Designing and Implementing a Medical Humanities Longitudinal MS4 Elective
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GOAL
To develop students’ capacities for continuous reflection and self-regulation through the lens of medical humanities readings, visual arts, music and reflective writing.

Narrative Perspective and Reflective Writing: A two week MS4 Elective in Health Humanities Longitudinal (July – March)

Sample Text Prompts

*I Need a New Stethoscope* by Jenni Levy
Prompt: Write about something that connects you to your work.

*What the Doctor Said* by Raymond Carver
Prompt: Write about a time you wish you’d said more to a patient.

*Missing Piece* by Ray Bingham
Prompt: Write about a time when you were able to fill a need.

Student Exit Interviews
Individual goal for future work in health humanities
- “Keep writing,
- “Join a community”
- “Maintain narrative muscle”
- “Reconnect to a part of myself I do not do enough of”
- “Freedom through speech (aka a safe environment)”
- “Counteract negativity of MS3 & MS4 year”

Student (N=9) “stated expectations met” – 100% Overall Course Rating: 5/5

Faculty Survey Data
Did this elective meet faculty expectations?
N= 14 said “yes”

- Student engagement
- Fostering self-care and burnout
- Helping students express thoughts
- Facilitate sharing of reflections
- Be with engaged, curious students
- Gain insight into MS4 students
- Enhance my personal journey through humanities with students
- Learn from students
- Foster close reading
- Reflection through art

Changes for 2017-18
- Reduced to 15 sessions
- Track attendance electronically
- Shift to “health humanities” title
- Offer a mix of writing pre session vs. in session writing
- Add another music session
- Continue 1 Book
- Add Ted Talk
- Add Podcast
- Conduct art session at local museum

Evaluation Students

Student Survey Data
MBI Before and After Humanities Elective

<table>
<thead>
<tr>
<th></th>
<th>PRE-COURSE</th>
<th>POST-COURSE</th>
<th>P-value (total, mean)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emotional Exhaustion</td>
<td>TOTAL</td>
<td>Mean</td>
<td>TOTAL</td>
</tr>
<tr>
<td></td>
<td>30</td>
<td>3</td>
<td>20</td>
</tr>
<tr>
<td>Depersonalization</td>
<td>10</td>
<td>2</td>
<td>6</td>
</tr>
<tr>
<td>Personal Accomplishment</td>
<td>31</td>
<td>4</td>
<td>38</td>
</tr>
</tbody>
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Art, Music, Poetry, Stories, Poems
Led by 12 different faculty
MD, EdD, NP, Chaplain, PhD

Evening at a central location
1 Hour pre-work
2 Hours face to face
10 MS4 Students
30 Individual Sessions
20 Required Sessions