



# Finding our Voices: Humanities in Medicine

Saturday, Sept. 21, 2024

HUB for Clinical Collaboration

## PROGRAM OVERVIEW

This conference will bring together a community of those who work in healthcare to build connection through the humanities. Participants will learn to use narrative skills, reflective writing, observation, improvisation and advocacy to give voice to their experiences in healthcare and enhance meaning in their work.

## GENERAL INFORMATION

This in-person conference related to the humanities will be held Saturday, September 21, 2024, in the HUB for Clinical Collaboration. Registration will begin at 8 a.m. on September 21st. The registration fee includes continental breakfast, lunch, program, and materials.

## COURSE OBJECTIVES

Upon completion of the course, the participants should be able to:

- Use narrative skills to voice personal and professional experiences in healthcare
- Develop communication skills through visual thinking strategies and improvisation
- Use creativity to develop empathy and self-awareness to improve the performance of the multidisciplinary team to provide humanistic healthcare

## HOTEL ACCOMMODATIONS

A block of rooms has been reserved at The Study at University City, 20 S. 33rd Street Philadelphia, Pa 19104. The Group rates are \$239 single and double occupancy, plus a 16.25% room tax.

Participants are required to make their own reservations by calling The Study directly at 215-387-1400. Please mention the name of the conference when you make reservations. The special rate will be available until Tuesday, Aug. 20, 2024. After that date, reservations will be accepted on a space and rate availability basis.



## REGISTRATION FEES

Physicians.....	\$150
Non-Physicians .....	\$100
Trainees and Students .....	\$25

## CANCELLATION AND REFUND POLICY

Children’s Hospital of Philadelphia reserves the right to cancel or postpone any course due to any unforeseen circumstances. In the event of cancellation or postponement, Children’ Hospital of Philadelphia is not responsible for any related costs, charges, or expenses to participants, including cancellation charges assessed by airlines/travel agencies. In order to process refunds for in-person course withdrawals, cancellation must be received in writing by Wednesday, Sept. 11, 2024. Refunds will be issued for registration minus \$25 administrative fee. No refunds will be issued thereafter.

## ACCREDITATION

In support of improving patient care, this activity has been planned and implemented by the Children’s Hospital of Philadelphia. The Children’s Hospital of Philadelphia is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

## SOCIAL WORK ACCREDITATION STATEMENT

Licensed Social Worker, Marriage and Family Therapist, and Professional Counselor Statement: CHOP is a preapproved provider of continuing education credits for Pennsylvania Licensed Social Workers, Marriage and Family Therapists, and Professional Counselors. Participants licensed in Pennsylvania who attend the full program and complete the required evaluations are eligible for 5.5 Continuing Education Credits. Participants licensed in other states should check with local licensing boards to determine continuing education approval.

## DESIGNATION OF CREDIT



JOINTLY ACCREDITED PROVIDER™  
INTERPROFESSIONAL CONTINUING EDUCATION

**Physicians:** Children's Hospital of Philadelphia designates this live activity for a maximum of *5.75 AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Nurses:** This program provides 5.75 ANCC contact hours.

## JOINT ACCREDITATION



IPCE CREDIT™

This activity was planned by and for the healthcare team, and learners will receive 5.75 interprofessional Continuing Education (IPCE) credit for learning and change.

## SERVICES FOR PEOPLE WITH DISABILITIES

If special arrangements are required for an individual with a disability to attend this meeting, please contact the Continuing Medical Education Department at 215-590-5263.

## CALL FOR POETRY SLAM

### *Interested in reading a poem?*

A non-competitive Poetry Slam will be held at the end of the conference. We invite submissions of up to three poems or prose poems related to your work or experience in healthcare. You will have five minutes to read your poem and talk about your writing practice. Poems should respect patient privacy and confidentiality.

### *Submission Deadline: Sunday, Sept. 1, 2024*

To learn more and submit your poems, please use the following link or scan the QR code.  
<https://form.jotform.com/butlerca/story-slam-submission-2024>

### *Notification of Acceptance: Tuesday, Sept. 10, 2024*



8 a.m. **Breakfast/Registration**

8.30 a.m. **Welcome/Introductions and Program Overview**  
*Madhura Pradhan*

8:45 a.m. **Keynote**  
Narrative “Messiness” in Patient Care: Is Creativity a Moral Responsibility?  
*Jay Baruch*

10 a.m. **Breakout Sessions I**

**A. Narrative Roads Into (and out of) Moral Distress**

Moral distress is a critical problem impacting healthcare workers. We might not recognize it for what it is, but we feel it, and it rarely feels good. We often bear these profound burdens alone. Writing lets us get granular and notice the smaller moments of our regular day that work on us. In this session we will engage in a writing exercise to aid us in acknowledging and discovering what we think and, equally important, what we feel and why, one imperfect sentence at a time.

*Jay Baruch*

**B. Deep Reflection: Different Ways to See Art and Yourself**

Participants will engage in a close-looking exercise with the group to discover more about themselves and how the ways they see the world (and artwork) may differ from the ways others see things. After practicing these skills, participants will engage in a Personal Responses Tour activity, in which they will be prompted to consider another piece of artwork that holds meaning for them in the moment and engage in a personal responses tour within the group. No prior art experience required.

*Stephanie Davidson*

**C. Writing With Heart and Heat: The Art of Writing Opinion Pieces for the Public**

Healthcare is full of systemic problems that only sporadically get fixed. This session will cover the skills you need to write about these problems and galvanize readers with an idea or a better way. We will consider how the best opinion pieces are timely, and in the public interest, supported by good evidence and narrative flourish, and delivered without jargon. We will present ideas from the audience and discuss how they might be approached, much as reporters and editors do in newsrooms. We will also discuss how personal experiences — and those of the people you know — can fuel this work.

*Karl Stark*

**D. Serious Intent, Light-hearted Techniques: The Art of Medical Improvisation**

Experience an introduction to the principles of medical improvisation and explore ways it can support compassion, connectivity, and meaning making in our practice of medicine. Active participation is expected, no prior experience necessary.

*Victoria K. Johnson*

## **E. The Power of Podcasts**

Since 2004, podcasts have been used for digital storytelling and can be a powerful method for telling stories related to health and well-being. In this workshop, participants will gain a better understanding of the history of podcasts and how they are used to build community and share perspectives often untold. Participants will leave the workshop with tools that they can use to create a podcast, contribute their work to an existing podcast, or curate podcasts for their humanities work.

*Katie Lockwood and Rashida Ricketts*

11:15 a.m.

## **Breakout Sessions II**

### **A. Why I Write; How I Write**

In this session, Jason Karlawish uses examples from his work as a physician and writer to critically self-examine his motives, choices, and style. If his story works, attendees will feel compelled to do the same.

*Jason Karlawish*

### **B. Exploring Ethics Through Narrative**

“Good ethics begins with good data” is a maxim often attributed to clinical ethicists. In pondering acceptable ethical approaches to either routine or contentious clinical situations, it is important for healthcare providers to have a basic working knowledge of ethics. This could include awareness of important ethical principles, knowledge of the history of medicine, knowledge of the law, and awareness of institutional policies. A focus on philosophical principles alone, however, runs a risk of being overly reductive. In this session, participants will work through examples of how narrative competence – or increasing our understanding of patient, family, and healthcare provider stories – can help inform perspectives on ethical challenges. Participants will use case examples and writing to illustrate how insight can deepen through narrative exploration. No background in ethics is required.

*Wynne Morrison and Aliza Narva*

### **C. Drawing Together: Using the Visual Arts to Build Connections**

In this session participants will engage in visual arts activities for community building and self-reflection. No prior art experience is necessary. Participants will learn how the process or act of visual expression can be used to build connections with others through engaging in shared comic drawing creation. Participants will then engage in a more self-reflective art-based activity to gain a deeper understanding of themselves and their goals.

*Stephanie Davidson*

### **D. Serious Intent, Light-hearted Techniques: The Art of Medical Improvisation**

Experience an introduction to the principles of medical improvisation and explore ways it can support compassion, connectivity, and meaning making in our practice of medicine. Active participation is expected, no prior experience necessary.

*Victoria K. Johnson*

### **E. Making Space for Creativity: Student and Faculty Contributions to Medical Humanities Programming**

Do you want to create or grow medical humanities programming at your institution but don't know where to start? In this session we will discuss the experiences of students and faculty at Cooper Medical School at Rowan University and Perelman School of Medicine at UPenn. This will lead into two break-out groups for discussion of the following: approaches to developing curriculum in medical humanities (faculty-focused) and ways students can create medical humanities opportunities (student-focused). The format of this session will be a gently facilitated conversation leading into small group discussions so come prepared to share your ideas, achievements, and challenges. We hope this session provides education and connections for all who attend.

*Douglas Reifler, Amanda Finegold Swain, Andrew Scherffius, Felicia Ho, Milan Arya, Kelly Lambert*

**12:30 p.m. Lunch**

**1:30 p.m. Healing Stories: In Conversation with Storytellers from the Penn Medicine Listening Lab**

This dynamic session will feature several patients, caregivers, staff and providers who have undergone a variety of experiences relating to illness, caregiving, and vulnerability. We will listen to their powerful stories, followed by an intimate conversation about the importance of finding one's voice and how feeling deeply heard contributes to the healing process.

*Healing Stories* is presented in partnership with the Penn Medicine Listening Lab, which advocates for a culture of humanism in medicine and learning grounded in narratives of lived experience. The Listening Lab website features short stories from a community of storytellers that celebrate listening as a form of care. Through an innovative approach to patient care, these stories have been integrated across Penn Medicine to foster reflection about our lives and the connections we share.

*Moderator: Aaron Levy*

**2:30 p.m. Break**

**2:45 p.m. Poetry Slam**

*Moderator: Stephen Ludwig*

**3:30 p.m. Closing Remarks and Adjourn**

*Frances Nadel*

Unless otherwise noted, faculty is from Children's Hospital of Philadelphia and the Perelman School of Medicine at the University of Pennsylvania.

## **COURSE DIRECTORS**

**Wynne Morrison, MD, MBE**

*Attending, Palliative Care and Critical Care  
Professor of Anesthesiology and Critical Care*

**Frances Nadel, MD, MSCE, MFA**

*Attending, Pediatric Emergency Medicine  
Clinical Professor of Pediatrics*

**Madhura Pradhan, MD**

*Attending, Nephrology  
Professor of Clinical Pediatrics*

## **COURSE FACULTY**

**Stephanie Davidson, MD, MEd**

*Attending, Psychiatry and Behavioral Sciences  
Assistant Professor of Clinical Psychiatry*

**Felicia Ho**

*MD Candidate '27*

**Victoria K. Johnson, DO**

*Attending, Pediatric Palliative Care  
Assistant Professor of Clinical Pediatrics*

**Jason Karlawish, MD**

*Attending, Medicine/Geriatrics, Penn Memory  
Center  
Professor of Medicine*

**Aaron Levy, PhD, MPhil**

*Director, Health Humanities Initiatives  
Penn Medicine  
Senior Lecturer, Departments of English and  
History of Art  
University of Pennsylvania*

**Katie Lockwood, MD, MEd**

*Attending, Primary Care Pediatrics  
Associate Professor of Clinical Pediatrics*

**Aliza Narva, JD, MSN, RN, HEC-C**

*Director of Ethics, Hospital of the University of  
Pennsylvania  
Adjunct Assistant Professor, Department of  
Medical Ethics & Health Policy*

**Andrew Scherffius**

*MD Candidate '27*

**Karl Stark**

*Director of Content Strategy  
Leonard Davis Institute of Health Economics*

**Amanda Finegold Swain, MD**

*Attending, Family Medicine  
Assistant Professor of Clinical Family Medicine  
and Community Health*

## **GUEST FACULTY**

**Milan Arya**

*MD Candidate '25  
Cooper Medical School of Rowan University  
Camden, NJ*

**Jay Baruch, MD**

*Professor of Emergency Medicine  
Alpert Medical School at Brown University  
Providence, RI*

**Kelly Lambert**

*MD Candidate '26  
Cooper Medical School of Rowan University  
Camden, NJ*

**Douglas Reifler, MD**

*Professor of Medicine  
Cooper Medical School of Rowan University  
Camden, NJ*

**Rashida Ricketts, MA**

*Creator and Host of Graves to Gardens Podcast*

## **PLANNING COMMITTEE**

**Carly Athan, MSW, LSW**

**Colleen Crowley, BSN, RN**

**Stephen Ludwig, MD**

**Vidya Viswanathan, MD**



## FACULTY BIOS

**Jay Baruch** is a writer, ER doctor, educator, and Professor of Emergency Medicine at Alpert Medical School of Brown University, where he serves as the director of the Medical Humanities and Bioethics Scholarly Concentration. His academic and creative work centers on the complexity and uncertainty in patient care and the importance of creativity, interdisciplinarity, and the arts as clinical skills.

He is a former Director-at-Large, American Society for Bioethics and Humanities and the former medical humanities section chair for the American College of Emergency Physicians. In addition, he is a former faculty fellow at the Cogut Institute for the Humanities at Brown University, where he directed the Creative Medicine Series and served on the leadership team for the Rhode Island Arts and Health group on practice, policy, and research.

His latest book of nonfiction essays is *Tornado of Life: A Doctor's Journey Through Constraints and Creativity in the ER* (MIT 2022).

He is the author of two award-winning short fiction collections, *What's Left Out* (Kent State University Press, 2015) and *Fourteen Stories: Doctors, Patients, and Other Strangers* (Kent State University Press, 2007).

His projects range from work with the Rhode Island School of Design Museum educators on museum-based curriculum to get clinicians to think about how they think and feel, creating authentic spaces for fostering difficult conversations, and a Brown University EdX online course, *Beyond Medical Histories: Gaining Insight from Patient Stories*. He presently serves on the steering committee for the Health Humanities Consortium and the AMA Journal of Ethics editorial board. He received the inaugural Society for Academic Emergency Medicine Gold Humanism Award and the Brown Emergency Medicine, Innovations in Education Award. In 2023, he received the Brown Emergency Medicine Inaugural Excellence in Medical Humanities & Ethics award, which will be renamed the Jay Baruch, MD Excellence in Medical Humanities & Ethics award.

**Milan Arya** (he/him) grew up in Middlesex, NJ, and is currently a fourth-year medical student at Cooper Medical School (CMSRU) in Camden, NJ. He is passionate about primary care, LGBTQIA+ health, advocacy, and medical education. During his time at CMSRU, he has been heavily involved in leadership and community service and is particularly proud of hosting LGBTQIA+ physician panels and mentoring queer youth in Camden. He deeply enjoys creative writing and narrative medicine, and achieved second-place at the 2023 College of Physicians Story Slam in Philadelphia, PA. In his spare time, he enjoys gaming, sci-fi, digital design and video editing, traveling and embarking on solo adventures, and spending quality time with friends and family.

**Stephanie M. Davidson** is a Child and Adolescent psychiatrist at Children's Hospital of Philadelphia and Assistant Professor at the Perelman School of Medicine at the University of Pennsylvania. She completed the Harvard Macy Art Museum-based Health Professions Education Fellowship in 2022. She has been involved in creating medical humanities curricula centering around the use of the visual arts and art museums for medical students, residents, and clinical faculty. She uses the arts to foster cultural humility, perspective taking, introspection, and to strengthen well-being.

**Felicia Ho** is a second-year medical student and co-chair of the Medical Humanities Council at the Perelman School of Medicine at the University of Pennsylvania. She graduated in May 2023 from Harvard College with a degree in Molecular and Cellular Biology. Having grown up as an avid musician, she continues to pursue connections between medicine and the arts — whether it be visual, musical, or literary. Outside of classes, you can find Felicia speed-walking through the cobblestone-lined paths of Philly, popping her head into bookstores and cafes alike.

**Victoria K. Johnson** is an Attending Physician specializing in palliative care on the Pediatric Advanced Care Team (PACT) at Children's Hospital of Philadelphia. She dedicates her time to educating clinicians throughout the Children's Hospital of Philadelphia



enterprise on communication skills. Her passion for enhancing communication skills led her to pursue further education in medical improvisation, a discipline focused on experiential learning to foster empathy, enhance listening skills, and promote teamwork. Viki's journey to medicine was influenced by her background in the arts and craftsmanship. From her early years assisting her father in the garage, preparing cars for painting, and repairing dents, to her experience as a dance teacher, she developed a deep appreciation for creativity, expression, and attention to detail. She remains committed to integrating medicine and the humanities, recognizing their significant impact on well-being and fulfillment.

**Jason Karlawish** researches and writes about issues at the intersections of bioethics, aging, and the neurosciences. He is the author of *The Problem of Alzheimer's: How Science, Culture, and Politics Turned a Rare Disease into a Crisis and What We Can Do About It* and the novel *Open Wound: The Tragic Obsession of Dr. William Beaumont*. His essays have been published in *Forbes*, *The Hill*, *Los Angeles Times*, *The New York Times*, *The Philadelphia Inquirer*, *STAT*, *The Wall Street Journal* and *The Washington Post*. He is a Professor of Medicine, Medical Ethics and Health Policy, and Neurology and co-director of the Penn Memory Center at the University of Pennsylvania.

**Kelly Lambert** (she/her) is a third-year medical student pursuing a scholarly concentration in Medical Education at Cooper Medical School of Rowan University. As a nontraditional student, she brings her professional experience in the healthcare technology and marketing fields to the classroom. She graduated from the University of Notre Dame in 2012 with a degree in Management Consulting and the University of Pittsburgh in 2020 with a degree in Biology. She is inspired by the human connection found in medical practice, often exploring this topic in her personal writing. Beyond her academic pursuits, Kelly enjoys world traveling with her husband, exploring hiking trails, and experimenting with new recipes in her kitchen.

**Aaron Levy, PhD, MPhil** is the inaugural Director of Health Humanities Initiatives at Penn Medicine and the Director of the Penn Medicine Listening Lab. He is a Senior Lecturer in the Departments of English and the History of Art at the University of Pennsylvania, Senior Fellow in the School of Social Policy & Practice, and Adjunct Assistant Professor in Family Medicine and Community Health at the Perelman School of Medicine. Dr. Levy is the editor of *On Listening as a Form of Care* (2020); *On the Poetics and Politics of Health* (2021); *The Language of Care: Stories from the Penn Medicine Listening Lab* (2021); and *Rx/Museum: 52 Essays on Art and Reflection in Medicine* (2022).

**Katie Lockwood** is the creator and host of *Primary Care Perspectives* podcast, CHOP's educational and informational podcast for pediatricians. She has been a guest on many other podcasts including *PedsRAP*, *Hippocratic Hustle*, and *Baby Doctor Mamas*. Her narrative writing has been featured in *The Philadelphia Inquirer*, *JAMA Pediatrics*, *Journal of Graduate Medical Education*, and *KevinMD.com*. She is a spokesperson for the American Academy of Pediatrics and has given media interviews to the *New York Times*, *Washington Post*, and *CNN*, among others, on hot topics impacting children and their families. Dr. Lockwood enjoys writing about how her experiences as a pediatrician and parent influence each other.

**Wynne Morrison** is a physician practicing Pediatric Critical Care and Palliative Care at Children's Hospital of Philadelphia. She is a Professor of Anesthesiology and Critical Care at the Perelman School of Medicine at the University of Pennsylvania. Her published work focuses on ethics, end-of-life care, and the medical humanities. Her poetry has appeared in multiple medical and literary journals, including *Journal of the American Medical Association*, *Canadian Medical Association Journal*, *The Cortland Review* and *Tar River Poetry*.

**Aliza Narva** is the Director of Ethics at the Hospital of the University of Pennsylvania where she chairs the hospital's Ethics Committee and the Ethics Consultation Service. She is the director of the Abramson Family's Center of Nursing Excellence's

Nurse Leader Ethics Fellowship. She is also faculty at the Perelman School of Medicine where she teaches clinical ethics and clinical conflict resolution. Her primary interests are providing high-quality ethics consultation and clinical ethics education focusing on clinical conflict management. Ms. Narva is a certified Health Care Ethics Consultant and a former Fellow in the American Organization for Nurse Leadership. She is a graduate of the University of Pennsylvania Carey Law School and the School of Nursing at the University of Pennsylvania. Prior to her career in nursing, Ms. Narva was a practicing attorney in Philadelphia. Ms. Narva is currently part of a small group of ethicists revising the American Nurses Association's Code of Ethics for Nurses, slated for publication in early 2025.

**Douglas Reifler** is a primary care general internist who began developing programming in the 1990s in the Medical Humanities and Bioethics Program of Northwestern University's Feinberg School of Medicine. He has since contributed to medical humanities programming at Chicago Medical School of Rosalind Franklin University of Medicine and Science, at the Lewis Katz School of Medicine of Temple University, and at Cooper Medical School of Rowan University (CMSRU). He currently serves as Senior Associate Dean for Professional Formation and Medical Humanities at CMSRU and as a Core Faculty member of the CMSRU Center for Humanism in Camden, NJ.

**Rashida Ricketts** is the creator and host of *Graves to Gardens* Podcast, a show committed to creating a sanctuary for those that are systems impacted through conversations that give the storyteller agency over their own narrative. *Graves to Gardens* Podcast is a platform that shares stories of those engaging in artistic practices to reimagine a world beyond the need for prisons that leads to restoration and healing. In 2019 she earned her MA in Fashion Studies from Parsons School of Design where she completed her thesis *In My Jumpsuit: An Analysis of the Embodied Experience of Women in Prison Clothing*. When granted the opportunity, she expanded upon this research serving as co-curator for *Clothing Inside:*

*Addressing American Prisons* during New York Fashion Week. Her work has been covered by the Council for Fashion Designers of America and The Fashion and Race Database.

**Andrew Scherffius** is a first-year medical student and co-chair of the Medical Humanities Council at the Perelman School of Medicine (PCOM) at the University of Pennsylvania. He studied philosophy at Colorado College and has an MA in the History of Medicine from McGill University. At PSOM he has organized guest speakers in the interstices between the arts and medicine and is helping plan a semester-long series on narrative medicine. He is an avid bonsai artist and has spent years germinating, cultivating, fussing over — and yes, occasionally killing — his collection of stylized little trees.

**Karl Stark** is a recovering health journalist. A former Health Editor and Business News Editor at *The Philadelphia Inquirer*, he also served as president of the Association of Health Care Journalists, the nation's leading group of health reporters and editors. Now Director of Content Strategy at Penn's Leonard Davis Institute of Health Economics, he coaches LDI fellows to write op-eds. He also leads an elective class on narrative medicine in the medical school, and occasionally makes a point through interpretative dance.

**Amanda Finegold Swain** is a family medicine physician in the Department of Family Medicine and Community Health at the University of Pennsylvania. Her clinical practice is based in West Philly where she sees patients of all ages. At Perelman School of Medicine (PSOM), she is Faculty Director for the Medical Humanities Curriculum. In her role at PSOM she develops and oversees medical humanities electives, supervises medical student research in the medical humanities, and advises the student-led Medical Humanities Committee. She also enjoys connecting with others in the University and the health system to advance the use of medical humanities education in professional identity formation. Her interest is narrative medicine, and she is pursuing her MFA in Creative Writing at Rosemont College in Bryn Mawr, PA.