



# 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)

10 MS4 Students

30 Individual Sessions

20 Required Sessions

1 Hour pre-work  
2 Hours face to face

Evening at a central location

Art, Music, Poetry, Stories, Poems

Led by 12 different faculty  
MD, EdD, NP, Chaplain, PhD

Evaluation Students

## 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.

## 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



## MBI Before and After Humanities Elective

	PRE-COURSE		POST-COURSE		P-value (total, mean)
	TOTAL	Mean	TOTAL	Mean	
Emotional Exhaustion	30	3	20	2	P<0.02
Depersonalization	10	2	6	1	P<0.02
Personal Accomplishment	31	4	38	5	P=0.12

Personal Accomplishment Subscale	
	Frequency
High	0-31
Moderate	32-38
Low	39 or over

Depersonalization Subscale	
	Frequency
High	13 or over
Moderate	7-12
Low	0-6

Emotional Exhaustion Subscale	
	Frequency
High	27 or over
Moderate	17-26
Low	0-16

How often:

0	1	2	3	4	5	6
• Never	• A few times a year or less	• Once a month or less	• A few times a month	• Once a week	• A few times a week	• Everyday

Student (N=9) "stated expectations met" – 100%

Overall Course Rating: 5/5

## 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"



## 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