

# Art and Health:

## Resource Pack

2017

### SELECTED RESOURCES ON “HEALTH CONDITIONS” AND ART

This selection of resources are relevant to art and a range of health conditions, including infectious diseases (e.g., malaria, TB, HIV/AIDS), mental health and neurological diseases (e.g., depression, anxiety, dementia, etc.), other non-communicable and chronic diseases (e.g., cancer, chronic lung disease, pain, palliative care, etc.).

- Infectious and Emerging Diseases
- Malaria, TB, HIV/AIDS
- Mental Health and Neurological Disorders
- Dementia and Alzheimer’s Disease
- Parkinson’s Disease
- Other Chronic/Non-Communicable Conditions
- Cancer
- Chronic Lung Diseases
- Pain
- Palliative Care and Dying

These selections are part of a larger resource pack on art and health curated by the Global Health Education and Learning Incubator to provide supplementary and optional material for the undergraduate course Aesthetic and Interpretive Understanding 13: Arts for Global Health taught by Professor Doris Sommer in Fall 2017.

The pack is not comprehensive and is intended to be a work in progress. It will be updated and revised throughout the semester, inviting contributions from students, fellows and instructors. A final pack will be posted as an educational public good at the end of the course.

#### INFECTIOUS AND EMERGING DISEASES

*e.g., HIV and AIDS, TB, malaria, neglected tropical diseases of poverty; emerging/re-emerging/ diseases such as ebola, zika, yellow fever, etc.*

##### Going Viral through Music

Pisani E. Going Viral through Music. The Lancet 2017, Vol. 389, No. 10085, 2186–2187. 2 pages.

[http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(17\)31495-2/fulltext](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(17)31495-2/fulltext)

[http://www.thelancet.com/pdfs/journals/lancet/PIIS0140-6736\(17\)31495-2.pdf](http://www.thelancet.com/pdfs/journals/lancet/PIIS0140-6736(17)31495-2.pdf).

When I was 7 years old, the fierce French woman tasked with teaching me to play the piano stomped off in search of

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my mother and refunded the first term's fees. I was unteachable, she declared. My musical ignorance remains such that I recently asked a composer to write a tune expressing the mismatch between need and resources in global health.

## MALARIA, TB, HIV/AIDS

### An Artist Dyes Clothes and Quilts with Tuberculosis and Staph Bacteria

Stromberg J. An Artist Dyes Clothes and Quilts with Tuberculosis and Staph Bacteria. Smithsonian.com. February 12, 2014. <http://www.smithsonianmag.com/arts-culture/artist-dyes-clothes-quilts-tuberculosis-and-staph-bacteria-180949511/>.

Walk into Watermans, a theatre and arts exhibition space in West London, and you'll come across a series of intriguing installations: early 20th century medical artifacts, a dress colored with natural dyes that were used as early (and ineffective) treatments for tuberculosis and dozens of tiny lungs made out of felt and tacked to the wall, each infused with dust (once believed to cause TB) and the DNA of killed Mycobacterium tuberculosis (the microorganism that actually causes the dreaded disease).

### Picturing Health: Making Malaria Visible in Asia-Pacific

Gan P. Picturing Health: Making Malaria Visible in Asia-Pacific. The Lancet 2017, Vol. 389, No. 10071, p789–798. 10 pages. [http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(17\)30516-0/fulltext](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(17)30516-0/fulltext) [http://www.thelancet.com/pdfs/journals/lancet/PIIS0140-6736\(17\)30516-0.pdf](http://www.thelancet.com/pdfs/journals/lancet/PIIS0140-6736(17)30516-0.pdf).

I tell stories with images. The story captured in these photographs is the human face of malaria in remote communities in the Asia-Pacific region where isolated and impoverished people bear the burden of malaria. These pictures were taken as part of my collaboration with the Wellcome Trust, Oxford University's Eijkman-Oxford Clinical Research Unit in Jakarta, and the Oxford University Clinical Research Unit in Ho Chi Minh City for the See Malaria in Asia Project. The images shown here are a selection from the photographs I have taken for this project that will be shown at exhibitions in Asia later this year.

### Village Drama against Malaria

Lim R, Peto T, Trpura R, Yeong Cheah P. Village Drama against Malaria. The Lancet 2016, Volume 388, Issue 10063, p2990. 1 page. [http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(16\)32519-3/fulltext](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(16)32519-3/fulltext) [http://www.thelancet.com/pdfs/journals/lancet/PIIS0140-6736\(16\)32519-3.pdf](http://www.thelancet.com/pdfs/journals/lancet/PIIS0140-6736(16)32519-3.pdf).

The Village Drama Against Malaria project used Cambodian drama, art, music workshops, and village concerts to mobilise rural communities in areas with the highest prevalence of malaria in Battambang province, western Cambodia. By involving local people in performances, the project aimed to provide health education in a fun and engaging way to support the village malaria workers. Cambodian drama uses caricatures in a funny and irreverent way to weave health education into stories. The project combined traditional entertainment with the modern; drones were used to film the village and photos and videos were shared across the province on Facebook.

### Other Resources

- Francis, D.A. (2011). **Using Forum Theatre to Engage Youth in Sexuality, Relationship and HIV Education**. In: D. Francis (ed.), *Acting on HIV: Using Drama to Create Possibilities for Change*, pp. 15–28. Rotterdam: Sense Publishers.
- Bosompra, K. (2007). **The Potential of Drama and Songs as Channels for AIDS Education in Africa: A Report on Focus Group Findings from Ghana**. *International Quarterly of Community Health Education*, 28, 127–151.
- Lauby, J.L., LaPollo, A.B., Herbst, J.H., et al. (2010). **Preventing AIDS through Live Movement and Sound: Efficacy of a Theater-Based HIV Prevention Intervention Delivered to High-Risk Male Adolescents** in juvenile justice settings. *AIDS Education and Prevention*, 22, 402–416.
- Pelto, P.J. and Singh, R. (2010). **Community Street Theatre as a Tool for Interventions on Alcohol Use and Other Behaviors Related to HIV Risks**. *AIDS and Behaviour*, 14, 147–157.
- Nabulime, L. and McEwan, C. (2011). **Art as Social Practice: Transforming Lives Using Sculpture in HIV/AIDS Awareness and Prevention in Uganda**. *Cultural Geographies*, 18, 275–296.

- Neema, S., Atuyambe, L.M., Otolok-Tanga, B., et al. (2012). **Using a Clinic Based Creativity Initiative to Reduce HIV Related Stigma at the Infectious Diseases Institute**, Mulago National Referral Hospital, Uganda. *African Health Sciences*, 12, 231–239.
- Durden, E. and Nduhura, D. (2007). **Use of Participatory Forum Theatre to Explore HIV/AIDS in the Workplace: A Research Article**. *Communicare: Journal for Communication Sciences*, 29, 56–70.
- Knaus, C.S. and Austin, E.W. (1999). **The AIDS Memorial Quilt as Preventative Education: A Developmental Analysis of the Quilt**. *AIDS Education and Prevention*, 11, 525–540.
- Kate Wells. Ch 16 **Siyazama in South Africa: Zulu Beadwork, HIV/AIDS, and the Consequences of Culture**. *Oxford Textbook of Creative Arts, Health, and Wellbeing: International perspectives on practice, policy and research*. Oxford University Press 2015.

## MENTAL HEALTH AND NEUROLOGICAL DISORDERS

*e.g., Mental health, neurological disorders (including Parkinson's Disease) and dementia (including Alzheimer's Disease), and developmental disorders*

### MENTAL HEALTH

#### The Anatomy of Melancholy Revisited

Bates J. The Anatomy of Melancholy Revisited. *The Lancet* 2017; Vol. 389, No. 10081, p1790–1791. 2 pages.

[http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(17\)31152-2/fulltext](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(17)31152-2/fulltext).

Dr Samuel Johnson struggled to get out of bed in the morning. This was a symptom of what he called his “black dog”—the depression of which he wrote one of the most memorable of all descriptions in a letter to Hester Thrale in 1783:

“When I rise my breakfast is solitary, the black dog waits to share it, from breakfast to dinner he continues barking... After dinner what remains but to count the clock, and hope for that sleep which I can scarce expect.” But, according to his devoted biographer James Boswell, there was one book that gave Johnson the will to get up early: “Burton's *Anatomy of Melancholy*, he said, was the only book that ever took him out of bed two hours sooner than he wished to rise.” Johnson also gave Boswell, who himself suffered from severe bouts of depression, a valuable piece of advice from Burton: “The great direction which Burton has left to men disordered like you, is this, Be not solitary; be not idle.” He added that the advice should be modified to the effect that those of an idle disposition should not be solitary and those who are solitary should not be idle.

#### Mindful: Exploring Mental Health through Art

Mindful: Exploring Mental Health through Art. <https://mamatanap.wordpress.com/2016/03/20/mindful-exploring-mental-health-through-art/>.

Imagine the hustle and bustle. Various open air and indoor markets; lazy afternoons spent devouring all types of food (from Mexican, to Italian, to Peruvian, [Pittsburgh Popcorn](#), to delicious brunch spreads, and everything in between); and a handful of vendors selling Steelers, Pirates and Penguins gear. I can honestly say I miss the Strip District, a historic market district northeast of downtown Pittsburgh. Among one of the gems in this district is the [Society for Contemporary Craft](#) – a gallery and studio space for contemporary craft artists and those interested in taking art classes. There's something very powerful about art. It allows you to experience life from different perspectives. As someone who spent her childhood at a creative and performing arts school, you'd imagine my excitement at the opportunity to visit the current exhibit, *Mindful: Exploring Mental Health Through Art*, early last week.

#### Art Amid the Bedlam

Wessely S. Art Amid the Bedlam. *The Lancet* 2016, Volume 388, Issue 10054, p1972-1872. 2 pages.

[http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(16\)31812-8/fulltext](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(16)31812-8/fulltext)

[http://www.thelancet.com/pdfs/journals/lancet/PIIS0140-6736\(16\)31812-8.pdf](http://www.thelancet.com/pdfs/journals/lancet/PIIS0140-6736(16)31812-8.pdf).

Everyone is into mental health at the moment. Prime Ministers give speeches on it. There are awards ceremonies devoted to it. Students increasingly talk about it, and sadly also seem to increasingly suffer from it as well. And the Wellcome Collection, one of London's most exciting gallery spaces, seems a little obsessed with it. Previous exhibitions

have been about the brain, madness and modernity, sleeping and dreaming, and historian Mike Jay's *High Society*, the story of mind altering drugs.

## The Mindful Exhibit

Mindful Exhibit. Kaddatz Galleries and Lake Region Arts Council, McKnight Gallery, Fergus Falls, MN August 14 – October 7, 2017. <https://mamatanap.wordpress.com/2016/03/20/mindful-exploring-mental-health-through-art/>.

The *Mindful* exhibit provides a very unique approach to a crucial conversation in today's society. With the rather high statistics of individuals living with mental illness, it is important to put their experiences into context. *Mindful*, which features over thirty works created by fourteen contemporary artists, shows what it is like to live with, or support someone who lives with, mental illness.

## Patterns of Receptive and Creative Cultural Activities and their Association with Perceived Health, Anxiety, Depression and Satisfaction with Life among Adults: The HUNT Study, Norway

Cuypers, K., Krokstad, S., Lingaas Holmen, T., Skjei Knudtsen, M., Bygren, L.O., and Holmen, J. Patterns of Receptive and Creative Cultural Activities and Their Association with Perceived Health, Anxiety, Depression and Satisfaction with Life among Adults: The HUNT Study, Norway. *Journal of Epidemiology and Community Health* 2012, 66, 698–703. 5 pages.

## Other Resources

- Smith, J. (2012). **Can the Arts Really Make You Happy? A Study of the Methods Used for Evaluating the Impact of Arts Projects on Mental Health and Wellbeing**. Unpublished MA dissertation. Coventry: Centre for Cultural Policy Studies.
- Fleming, J., Mahoney, J., and Carlson, E. (2009). **An Ethnographic Approach to Interpreting a Mental Illness Photovoice Exhibit**. *Archives of Psychiatric Nursing*, 23, 16–24.
- Secker, J., Hacking, S., Spandler, H., Kent, L., and Shenton, J. (2007). **Mental Health, Social Inclusion and Arts: Developing the Evidence Base**. London: National Social Inclusion Programme, Care Service Improvement Partnership.
- Stickley, T. and Duncan, K. (2007). **Art in Mind: Implementation of a Community Arts Initiative to Promote Mental Health**. *Journal of Public Mental Health*, 6, 24–33.
- Aboo, C. (2011). **Profiles and Outcomes of Traditional Healing Practices for Severe Mental Illnesses in Two Districts of Eastern Uganda**. *Global Health Action*, 4, 7117–7131.
- Asbjorg H. and Mardsen, U.T. (1969). **Art as Therapy, an Exhibition of Psychotic Art**, Butabika Hospital, Kampala. Exhibition Catalogue.
- Stickley, T. and Duncan, K. (2010). Learning about community arts. In: V. Tischler (ed.), **Mental Health, Psychiatry and the Arts: A Teaching Handbook**, pp. 101–110. Oxford: Radcliffe Publishing.
- Thompson, N.C., Hunter, E.E., Murray, L., et al. (2008). The experience of living with chronic mental illness: a photovoice study. *Perspectives in Psychiatric Care*, 44, 14–24.
- Clift, S. and Morrison, I. (2011). **Group Singing Fosters Mental Health and Wellbeing: Findings from the East Kent 'Singing for Health' Network Project**. *Mental Health and Social Inclusion*, 15, 88–97.

## DEVELOPMENTAL DISORDERS

- Janson A et al. **From Autistic to Artistic an Artist's Developmental Pathway through the Health and Disability Sector**. *International Perspectives on the Development of Research-Guided Practice in Community-Based Arts in Health*. UNESCO Observatory Multi-Disciplinary Journal in the Arts 2013;3(3). 23 pages. [http://education.unimelb.edu.au/\\_data/assets/pdf\\_file/0004/1067431/010\\_JANSON\\_PAPER.pdf](http://education.unimelb.edu.au/_data/assets/pdf_file/0004/1067431/010_JANSON_PAPER.pdf).

## DEMENTIA AND ALZHEIMERS

### Conducting Art-Based Research in Dementia-Specific Healthcare in Australia

Gross McAdam J. Conducting Art-Based Research in Dementia-Specific Healthcare in Australia. *International Perspectives on the Development of Research-Guided Practice in Community-Based Arts in Health*. UNESCO

Observatory Multi-Disciplinary Journal in the Arts 2013;3(3). 20 pages.

[http://education.unimelb.edu.au/\\_data/assets/pdf\\_file/0007/1067416/001\\_MCADAM\\_PAPER.pdf](http://education.unimelb.edu.au/_data/assets/pdf_file/0007/1067416/001_MCADAM_PAPER.pdf).

This paper describes an art-based research project and is intended to inform researchers in the healthcare field of the outcomes of a four-year Australian community art-based research project that investigated the relationship between art and wellbeing for those living with dementia. With the intention of furthering research-guided practice in community-based arts in healthcare, this paper explains the project design, research methodology, assessment tools and outcomes. It also puts in context some of the pitfalls of conducting research in dementia-specific healthcare and makes recommendation to further art-based research in the future.

### UK Based Dance and Health Project for People Living with Dementia and their Care-Staff

Coaten R, Heeley T, Spitzer N. **Dance Mind's 'Moving Memories' Evaluation and Analysis; A UK Based Dance and Health Project for People Living with Dementia and their Care-Staff.** International Perspectives on the Development of Research-Guided Practice in Community-Based Arts in Health. UNESCO Observatory Multi-Disciplinary Journal in the Arts 2013;3(3). 17 pages.

[http://education.unimelb.edu.au/\\_data/assets/pdf\\_file/0004/1067422/004\\_COATEN\\_PAPER.pdf](http://education.unimelb.edu.au/_data/assets/pdf_file/0004/1067422/004_COATEN_PAPER.pdf).

This paper presents outcomes and approaches used in the development, delivery and evaluation of a year-long dance/health research project involving older people with dementia attending a specialist care centre in Northamptonshire (UK).

### Other Resources

- Levin, T., Scott, B.M., Borders, B. et al. (2007). **Aphasia Talks: Photography as a Means of Communication, Self-Expression, and Empowerment in Persons with Aphasia.** Topics in Stroke Rehabilitation, 14, 72–84.
- Kontos, P. and Naglie, G. (2006). **Expressions of Personhood in Alzheimer's Disease: An Evaluation of Research-Based Theatre as a Pedagogical Tool.** Qualitative Health Research, 17, 799–811.
- Rosenberg, F. (2009). **The MOMA Alzheimer's Project: Programming and Resources for Making Art Accessible to People with Alzheimer's Disease and their Caregivers.** Arts & Health: An International Journal for Research, Policy and Practice, 1, 93–97.
- Van Buren, B., Bromberger, B., Miller, B., Potts, D., and Chatterjee, A. (2013). **Changes in Painting Styles of Two Artists with Alzheimer's Disease.** Psychology of Aesthetics, Creativity, and the Arts, 7, 89–94.
- Särkämö, T., Tervaniemi, M., Laitinen, S., et al. (2014). **Cognitive, Emotional, And Social Benefits Of Regular Musical Activities In Early Dementia: Randomized Controlled Study.** The Gerontologist, 54, 634–650.
- Camic, P.M., Tischler, V., and Pearman, C. (2014). **Viewing and Making Art Together: An Eight-Week Gallery-Based Intervention for People with Dementia and their Caregivers.** Aging and Mental Health, 18, 161–168.
- DH (Department of Health) (2013) **The Prime Minister's Challenge on Dementia. Delivering Major Improvements in Dementia Care and Research by 2015: A Report on Progress.** <http://media.dh.gov.uk/network/353/files/2012/11/The-Prime-Ministers-Challenge-on-Dementia-Delivering-major-improvements-in-dementia-care-and-research-by-2015-A-report-of-progress.pdf>
- Eeckelaar, C., Camic, P.M., and Springham, N. (2012). **Art Galleries, Episodic Memory and Verbal Fluency in Dementia: An Exploratory Study.** Psychology of Aesthetics, Creativity and the Arts, 6, 262–272.
- MacPherson, S., Bird, M., Anderson, K., Davis, Y., and Blair, A. (2009). **An Art Gallery Access Programme for People with Dementia: 'You Do It for the Moment'.** Ageing and Mental Health, 13, 744–752.
- NML (National Museums Liverpool) (2012). **House of Memories. An Evaluation of National Museums Liverpool: Dementia Training Programme.** <http://www.liverpoolmuseums.org.uk/learning/documents/house-of-memories-evaluation-report.pdf>
- Humble, L., and McGee, C. (2009). **Meet Me: Making Art Accessible to People with Dementia.** New York: Museum of Modern Art.

### PARKINSON'S DISEASE

- De Dreu, M.J., Van der Wilk, A.S.D., Poppe, E., Kwakkel, G., and Van Wegen, E.E.H. (2012). **Rehabilitation, Exercise Therapy and Music in Patients with Parkinson's Disease: A Meta-Analysis of the Effects of Music**



Based Movement Therapy on Walking Ability, Balance and Quality of Life. *Parkinsonism and Related Disorders*, 18, S114–S119.

- Duncan, R.P. and Earhart, G.M. (2012). **Randomized Controlled Trial of Community-Based Dancing to Modify Disease Progression in Parkinson Disease.** *Neurorehabilitation and Neural Repair*, 26, 132–143.
- Hackney, M. and Earhart, G. (2010). **Effects of Dance on Gait and Balance in Parkinson's Disease: A Comparison of Partnered and Non-Partnered Dance.** *Neurorehabilitation and Neural Repair*, 24, 384–392.
- Houston, S. and McGill, A. (2011). **A Mixed Method Study into Ballet for People Living with Parkinson's.** *Arts and Health*, 5, 103–119.
- Wan, D.Y., Rüber, T., Hohmann, A., and Schlaug, G. (2010). **The Therapeutic Effects of Singing in Neurological Disorders.** *Music Perception*, 27, 287–295.

## OTHER CHRONIC/NON-COMMUNICABLE CONDITIONS

*e.g., Cardiovascular (heart and stroke), cancer, lung disease and diabetes, and risk factors (e.g., smoking, alcohol, poor diet, obesity, low physical activity). Also included selections on Pain and Palliative Care/Dying.*

Bratt-Rawden, K.B. and Tellnes, G. (2011). **The Benefits of Nature and Culture Activities on Health, Environment and Wellbeing: A Presentation of Three Evaluation Studies among Persons with Chronic Illness and Sickness Absence in Norway.** In: H. Nordby, R. Rønning, and G. Tellnes (eds), *Social Aspects of Illness, Disease and Sickness Absence*, pp. 199–222. Oslo: Oslo Academic Press.

## CANCER

- Herman, P.M. and Larkey, L.K. (2006). **Effects of an Arts-Based Curriculum on Clinical Trials Attitudes and Breast Cancer Prevention Knowledge.** *Health Education and Behavior*, 35, 664–676.
- Frith, H. and Harcourt, D. (2007). **Using Photographs to Capture Women's Experiences of Chemotherapy: Reflecting on the Method.** *Qualitative Health Research*, 17, 1340–1350.
- Brandt, J., Goodill, S., and Dileo, C. (2011). **Dance/Movement Therapy for Improving Psychological and Physical Outcomes in Cancer Patients.** *Cochrane Database of Systematic Reviews*, Issue 10, CD007103, doi: 10.1002/14651858.CD007103.pub2
- Sinding, C., Gray, R., Grassau, P., Damianakis, F., and Hampson, A. (2005). **Audience Responses to a Research-Based Drama about Life after Breast Cancer.** *Psycho-Oncology*, 15, 694–700.

## CHRONIC LUNG DISEASES

- Morrison I et al. **A UK Feasibility Study on the Value of Singing for People with Chronic Obstructive Pulmonary Disease (COPD).** *International Perspectives on the Development of Research-Guided Practice in Community-Based Arts in Health. UNESCO Observatory Multi-Disciplinary Journal in the Arts* 2013;3(3). 19 pages. [http://education.unimelb.edu.au/\\_data/assets/pdf\\_file/0003/1067421/003\\_MORRISON\\_PAPER.pdf](http://education.unimelb.edu.au/_data/assets/pdf_file/0003/1067421/003_MORRISON_PAPER.pdf)
- Bonilha, A.G., Onofre, F., Vieira, L.M., Prado, M.Y., and Martinez, J.A. (2009). **Effects of Singing Classes on Pulmonary Function and Quality of Life of COPD Patients.** *International Journal of COPD*, 4, 1–8.
- Bungay, H., Clift, S., and Skingley, A. (2010). **The Silver Song Club Project: A Sense of Wellbeing through Participatory Singing.** *Journal of Applied Arts and Health*, 1, 165–178.
- Clift, S., Skingley, A., Coulton, S., and Rodriguez, J. (2012). **A Controlled Evaluation of the Health Benefits of a Participative Community Singing Programme for Older People (Silver Song Clubs).** Canterbury: Sidney De Haan Research Centre for Arts and Health, Canterbury Christ Church University, October 2012. <https://www.canterbury.ac.uk/health-and-wellbeing/sidney-de-haan-research-centre/documents/community-singing-programme-for-older-people.pdf>

- Irons, J.Y., Kenny, D.T., and Chang, A.B. (2010). **Singing for Children and Adults with Bronchiectasis**. Cochrane Database of Systematic Reviews, (2): CD007729.
- Goodridge, D., Nicol, J., Horvey, K.J., and Butcher, S. (2013). **Therapeutic Singing as an Adjunct for Pulmonary Rehabilitation Participants with COPD: Outcomes of a Feasibility Study**, Music and Medicine, 5, 169–176.
- Morrison, I., Clift, S., Page, S., et al. (2013) **A UK Feasibility Study on The Value of Singing for People with Chronic Obstructive Pulmonary Disease (COPD)**. UNESCO e-Journal, 3, 3.  
[http://education.unimelb.edu.au/\\_data/assets/pdf\\_file/0003/1067421/003\\_MORRISON\\_PAPER.pdf](http://education.unimelb.edu.au/_data/assets/pdf_file/0003/1067421/003_MORRISON_PAPER.pdf)
- Lord V.M., Cave, P., Hume, V., et al. (2010). **Singing Teaching as a Therapy for Chronic Respiratory Disease—Randomised Controlled Trial and Qualitative Evaluation**. BMC Pulmonary Medicine, 10, 41. Available at: <<http://www.biomedcentral.com/1471-2466/10/41>>
- Lord, V.M., Hume, V.J., Kelly, J.L., et al. (2012). **Singing Classes for Chronic Obstructive Pulmonary Disease: A Randomized Controlled Trial**. BMC Pulmonary Medicine, 12, 69.  
<https://bmcpulmed.biomedcentral.com/articles/10.1186/1471-2466-12-69>
- Skingley, A., Page, S., Clift, S., et al. (2013). **‘Singing for Breathing’: Participants’ perceptions of a group singing programme for people with COPD**. Arts & Health: An International Journal for Research, Policy and Practice, 6, 69–74.

## PAIN

### The Body as Image: Image as Body

Padfield D, Chadwick T, Omand H. The Body as Image: Image as Body. The Lancet 2017, Vol. 389, No. 10076, p1290–1291. 2 pages. [http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(17\)30828-0/fulltext](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(17)30828-0/fulltext)  
[http://www.thelancet.com/pdfs/journals/lancet/PIIS0140-6736\(17\)30828-0.pdf](http://www.thelancet.com/pdfs/journals/lancet/PIIS0140-6736(17)30828-0.pdf).

Pain is invisible and its experience highly subjective, making it hard to communicate. This essay grew out of the Encountering Pain Conference at University College London that shared the findings of the face2face and Pain: Speaking the Threshold projects with patients, clinicians, academics, and artists. We explore narratives triggered by images co-created with pain patients and placed between doctor and patient in the pain clinic during the face2face project.

### Images and the Dynamics of Pain Consultations

Semino E, Zakrzewska J, Williams A. Images and the Dynamics of Pain Consultations. The Lancet 2017, Vol. 389, No. 10075, p1186–1187. 2 pages. [http://www.thelancet.com/pdfs/journals/lancet/PIIS0140-6736\(17\)30773-0.pdf](http://www.thelancet.com/pdfs/journals/lancet/PIIS0140-6736(17)30773-0.pdf)  
[http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(17\)30773-0/fulltext](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(17)30773-0/fulltext).

In a London National Health Service pain clinic, a patient (whom we will call Sarah) gave the clinician a series of cards, one by one. On each card is an image that was co-created by artist Deborah Padfield and patients with chronic pain to help represent patients' experiences of pain (figure 1). When she was waiting for her consultation, Sarah had looked through a large pack of these pain cards and selected a few cards to take into the consultation with her. As Sarah handed one of the pain cards (figure 2) to the clinician, the following interaction took place:

### Encountering Pain

Padfield D, Zakrzewska J. Encountering Pain. The Lancet 2017, Vol. 389, No. 10075, p1177–1178. 2 pages. [http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(17\)30756-0/fulltext](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(17)30756-0/fulltext)  
[http://www.thelancet.com/pdfs/journals/lancet/PIIS0140-6736\(17\)30756-0.pdf](http://www.thelancet.com/pdfs/journals/lancet/PIIS0140-6736(17)30756-0.pdf).

In her keynote lecture at the Encountering Pain conference at University College London (UCL) last year, Rita Charon argued that “unremitting pain is, I believe, our contemporary central dilemma”. Pain, particularly chronic pain, is common and remains difficult to fully capture in the verbal or numerical scales commonly used in clinical practice.<sup>1,2</sup> Recognised as a major cause of disability globally, chronic pain affects about 20% of the adult European population with 28 million sufferers in the UK alone.

## PALLIATIVE CARE AND DYING

### Words on the Borders of the Body

Gross P. Words on the Borders of the Body. The Lancet 2015, Volume 386, Issue 10006, p1816-1817. 2 pages.

[http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(15\)00771-0/fulltext](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(15)00771-0/fulltext)

[http://www.thelancet.com/pdfs/journals/lancet/PIIS0140-6736\(15\)00771-0.pdf](http://www.thelancet.com/pdfs/journals/lancet/PIIS0140-6736(15)00771-0.pdf).

We are sitting around the edges of the situation—hushed and watchful visitors, torn between feeling necessary and a hindrance. “We” are family members coming in by shifts, and my notebook and I. Yes, I'm there at my father's bedside in the hospital ward marked High Care, feeling everything you feel for somebody you love as you watch them sinking deeper into the damage of their body, sinking maybe out of sight.