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Building Resilience in Health Care through the Arts

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**No Conflict of Interest
or any commercial
relationships to report**

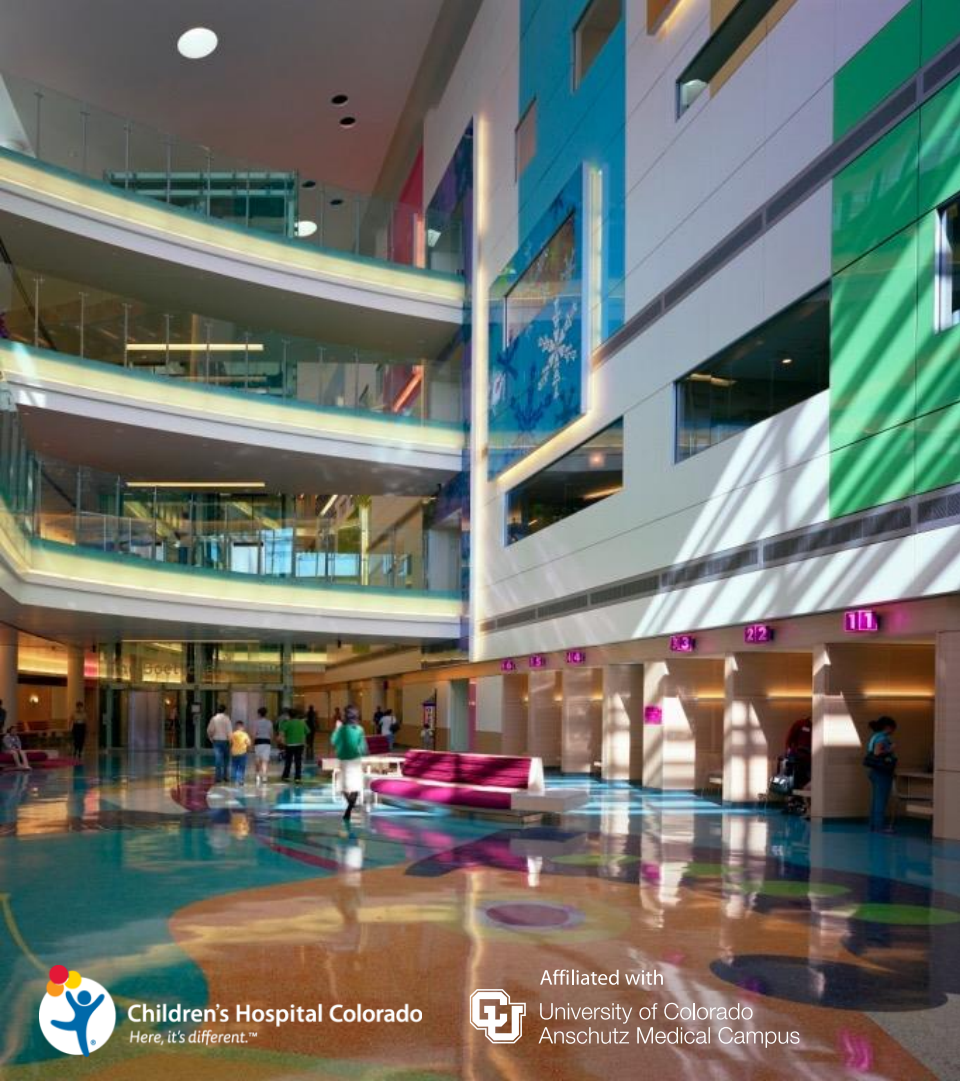
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What is Resilience?

Definition of *Resilience*:

Merriam Webster Online Dictionary

1: the capability of a strained body to recover its size and shape after deformation caused especially by compressive stress

2: an ability to recover from or adjust easily to misfortune or change



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(Merriam-Webster, 2021)

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Resilience National Survey Results

- 22% (157/725) of nurses were highly resilient
- 21% were positive for PTSD
- 18% symptoms of anxiety
- 11% symptoms of depression
- 80% were positive for at least one type of BOS



Core Components of Burnout Syndrome

1. Emotional Exhaustion

- Devoting excessive time and effort to a task that is not perceived to be beneficial
- Compounded grief related to unavoidable patient suffering and death

2. Depersonalization

- Attempt to put distance between oneself and patients/families
- Dismiss human qualities
- Inability to feel/ express empathy or grief when a patient dies

3. Reduced feelings of personal accomplishment

- Negatively evaluating the worth of one's work
- Feeling ineffective/ unworthy



Resilience National Survey Results

Psychological Symptoms	Highly Resilient	Not-Highly Resilient	P-value
HADS: Anxiety symptoms	8%	21%	< 0.001
HADS: Depression symptoms	2%	14%	< 0.001
PDS: PTSD Diagnosis	8%	25%	< 0.001
BOS: Emotional Exhaustion	43%	66%	< 0.001
BOS: Depersonalization	28%	49%	< 0.001
BOS: Personal Accomplishment	28%	57%	< 0.001
Any BOS symptoms	61%	85%	< 0.001

Resilience National Survey Results

Effect on life outside of work	Highly Resilient	Not-Highly Resilient	P-value
Household Chores and duties	7%	21%	< 0.001
Relationship with Friends	5%	21%	< 0.001
Fun and leisure activities	9%	22%	< 0.001
Schoolwork	3%	9%	< 0.001
Relationship with family	7%	21%	< 0.001
Sex life	5%	20%	< 0.001
General satisfaction with life	8%	27%	< 0.001



How can the Arts help?



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Ponzio Creative Arts Therapy Program

- Art, music, dance/ movement, and drama therapies
- For psychiatric and medical patients and families
- Can help process trauma and grief, develop social skills, communicate emotions, and foster community
- *Can provide similar services for team members*



CAPtivating Creations: an Exhibition Rooted in Resilience



The Stats

- 1 exhibition
- 2 curators
- 3 years
- 21 teams
- 57 canvasses
- 171 glue guns
- 3,400 hot glue sticks
- Countless medicine caps

Redefine our World
IT Division



Create
Ponzio Creative Arts
Therapy Program

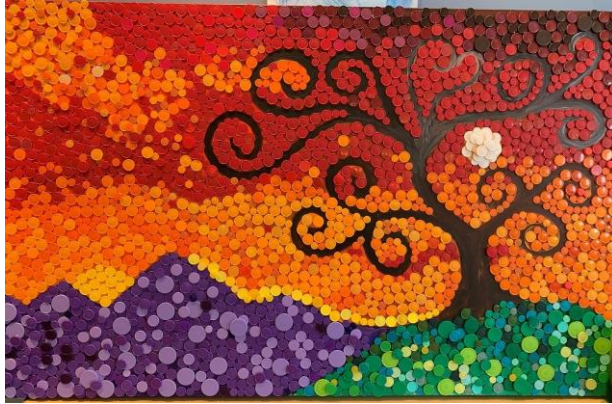




Starry Night
Anesthesiology



Perspective
Medical Imaging



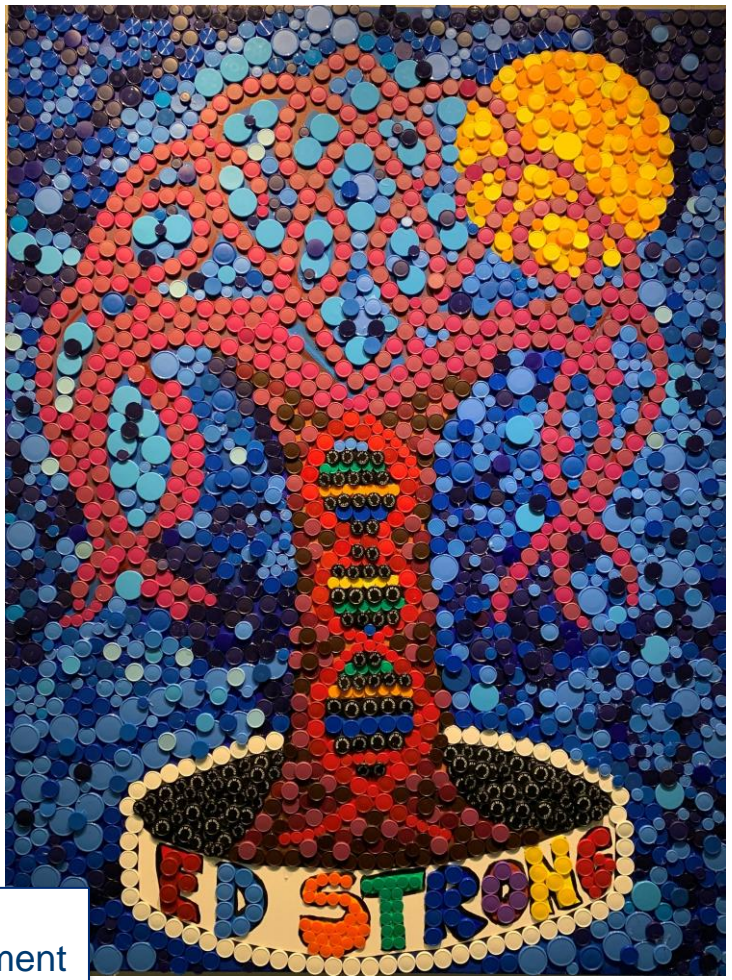
Resilience Tree
Resilience Collaborative



We Be-lung Together
Inpatient Pulmonary



Road to Recovery
Eating Disorders Program

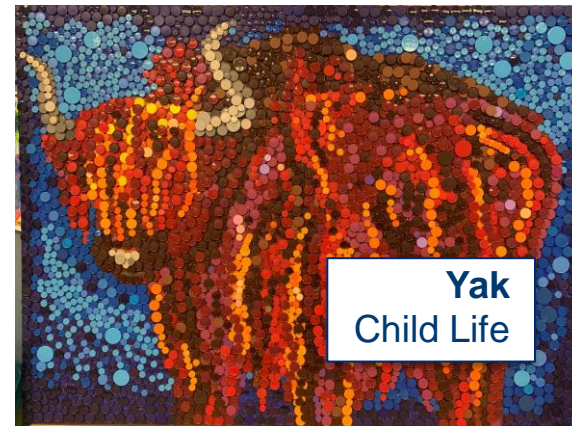


ED Strong
Emergency Department

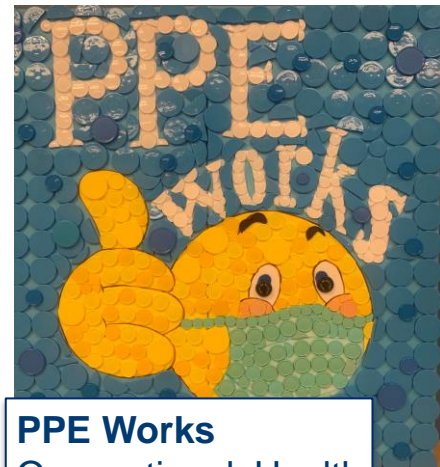
Las Monarchas
Medical Interpreters



Honk
Medical Media



Yak
Child Life



Sunshine
PMHI Admin

Mountainscape
CCBD Child Life

PPE Works
Occupational Health



Breathe Better
Breathing Institute

The A-Team
Apheresis Team

All Together
Patient & Family
Experience



Hope Rising

CCBD Inpatient team

In the darkest night we have faith for the
morning

We are warriors of light,
warding off sickness, suffering and all
that cancer in childhood can bring

Bringing joy in times of sorrow

Even when the sun sets on this life, we
believe for a cure

We stand together
for Hope Rising

Creative Arts Therapy as a Potential Intervention to Prevent Burnout and Build Resilience in Health Care Professionals

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ABSTRACT

The delivery of health care is undergoing a rapid evolution that is dramatically changing the way health care professionals perform their job responsibilities. In this increasingly stressful work environment, professionals are experiencing alarming rates of burnout. Recent efforts to enhance wellness have been directed toward organizations. However, because of the nature of the work performed in intensive care units, interventions to develop individual resilience are also needed. Currently, medical centers are environments in which the emotional impact of work-related trauma is often minimized and

rarely processed. Some individuals may struggle to describe or express the impact of those traumas. Through nonverbal interventions, creative arts therapy can help people access, explore, and share authentic emotion in visual, musical, physical, or written form. By reconstructing meaning through transformative methods, participants may confront, reflect, and better cope with traumatic experiences while catalyzing social support networks and deepening relational bonds in the workplace.

Key words: burnout, creative arts therapy, critical care, resilience, wellness

CORAL: Colorado Resilience in the Arts Lab

A Collaboration of 3 Entities:

- Ponzio Creative Arts Therapy Program
- University Hospital Researchers
- Lighthouse Writers' Workshop
- Supported by the NEA as one of 12 nationally funded research labs
- Recently renewed for another 2 years

CORAL

Study participants engage
in one of 4 modalities for a
12-week intensive course

Art Therapy

Dance/Movement
Therapy

Music Therapy

Creative Writing

Ponzio CAT

Lighthouse
Writers'
Workshop

Basic Group Sequence

12 Week Protocols in each of the 4 modalities, written by our Creative Arts Therapy and Writing Facilitators. Reviewed and edited by a national team of experts to ensure content integrity.

Weeks 1-4

CREATING SPACE

- Intros & group agreements
- Who am I?
- What do I care about?
- Whom do I count on?
- Who counts on me?

Weeks 5-8

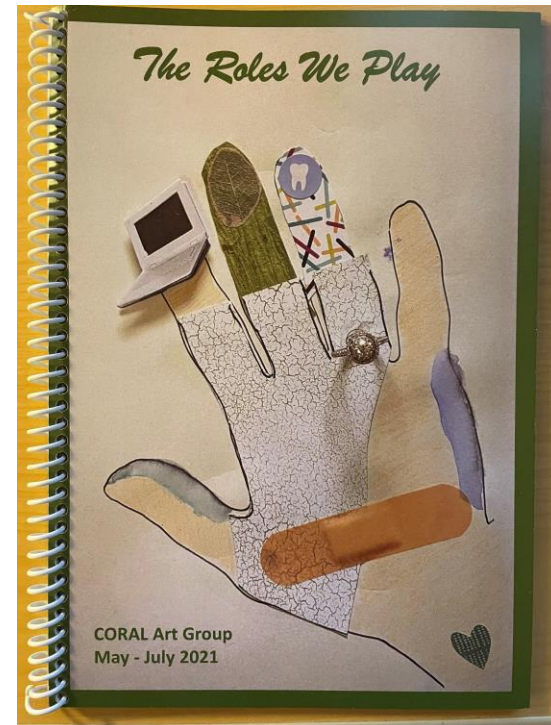
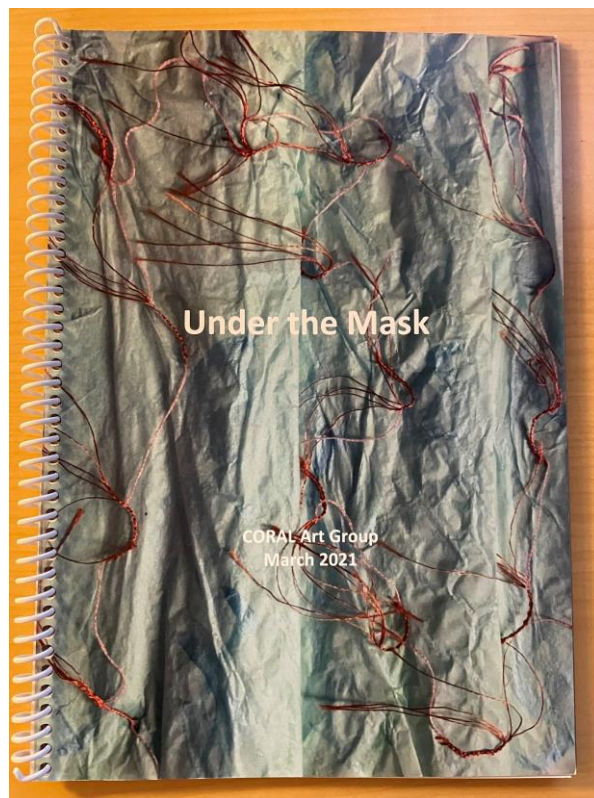
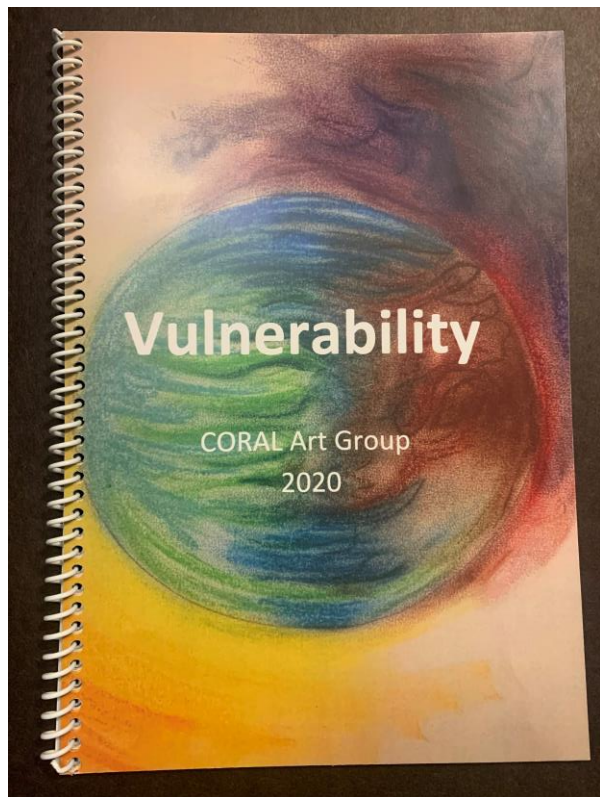
COPING & EXPRESSING

- What are my work challenges?
- When am I at my best?
- When are my relationships at their best?
- How do I cope with intense, challenging feelings?

Weeks 9-12

INTEGRATION & COMMUNITY

- How do we access resilience?
- How do we honor our patients?
- What does my community look like?
- What can we make together?
- What have we learned?





The Good News!!!

Preliminary Data Analysis

- Three cohorts complete: 121 participants
- Significant reduction in symptoms of
 - Depression
 - Anxiety
 - Burnout
 - Desire to resign



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What Trauma Looks Like

Behind the mask, I am a Behavioral Health Specialist working on a psychiatric unit during a global pandemic.

Sometimes my job is rewarding beyond what I could ever imagine.

Feeling the impact we have on our patients and witnessing the changes they can make is amazing.

At the same time, I have left work countless times crying, dehydrated, bruised, bleeding, or covered in bodily fluids.



Behind the mask, tears are streaming down my face and my adrenaline is pumping harder than it has in my entire life.
I can hear my own heartbeat, and the pounding in my ears is terrifying.

One of my coworkers starts counting down from 3, and I know that once we get to 1, we're releasing our grip on the door handle and entering our patient's room to put them into a supine hold.
This step, while traumatic for both patient and staff, is necessary at this moment to maintain the safety of our patient and everyone else on our unit.

Knowing that doesn't make it any easier.

Once we get to 1, I have to face the reality that I may witness one or more of my coworkers getting hurt.
I have to accept that I may no longer have control and could get hurt myself.

I have to be the most aware and present I have ever been to ensure our patient remains safe.

3, 2, 1.

I take a deep breath, and I step forward.

I've continually surprised myself with my ability to step up to the plate; but being the holder of someone's else's pain and trauma is never easy and always weighs on you.

Something I've taken away from our art group is that this is a shared sentiment among healthcare workers; yet **we never back down.**

We continue to show up, day in and day out, for our patients and for our coworkers.

We find ways to build resilience and we lean on each other. We step up to the plate in hard or scary situations, and **that makes us brave.**

Throughout this group experience and my reflections on the past year of working in healthcare during a pandemic, I've been reminded that despite everything, **hope and courage still persist.**

A Good Day

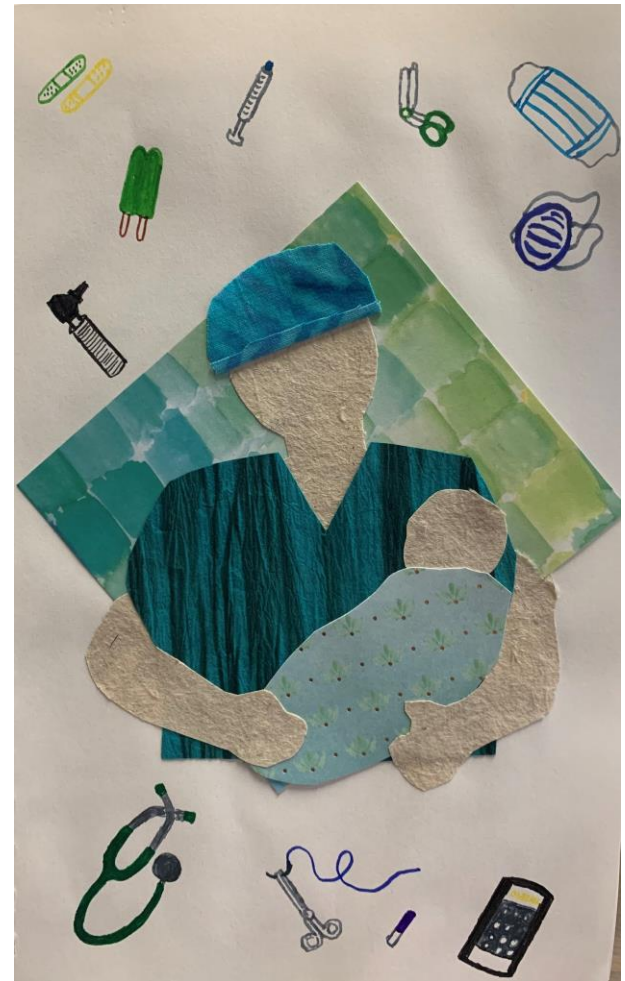
At our best, we are warm and comforting, to our patients, their families, to each other.

At our best, there is a flow to our work, our communications, to our tasks.

At our best, we move through our day together, each connected and supported by the others.

At our best we are calm despite whatever tides come our way.

At our best, we soothe. We heal.
We make things better.



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Thank you

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