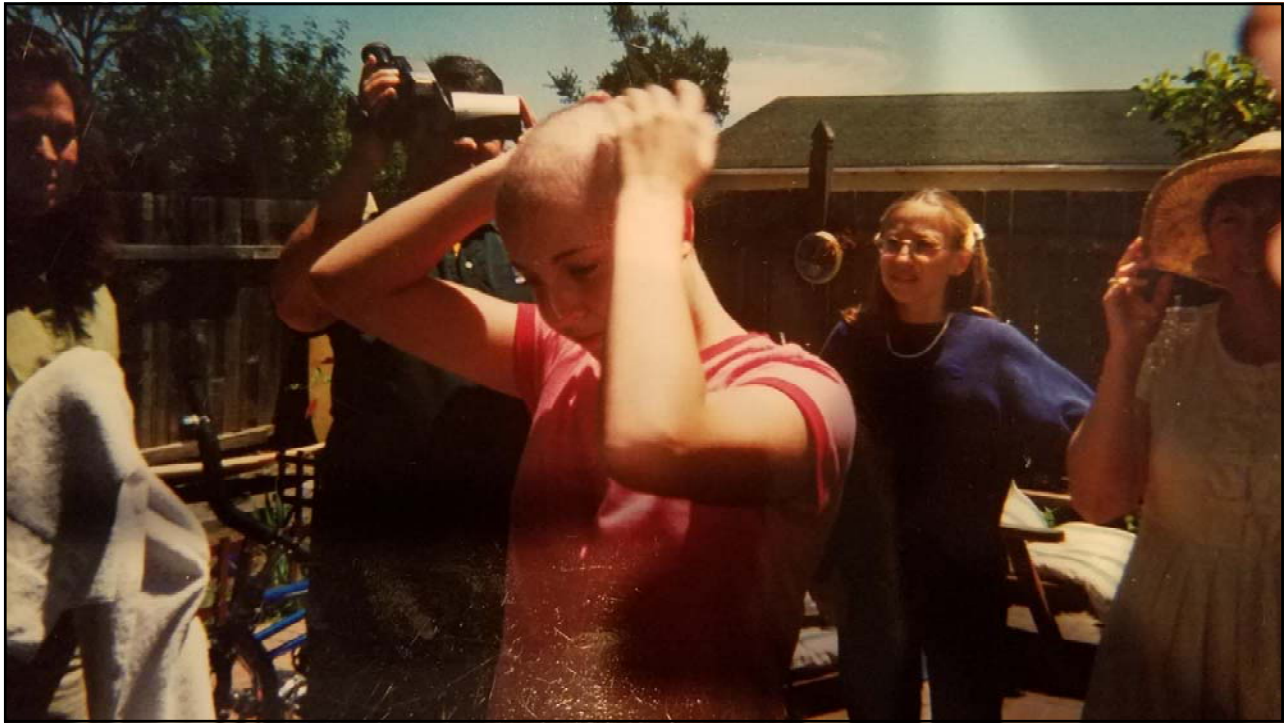
11

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



12

This presentation is the intellectual property of the author. Contact them for permission to reprint and/or distribute.



13



14

This presentation is the intellectual property of the author.
Contact them for permission to reprint and/or distribute.



15

"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*



16

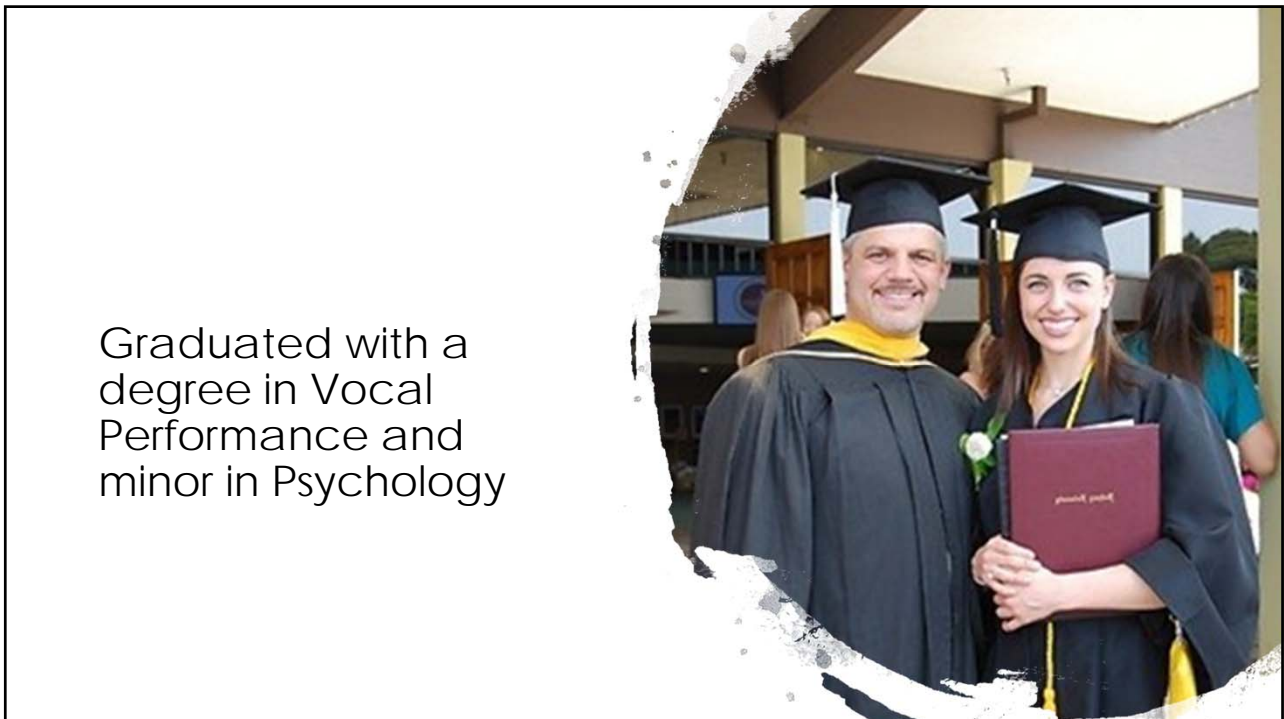
This presentation is the intellectual property of the author.
Contact them for permission to reprint and/or distribute.



17 Years Cancer Free!

Cancer Free!

17



Graduated with a
degree in Vocal
Performance and
minor in Psychology

18

This presentation is the intellectual property of the author.
Contact them for permission to reprint and/or distribute.



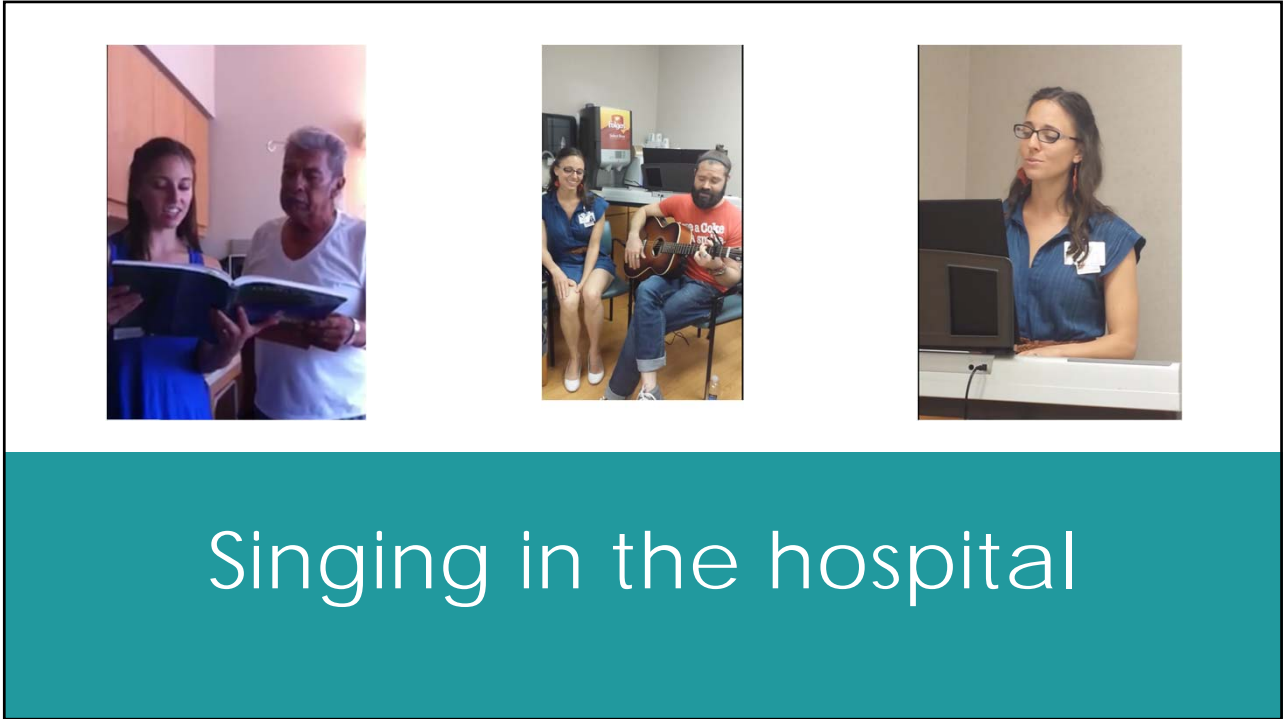
19



Adult Oncology Unit

20

This presentation is the intellectual property of the author.
Contact them for permission to reprint and/or distribute.



Singing in the hospital

21



22

This presentation is the intellectual property of the author.
Contact them for permission to reprint and/or distribute.



23



24

This presentation is the intellectual property of the author.
Contact them for permission to reprint and/or distribute.



25

"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

26

This presentation is the intellectual property of the author.
Contact them for permission to reprint and/or distribute.



heartsneedart
creative support for adults with cancer

27



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.

28

This presentation is the intellectual property of the author.
Contact them for permission to reprint and/or distribute.



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

29

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

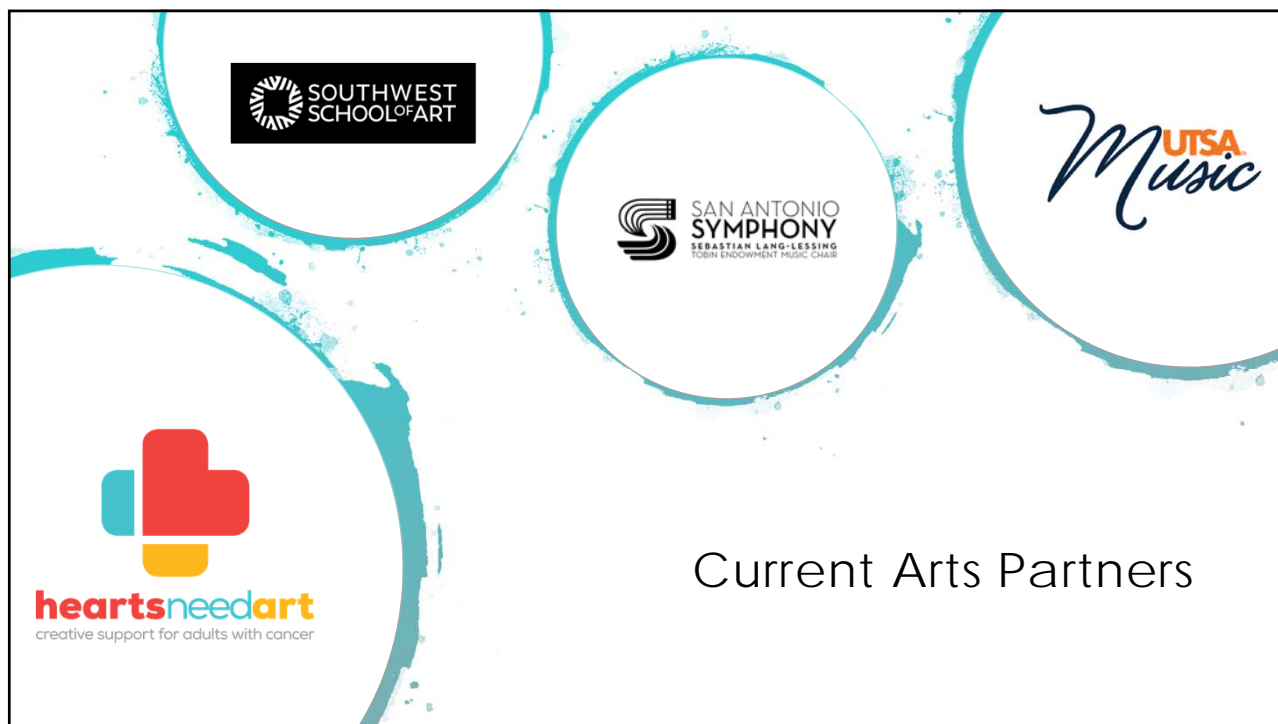
UT Health
San Antonio

Current Healthcare Partners

heartsneedart
creative support for adults with cancer

30

This presentation is the intellectual property of the author.
Contact them for permission to reprint and/or distribute.



31



32

This presentation is the intellectual property of the author.
Contact them for permission to reprint and/or distribute.



33



34

This presentation is the intellectual property of the author.
Contact them for permission to reprint and/or distribute.

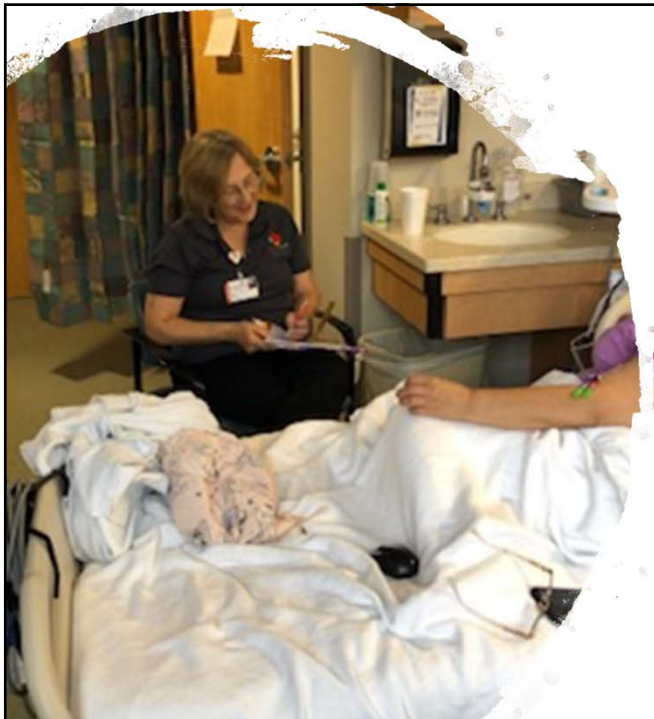


"The art on the walls brings life and color to the unit. Walls that were bare and institutional looking before are now filled with the creative expressions of our patients. Patients want to get out of their rooms more to come look at the art work or show off what they made in class to their families.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

-Kelly (Nurse)

Patient Art Gallery

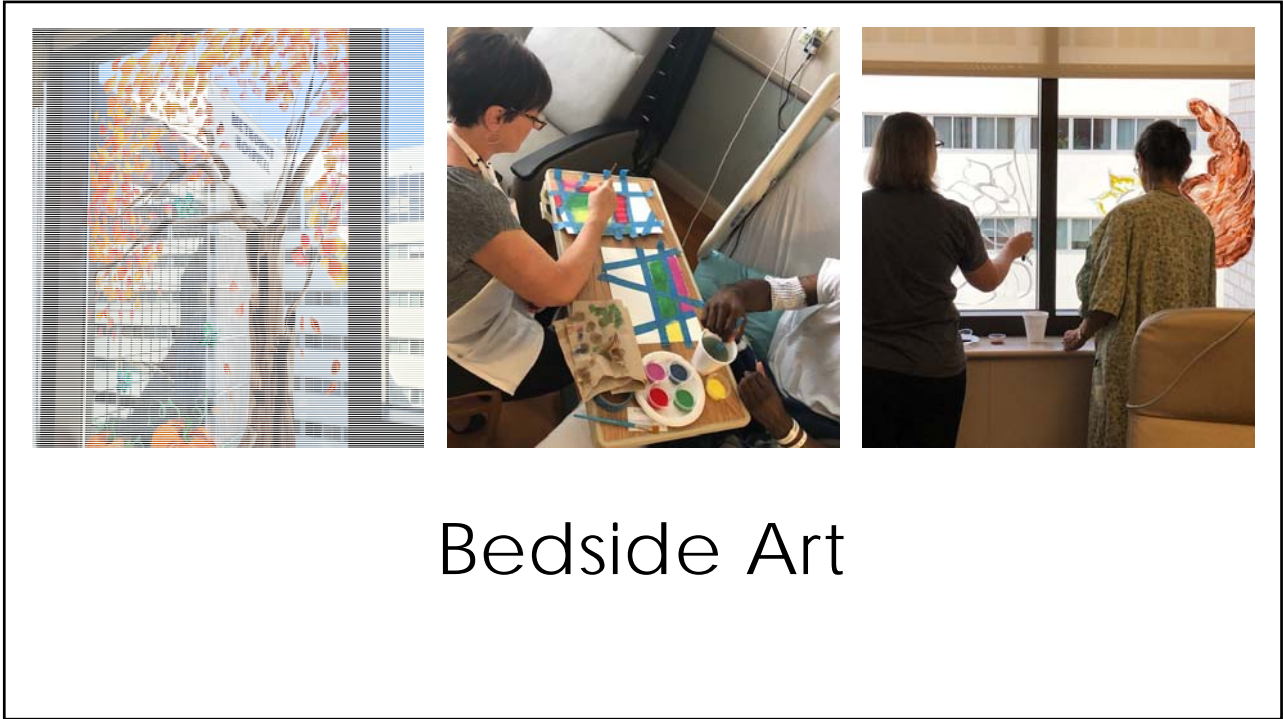
35



Bedside Writing

36

This presentation is the intellectual property of the author.
Contact them for permission to reprint and/or distribute.



37



38

This presentation is the intellectual property of the author.
Contact them for permission to reprint and/or distribute.



39

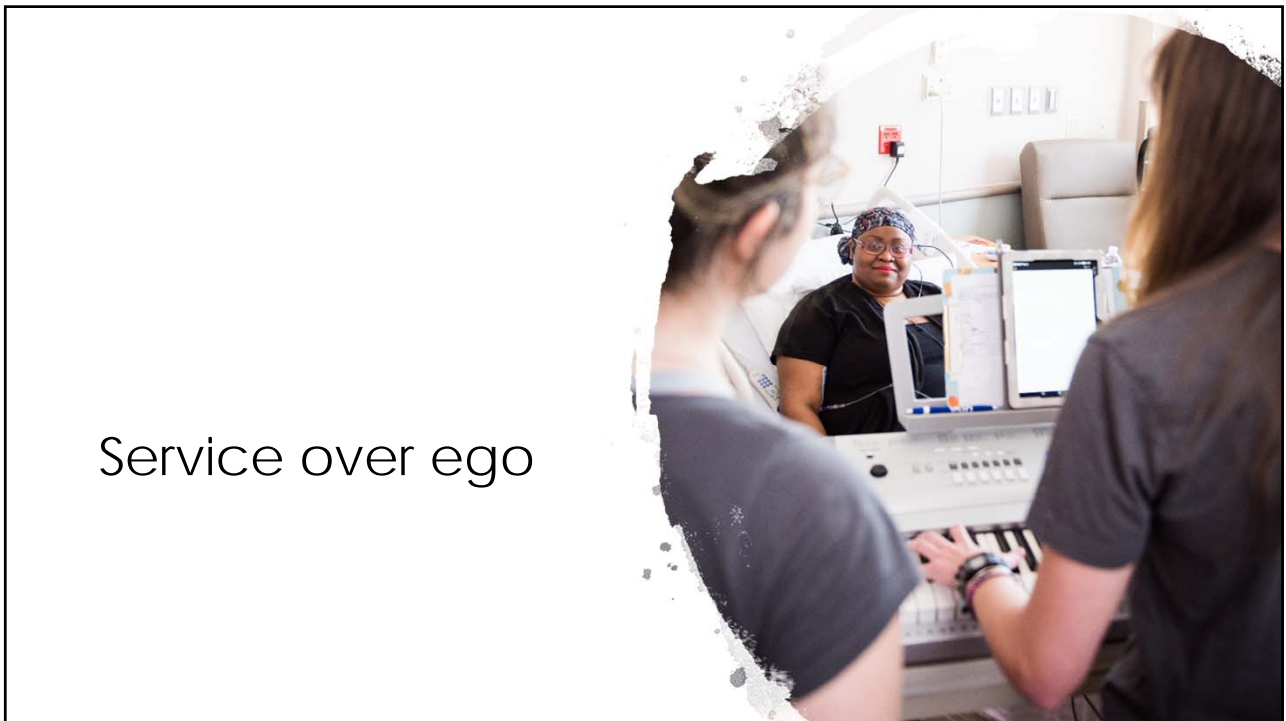


40

This presentation is the intellectual property of the author.
Contact them for permission to reprint and/or distribute.



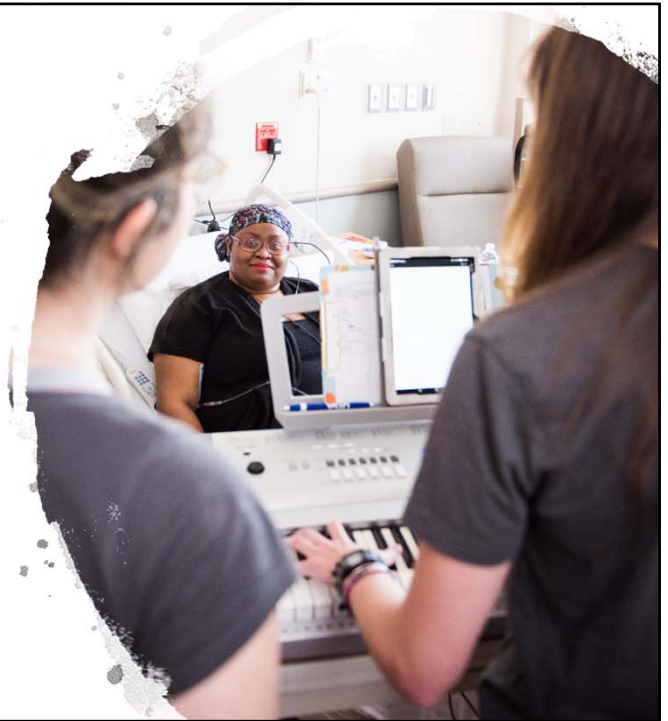
41



42

This presentation is the intellectual property of the author.
Contact them for permission to reprint and/or distribute.

Let go of
expectations



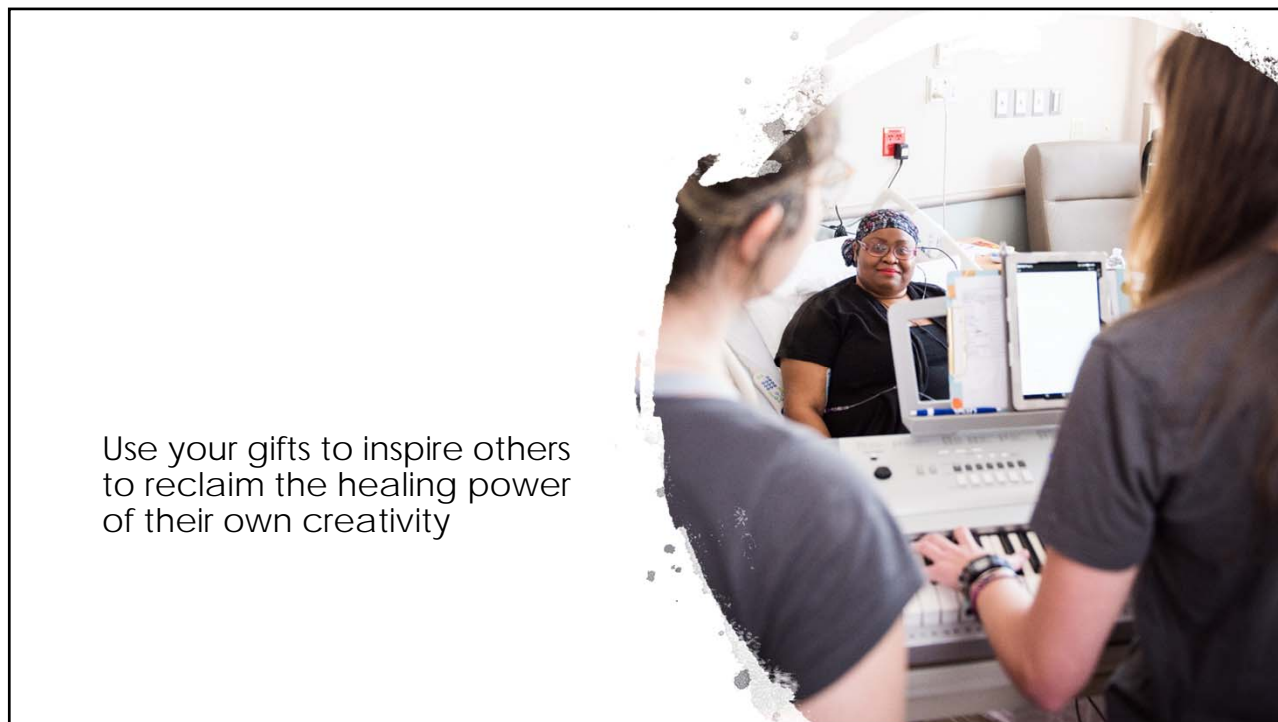
43

Expand artistic
versatility

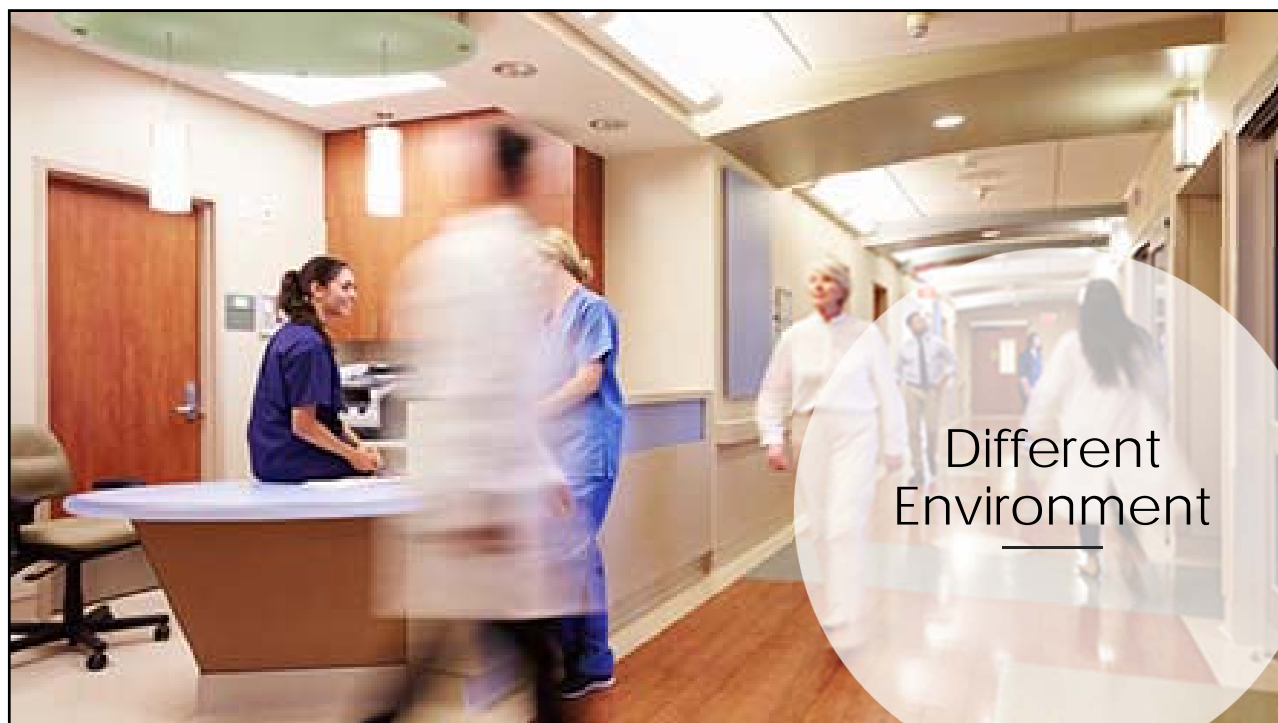


44

This presentation is the intellectual property of the author.
Contact them for permission to reprint and/or distribute.

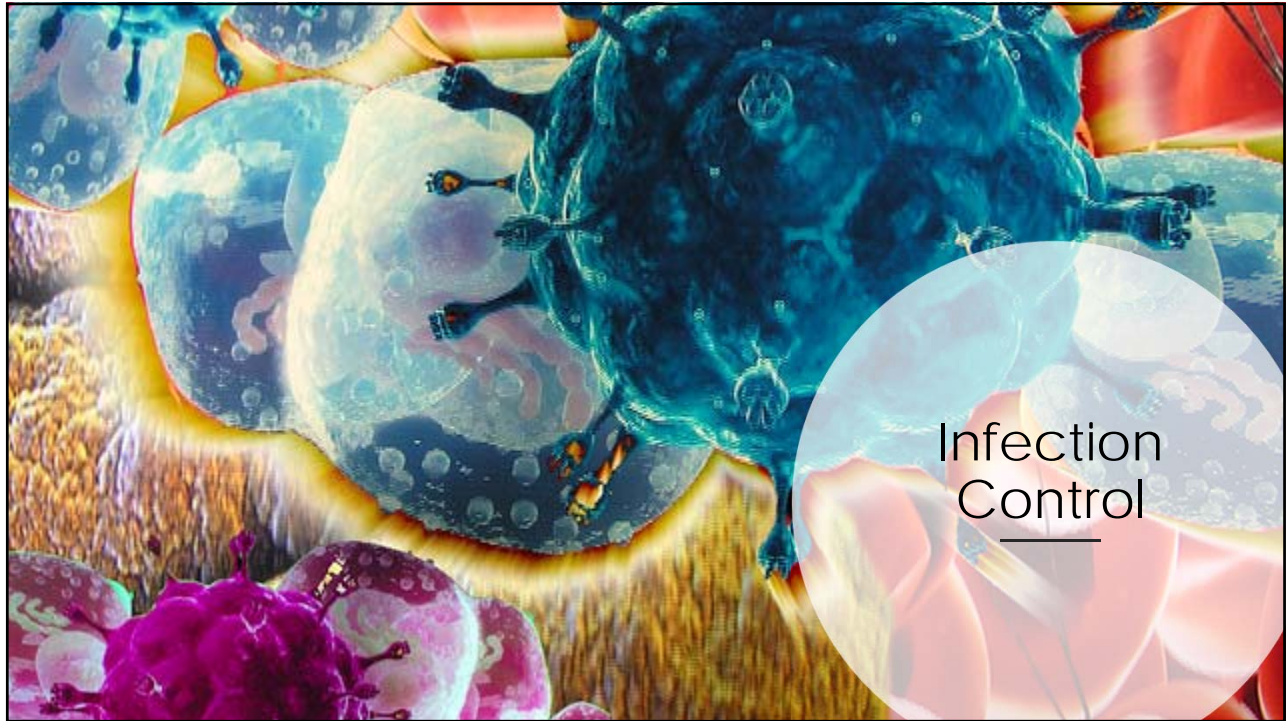


45



46

This presentation is the intellectual property of the author.
Contact them for permission to reprint and/or distribute.



47



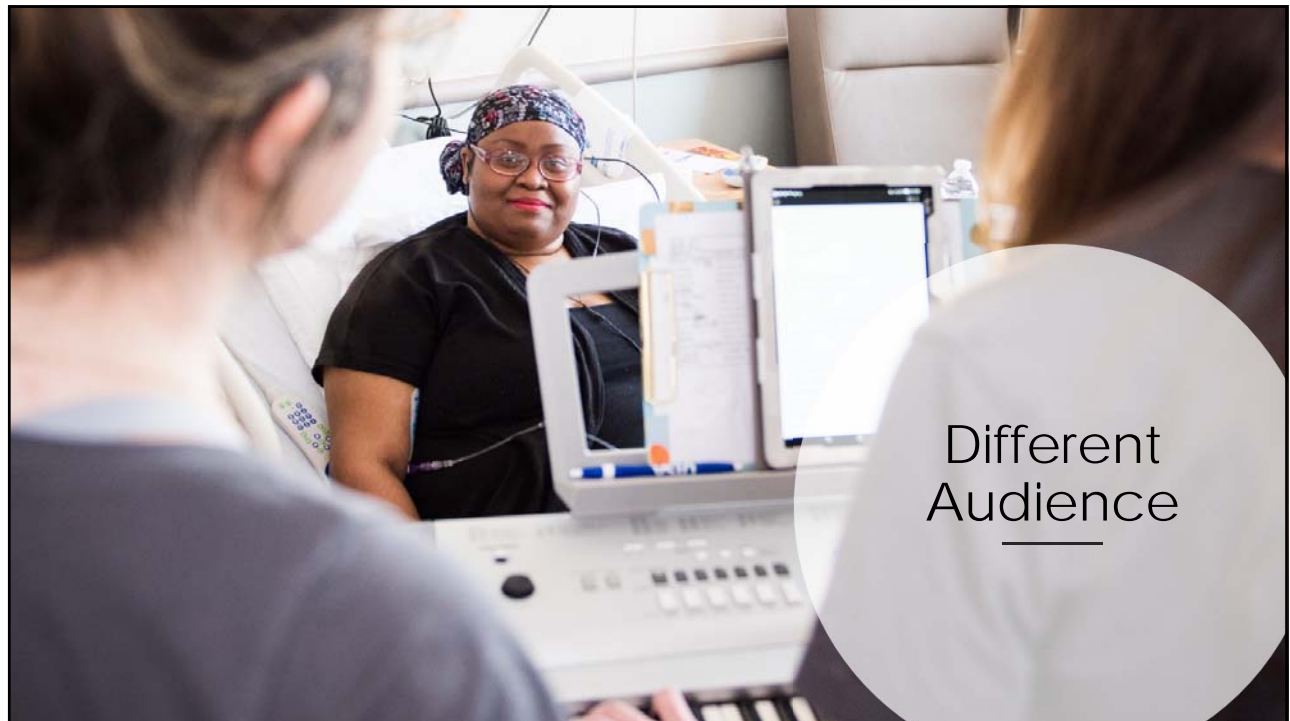
48

This presentation is the intellectual property of the author.
Contact them for permission to reprint and/or distribute.

Get to know your allies



49



50

This presentation is the intellectual property of the author.
Contact them for permission to reprint and/or distribute.



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

51



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

52



53



54

This presentation is the intellectual property of the author.
Contact them for permission to reprint and/or distribute.

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)

55



56

This presentation is the intellectual property of the author.
Contact them for permission to reprint and/or distribute.

But I'm
not an
Artist!

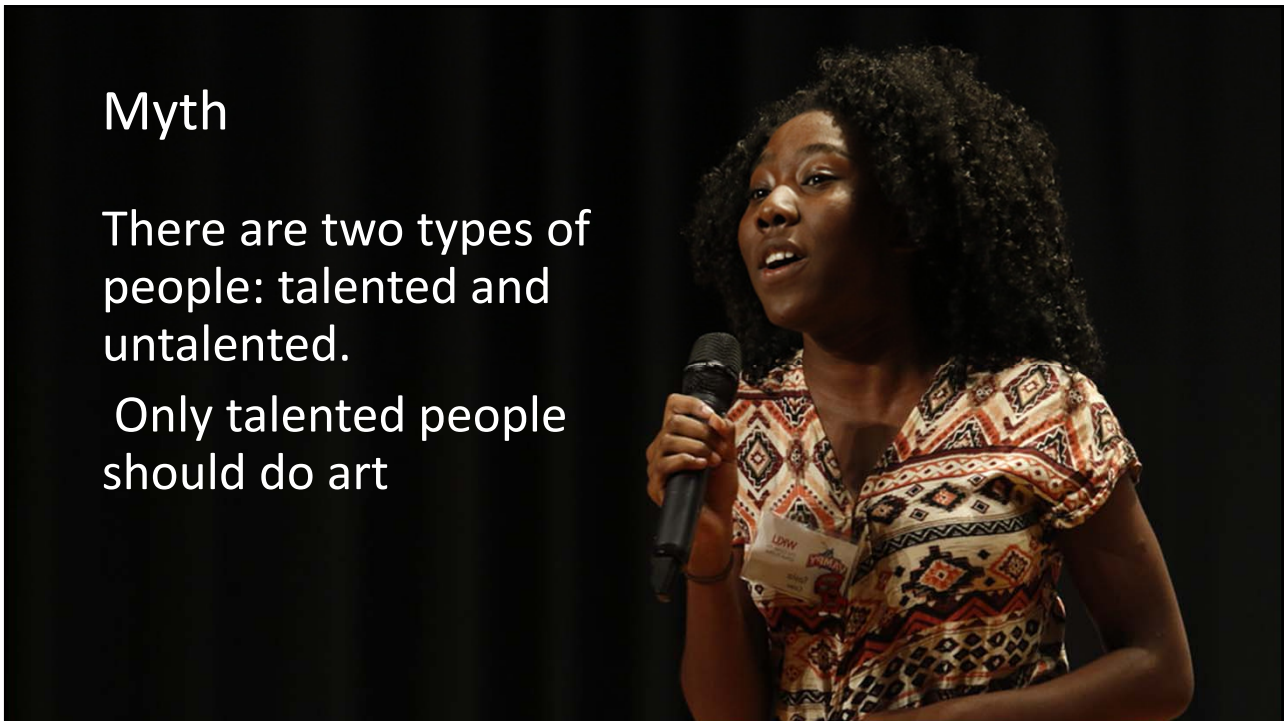


57

Myth

There are two types of
people: talented and
untalented.

Only talented people
should do art



58

This presentation is the intellectual property of the author.
Contact them for permission to reprint and/or distribute.



59

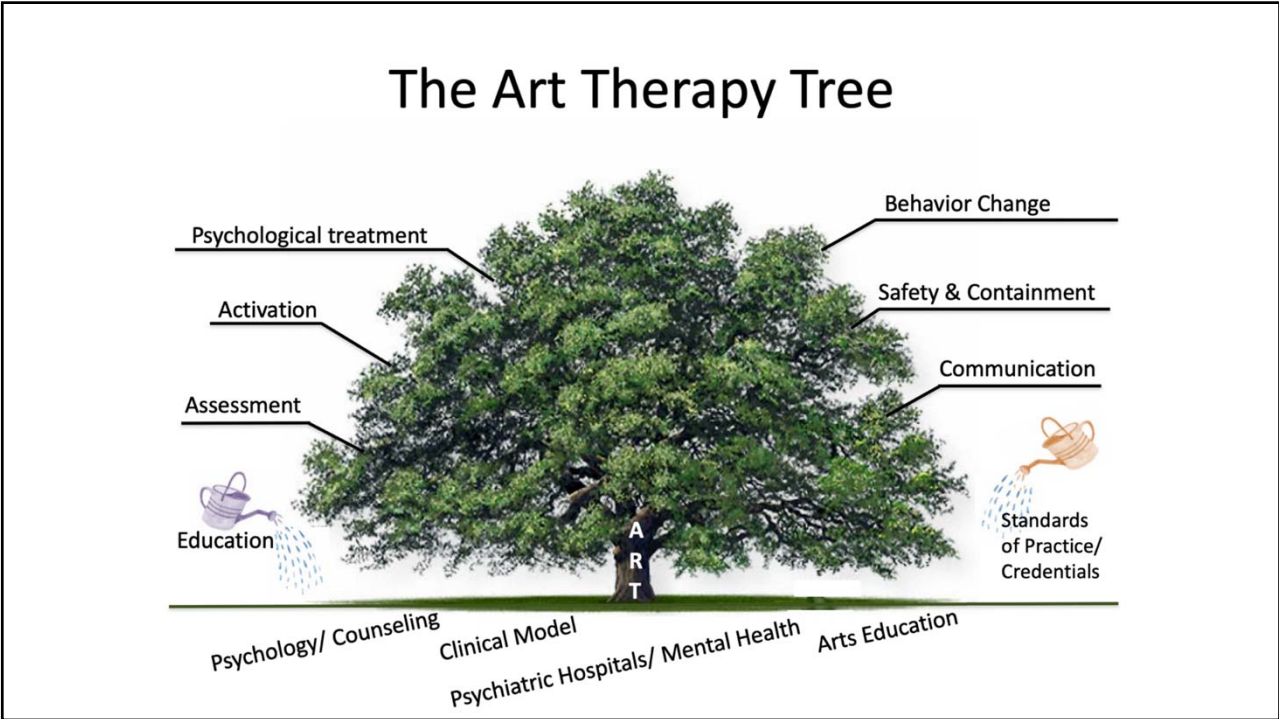


60

This presentation is the intellectual property of the author.
Contact them for permission to reprint and/or distribute.

Scope of Practice

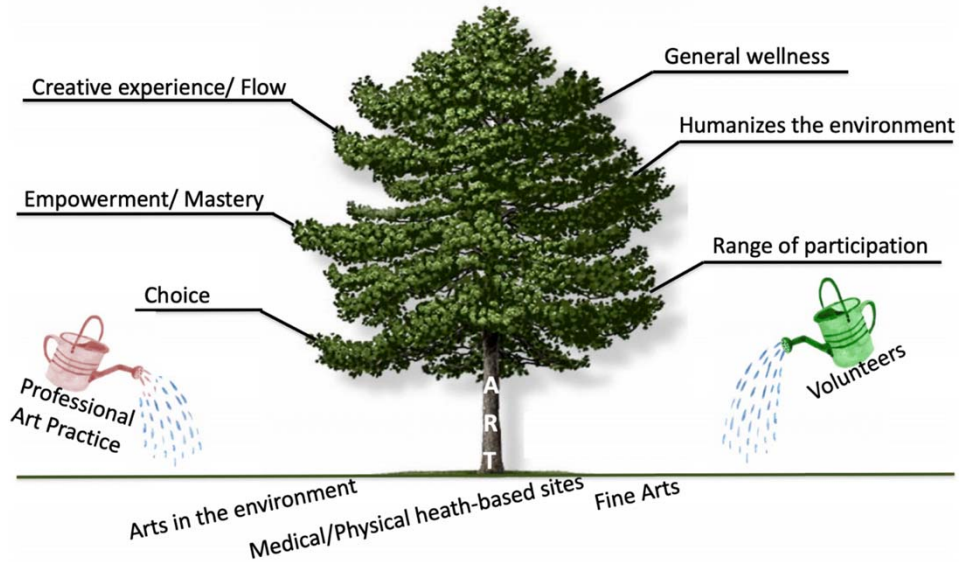
61



62

This presentation is the intellectual property of the author. Contact them for permission to reprint and/or distribute.

The Arts in Health Tree

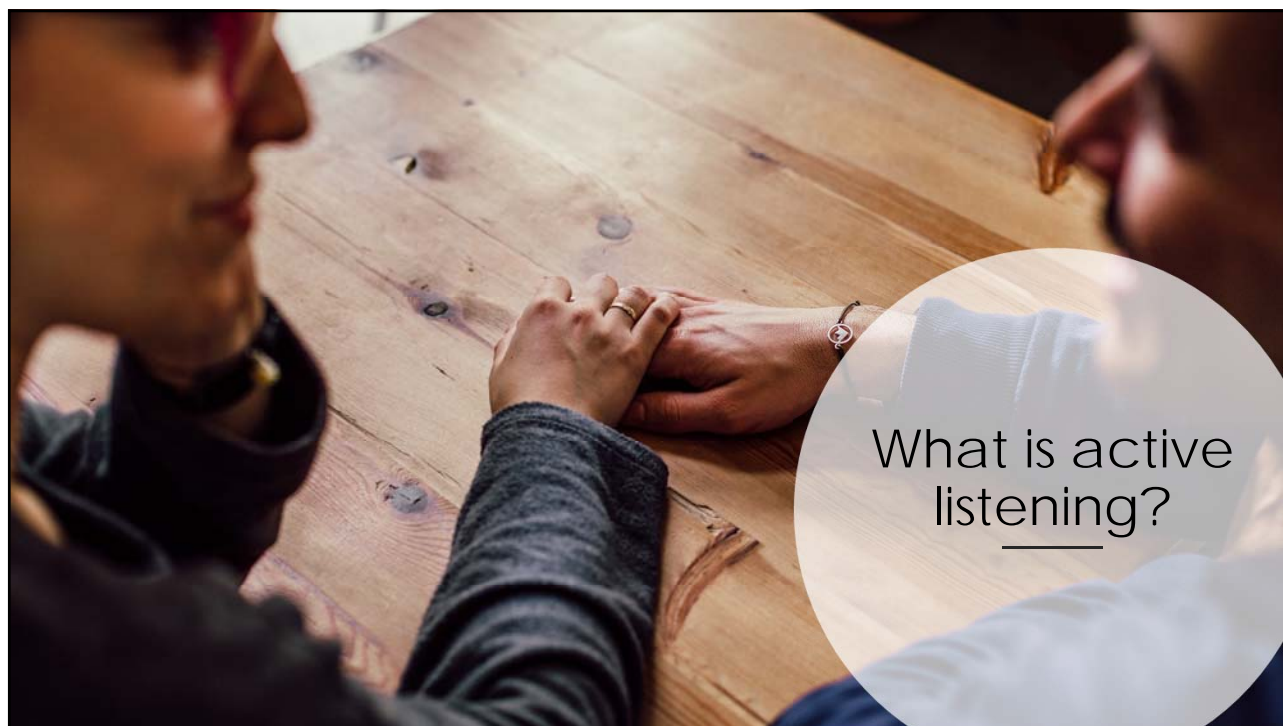


63



64

This presentation is the intellectual property of the author.
Contact them for permission to reprint and/or distribute.

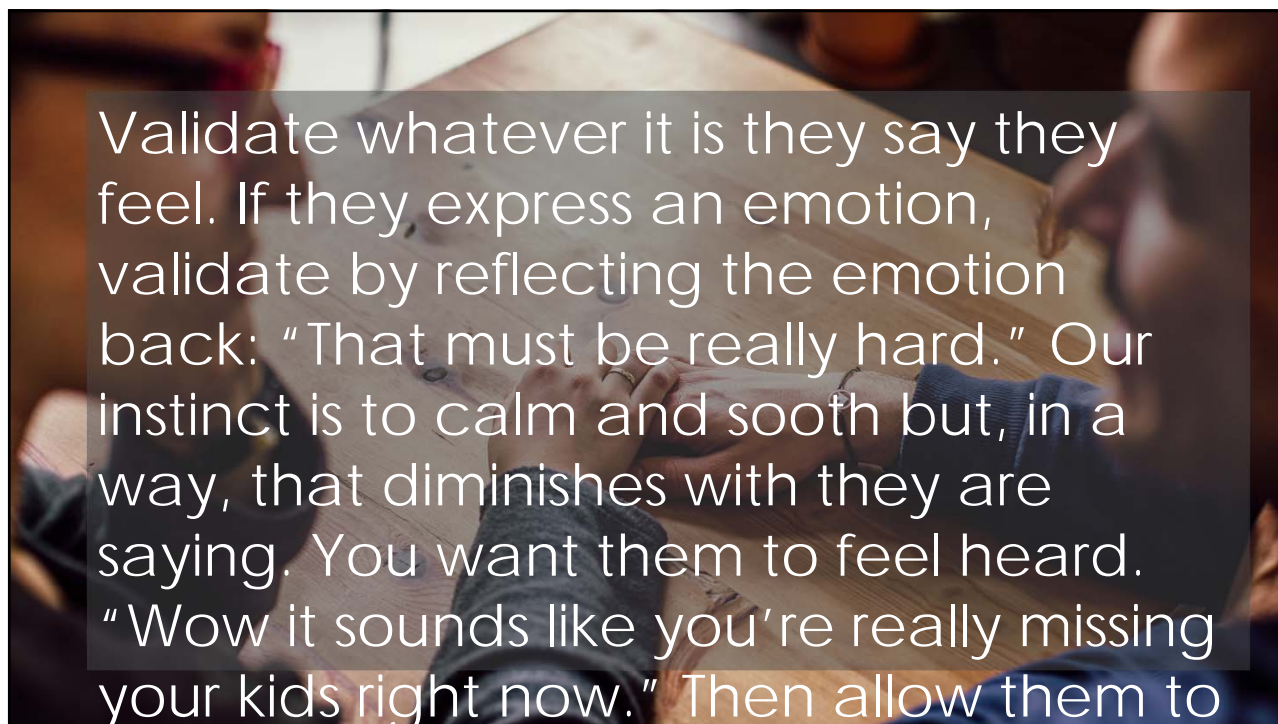


65

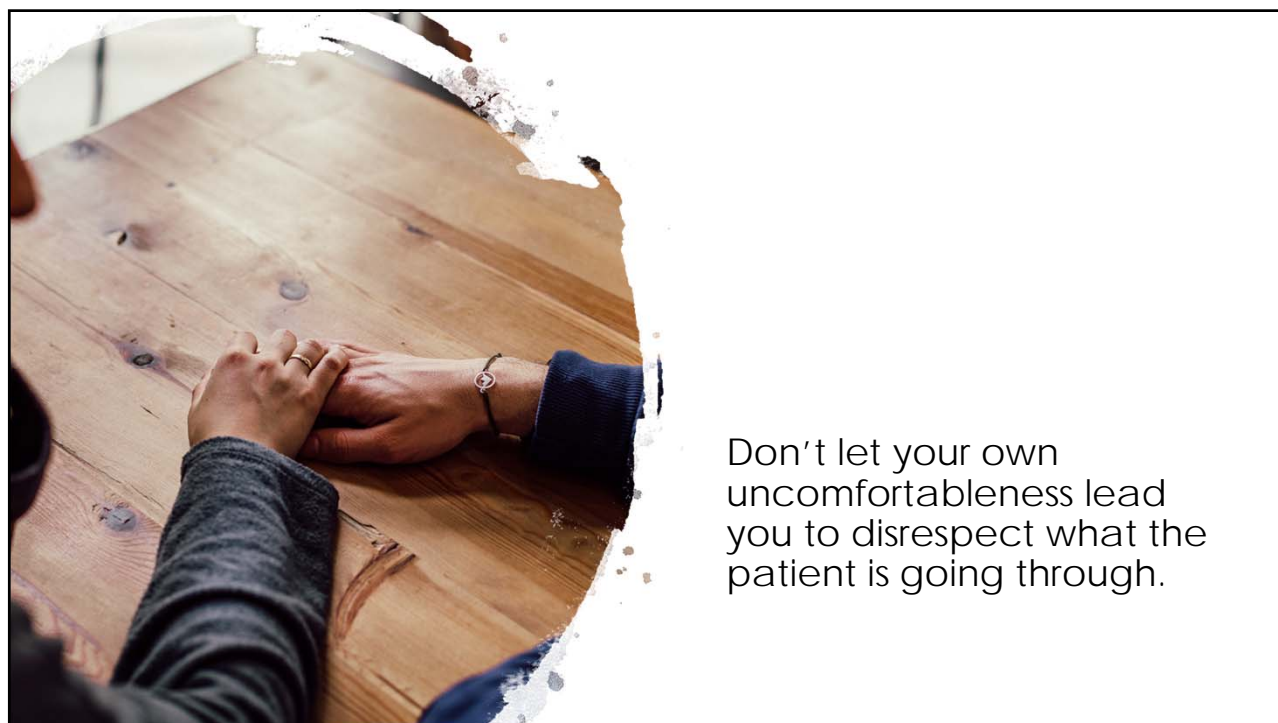


66

This presentation is the intellectual property of the author.
Contact them for permission to reprint and/or distribute.



67



68

This presentation is the intellectual property of the author.
Contact them for permission to reprint and/or distribute.



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

69

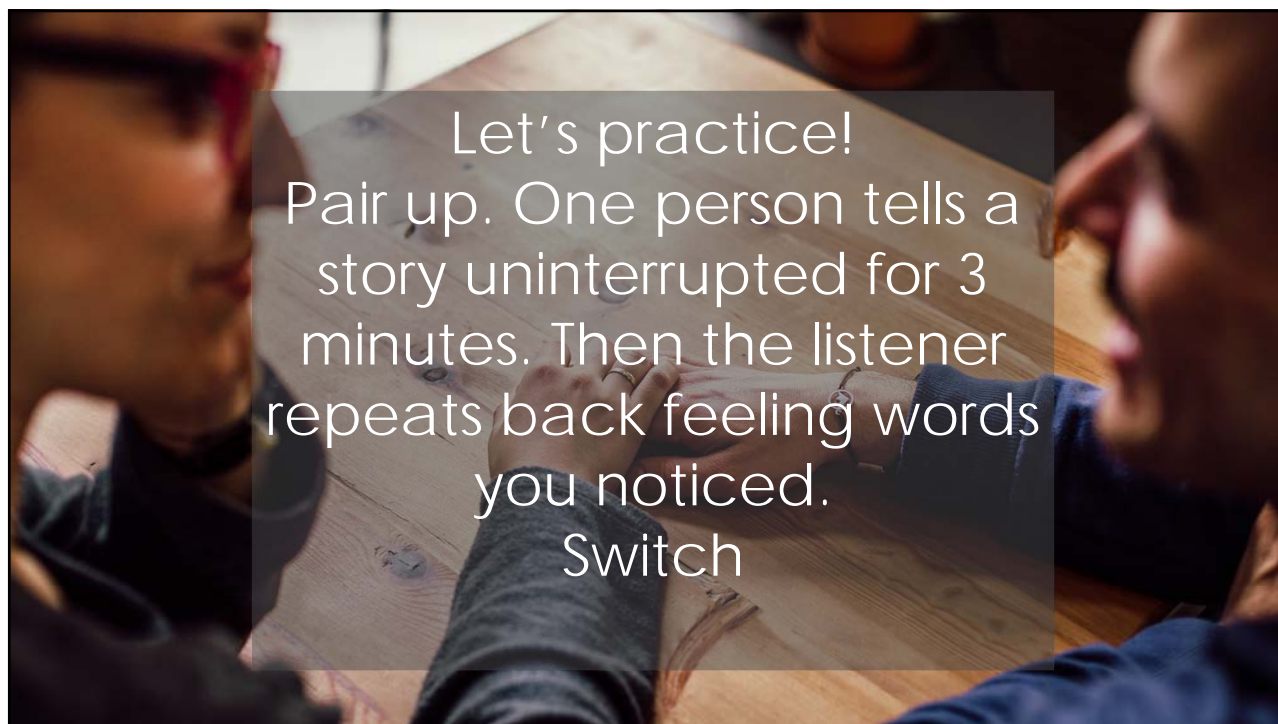


Compassion is the sense of lovingkindness for someone else; unconditional love. It can keep growing.

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

70

This presentation is the intellectual property of the author. Contact them for permission to reprint and/or distribute.



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

71



How do you
care for
yourself?


72

This presentation is the intellectual property of the author.
Contact them for permission to reprint and/or distribute.



This work will
change you. Let'
it.

73



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.

74

This presentation is the intellectual property of the author.
Contact them for permission to reprint and/or distribute.

Entering and Exiting Rituals

Create your own



75

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.



76

This presentation is the intellectual property of the author.
Contact them for permission to reprint and/or distribute.



77



78

This presentation is the intellectual property of the author.
Contact them for permission to reprint and/or distribute.



79



80

This presentation is the intellectual property of the author.
Contact them for permission to reprint and/or distribute.



81



82

This presentation is the intellectual property of the author.
Contact them for permission to reprint and/or distribute.



83



84

This presentation is the intellectual property of the author.
Contact them for permission to reprint and/or distribute.



85

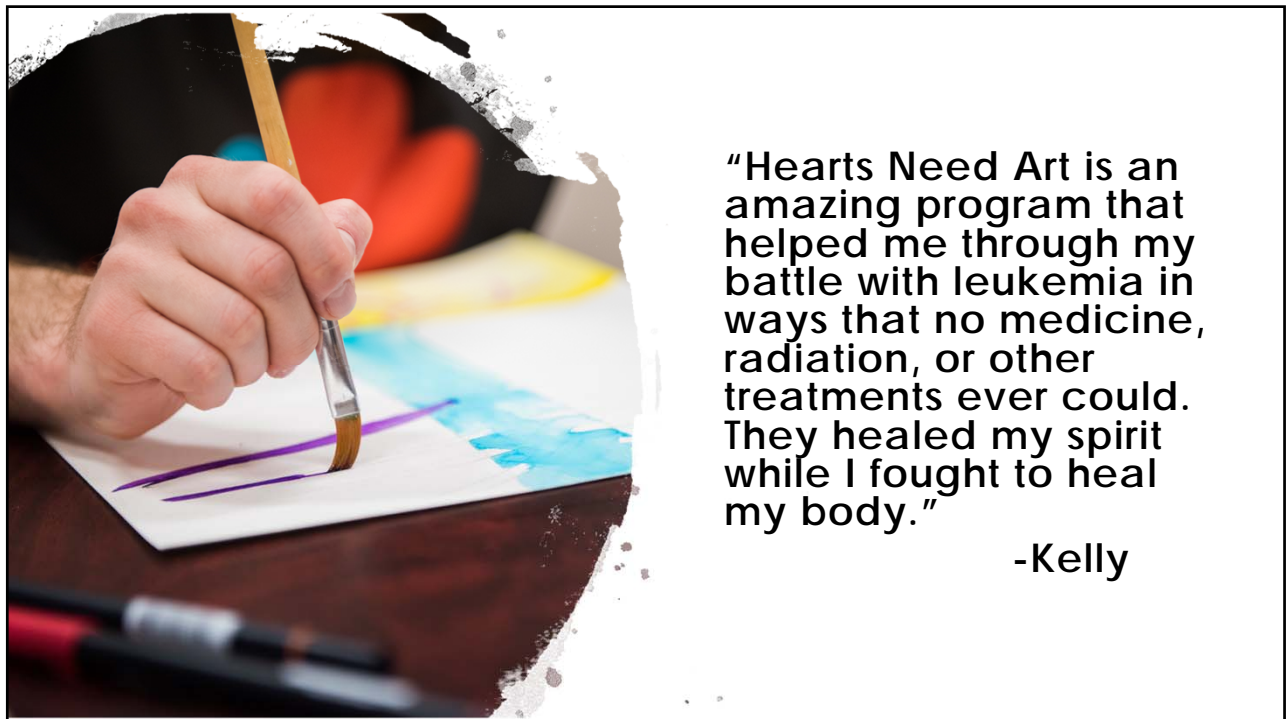


86

This presentation is the intellectual property of the author.
Contact them for permission to reprint and/or distribute.



87



"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

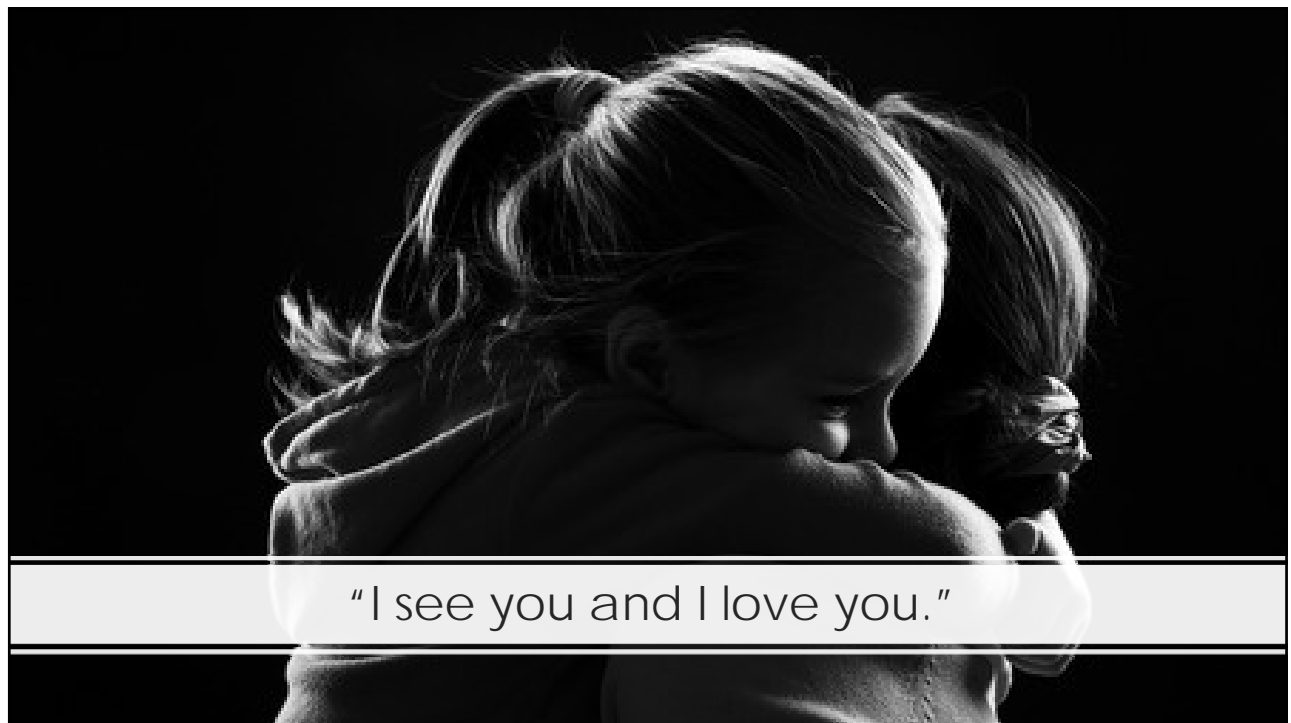
88

This presentation is the intellectual property of the author.
Contact them for permission to reprint and/or distribute.

"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)

89



90

This presentation is the intellectual property of the author.
Contact them for permission to reprint and/or distribute.

"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

91



92

This presentation is the intellectual property of the author.
Contact them for permission to reprint and/or distribute.

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.

93



heartsneedart
creative support for adults with cancer

Constanza Roeder
Constanza@heartsneedart.org
HeartsNeedArt.org



94

This presentation is the intellectual property of the author.
Contact them for permission to reprint and/or distribute.