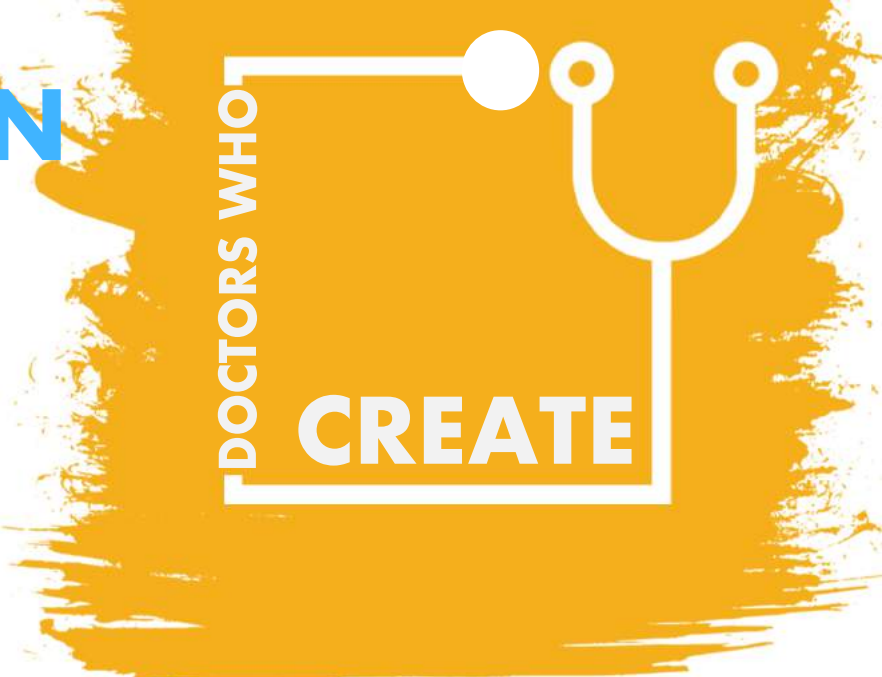


# CREATIVITY IN MEDICINE

04.20.2019

## CONFERENCE PROGRAM



8:30-9:00  
**REGISTRATION & BREAKFAST**

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9:00-9:15  
**WELCOME**

Vidya Viswanathan, Founder and President of *Doctors Who Create*  
Isabella Cuan and Shiv Nadkarni, conference co-hosts

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9:15-10:00  
**KEYNOTE SPEAKER**  
**DR. EMILY SILVERMAN**

Host and creator of *The Nocturnists* physician storytelling event and podcast series,  
and academic hospitalist at Zuckerberg San Francisco General Hospital

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10:00-10:15  
**COFFEE BREAK**

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10:15-11:00  
**PANEL**  
**HOW TO KEEP CREATIVITY A PART OF YOUR MEDICAL CAREER**

Dr. Bennett Lorber, artist and infectious disease doctor, Temple University

Dr. Chen Zhou, artist and psychiatry resident, Thomas Jefferson University

Dr. Kathryn Ko, painter and neurosurgeon, New York City

Dr. Fran Nadel, YA writer and pediatric emergency medicine physician, Children's Hospital of Philadelphia

Moderated by Yinka Orafidiya

**#DWC2019**  
**@doctorscreate**

## PITCHING YOUR NARRATIVE TO GET PUBLISHED

**Dr. Jeffrey Millstein**, writer and internal medicine physician at Penn Medicine  
**Dr. Jason Han**, writer and cardiothoracic surgery resident at Penn Medicine  
**Dr. Jules Lipoff**, screenwriter and dermatologist at Penn Medicine

In this workshop, we will discuss strategies for getting your narrative work published. We will share our own experiences and provide advice on preparing manuscripts and choosing the right publication. There will be ample opportunity to interact and exchange ideas.

## LITERATURE & REFLECTION: A NARRATIVE MEDICINE GROUP

**Dr. Madhura Pradhan**, nephrologist at Children's Hospital of Philadelphia  
**Dr. Suzanna MacFarland**, oncologist at Children's Hospital of Philadelphia  
**Dr. Sheila Quinn**, adolescent medicine physician at Children's Hospital of Philadelphia

This workshop is modeled after the narrative medicine group that Dr. Pradhan holds monthly at the Children's Hospital of Philadelphia. You will have the opportunity to read and discuss a poem or short piece of writing and develop and share your own narrative writing in response to prompts.

## ANATOMY & ART: A DRAWING WORKSHOP

**Lizz Card** and **Elizabeth Upton**, Penn student-artists

Lizz Card, medical student at Penn and medical illustrator, and Elizabeth Upton, post-bacc pre-med student at Penn and previous Pennsylvania Academy of the Fine Arts student, will be leading this workshop. This workshop is designed to enhance visual analysis skills and medical drawing techniques. Participants will have the opportunity to explore the Mütter exhibit and draw a specimen with the supplies provided.

## ACTING & EMPATHY: A THEATER WORKSHOP

**M. Craig Getting**, Lantern Theater Company Education Director

Lantern Theater Company Education Director M. Craig Getting will lead a demonstration of activities taken from The Empathy Project, a unique collaboration between the Lantern and Sidney Kimmel Medical College at Thomas Jefferson University. This partnership engages medical students and health care professionals in acting and playwriting workshops designed to foster empathy and reduce burnout.

## HACKING CREATIVITY IN MEDICAL SCHOOL

**Dr. Bon Ku**, emergency medicine physician, Executive Director of the Health Design Lab, and Assistant Dean for Health and Design at Thomas Jefferson University

In this session, attendees will be introduced to the principles and methods of health design thinking. Bon will share how design thinking can help us to apply creativity in medicine and the challenges of introducing human-centered design in medical school.

## LISTENING WITH YOUR EYES: A PHOTOGRAPHY WORKSHOP

**Isabella Cuan**, photographer and graduate student in Medical Humanities at the University of Manchester, UK

This workshop will focus on how parallels between the "photographic encounter" and "clinical encounter" can provide a creative landscape for developing useful, transferable skills in medicine and enhancing patient-centered care. You will practice the act of seeing through a lens—the process of framing, composing, and producing an image—and explore the ways in which photography facilitates detail-oriented observation and listening, reflexivity, vulnerability, and deeper consciousness of and compassion for another person's, as well as one's own, humanity.

## MUSEUM ACCESS: A SELF-GUIDED TOUR

This session will allow you self-guided access to the museum exhibits. The Mütter Museum is a medical history museum renowned for its collection of anatomical and pathological specimens (including slides of Einstein's brain), wax models, and antique medical equipment. The collection was originally donated in 1858 by Dr. Thomas Dent Mütter for biomedical research and education. The goal of the Museum is to help visitors understand the mysteries and beauty of the human body and appreciate the history of diagnosis and treatment of disease.

**12:00-1:00**

## **LUNCH & NETWORKING & ART EXHIBITION**

Featuring live classical music by **Gina Chang** and **Daniel Zhang**, medical student leaders of the Penn Medicine Orchestra, and an art exhibition curated by **Elizabeth Upton**, featuring the work of:

Monika Batra

Lizz Card

Isabella Cuan

Tia Forsman

Dr. Syed T. Hoda

Dr. Susan Summerton

Elizabeth Upton

Dr. Chen Zhou

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**1:00-2:00**

## **PANEL**

### **ACTIVISM IN MEDICINE**

**Dorothy Charles**, Penn Med student and co-founder of *White Coats for Black Lives*

**Dr. Alisa Gutman**, founder and medical director of Philadelphia Human Rights Clinic and psychiatrist at Penn Med

**Dr. Resa Lewiss**, founding member of Time's Up Healthcare and FemInEM, innovator in point-of-care ultrasound, and emergency medicine physician at Thomas Jefferson

**Dr. Jeanmarie Perrone**, emergency medicine physician and director of division of medical toxicology at Penn Med, working for safer opioid treatment

Moderated by Stephanie Woo

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**2:00-2:15**

## **BREAK**

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**2:15-3:00**

## **PODCAST TAPING**

### **#MEDHUMCHAT LIVE: A Discussion of Poetry**

Join **Dr. Colleen Farrell** and the *Doctors Who Create* podcast leads, **Darlina Liu** and **Shiv Nadkarni**, for a live discussion of Dr. Rafael Campo's poem, *Why Doctors Write*. Active audience participation is encouraged! Additional questions and comments will be sourced from the live Twitter chat #MedHumChat from 2:15PM - 3:00PM EST.

To read Dr. Rafael Campo's poem, see page 7.



3:00-3:45

# WORKSHOPS II

## USING NARRATIVES TO COMBAT IMPLICIT BIAS

**Dr. George Dalembert**, National Clinician Scholar and pediatrician at the Children's Hospital of Philadelphia

Many of us know that implicit bias in healthcare is important to address, but how do we actually go about doing that? In this workshop, Dr. Dalembert will share how we can use creative strategies including storytelling and narrative to combat implicit bias in healthcare.

## COMIC STORYTELLING IN MEDICINE

**Dr. Ben Schwartz**, staff cartoonist at *The New Yorker*

Sometimes stories in medicine are better expressed through pictures rather than just words. How can you draw comics to convey a story in medicine? Dr. Schwartz, a *New Yorker* cartoonist, will guide you through making a comic strip in this workshop.

## LISTENING AS A FORM OF CARE

**Aaron Levy**, executive director and chief curator at Slought and director of the Health Ecologies Lab at Penn

**Josh Franklin** and **Alex Chen**, MD-PhD candidates in anthropology at Penn

Join us in exploring the power of listening and help us transform the way we care. Storytelling builds empathy, strengthens relationships, and allows us to discover ourselves in others.

## VISUALIZING HEALTH STORIES

**Dr. Chethan Sarabu**, Stanford pediatrician and Director of Clinical Informatics at doc.ai

**Dr. Steven McGaughey**, designer and pediatric emergency fellow at Oregon Health and Science University

An interactive workshop where participants will explore techniques to use visual narratives for healthcare conversations.

## INCORPORATING ART IN MEDICAL EDUCATION

**Dr. Kitt Shaffer**, radiologist and artist at Boston University

In this workshop, participants will view a number of examples of how art has been used in the setting of medical education by the workshop leader, followed by a brief VTS (Visual Thinking Strategies) session examining ways to explore visual meaning in art. Finally, participants will engage in a drawing exercise to show how enhanced visual thinking can help in learning to identify abnormalities on chest radiographs.

## MUSEUM ACCESS: A SELF-GUIDED TOUR

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**3:45-4:45**

## **LIVE STORYTELLING EVENT: IDENTITIES IN MEDICINE**

In collaboration with *The Nocturnists*

A live storytelling event featuring 5 stories submitted by audience members and selected for performance by Dr. Jeffrey Millstein and Dr. Emily Silverman, exploring the theme of “identity” in medicine. Stories by:

*Kathleen Ackert*

*Dr. Kathy Chu*

*Dr. Mara Gordon*

*Dr. Amanda Swain*

*Michelle Tong*

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**4:45-5:00**

## **CLOSING & THANK YOU**

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### **ABOUT OUR VENUE...**

The Mütter Museum is a medical museum located in Center City, Philadelphia. It is renowned for its collection of anatomical and pathological specimens (including slides of Einstein's brain), wax models, and antique medical equipment. The museum is part of The College of Physicians of Philadelphia, one of our event sponsors. The collection was originally donated in 1858 by Dr. Thomas Dent Mütter for biomedical research and education.

### **ABOUT THE HOSTS...**

*Doctors Who Create* is a community of dedicated volunteers: attendings, residents, nurses, dentists, medical students, post-bac pre-meds, and undergraduates, all aspiring to challenge the status quo in medicine by encouraging and rewarding creativity. With our efforts based in an online website, we aim to bring newfound awareness to the creative things—paintings, poetry, podcasts, and more—that are already happening in medicine, cultivate physician and student networks, and provide inspiration for future physicians.

Learn more about us at [www.doctorswhocreate.com](http://www.doctorswhocreate.com)

### **THANK YOU TO OUR SPONSORS...**

The College of Physicians of Philadelphia

The Delaware Valley Medical Student Wellness Collaborative

The Arnold P. Gold Foundation and Penn Gold Humanism Honor Society

The Philadelphia Museum of Art

The Penn Medicine Medical Student Government



# MEET THE DWC CONFERENCE TEAM...



## VIDYA VISWANATHAN

is the founder of *Doctors Who Create* and is a fourth-year medical student at the University of Pennsylvania. She will start her pediatric residency at the Children's

Hospital of Philadelphia in June 2019. She received her BA in Social Studies and a citation in Mandarin Chinese from Harvard College. She writes about medical culture, history, and innovation, and has published in *Vox*, *The Atlantic*, *Academic Medicine*, *Health Affairs*, and more. She is the American Medical Women's Association artist-in-residence for 2018-2019. Read her writing at [www.vidyaviswanathan.com](http://www.vidyaviswanathan.com) and follow her on Twitter (@vidyavis). As part of working hard to plan this conference, Vidya served as leader of fundraising, outreach, and event management.



## DR. AMY ZEIDAN

is an emergency medicine physician and ultrasound fellow at the University of Kentucky. She completed her residency in emergency medicine at The Hospital of

the University of Pennsylvania, which is where she met many of the awesome *Doctors Who Create* team! Dr. Zeidan is interested in the health and healthcare delivery to refugees, immigrants and asylum seekers. She has performed over 30 evaluations for asylum seekers and developed a Point of Care Ultrasound Program for resource limited clinics domestically. As part of working hard to plan this conference, Dr. Zeidan served as the logistics mastermind and lead for speaker recruitment.



## DR. JEFFREY MILLSTEIN

is a practicing internist and writer, and serves as physician champion for the patient experience initiative at Clinical Care Associates of Penn Medicine.

He leads initiatives and serves as a resource for clinicians and staff to help improve patient centered communication skills. You can follow him on Twitter @millstej. As part of working hard to plan this conference, Dr. Millstein served as the Live Storytelling Event coordinator and will be leading a workshop titled "Pitching Your Piece to Get Published."



## ISABELLA CUAN

is currently pursuing post-graduate study in Medical Humanities at the University of Manchester, UK through the Thouron Award. As an avid photographer, she is passionate about using

creative interdisciplinary approaches to reconceptualize medical culture and practice. Her dissertation focuses on establishing a framework for the use of photography as a non-traditional creative tool in medical education. In 2018, she earned her B.A. in Neuroscience and minor in Art History at Penn, and following her Master's, she plans to attend medical school. You can find her visual work at: [isabella-cuan.com](http://isabella-cuan.com). As part of working hard to plan this conference, Isabella served as lead for conference logo design and registration and will be co-hosting the conference and leading a photography workshop titled "Listening with your Eyes."



## STEPHANIE WOO

is a current M4 at Georgetown, where she will continue her training as an Internal Medicine resident. In 2012, she earned her BA in History and Science at Harvard, for which she wrote

her senior thesis on the political, economic, and social factors influencing the bubonic plague outbreak in San Francisco in 1900-1904. Outside of the classroom, she enjoys practicing yoga, learning to play the ukulele, and playing with her tricolor rescue beagle whose name is Andy. As part of working hard to plan this conference, Stephanie served as a workshops coordinator and will be a panel moderator.



## SHIV NADKARNI

is a senior studying neuroscience and theatre arts at the University of Pennsylvania. As a long time performing artist of music and classical dance, he has always been

intrigued by the intersection between the performing arts and medicine. He believes involvement in artistic pursuits promotes creativity and innovation in the medical space. Shiv hopes to pursue research in narrative medicine and dance therapy before matriculating to medical school. As part of working hard to plan this conference, Shiv will be co-hosting the conference and the Live Podcast Taping.



## ELIZABETH UPTON

is an editor of the Visual Arts section and a pre-med student enrolled in the University of Pennsylvania's Pre-Health Post-Bacc Program. She graduated from Swarthmore

College as a Studio Art major studying oil painting. After Swarthmore, she continued to study painting at the Pennsylvania Academy of the Fine Arts for a year before deciding to come to Penn to complete her pre-requisites so she could apply to medical school. Besides having a great love for the visual arts, she also enjoys playing the piano, oboe and English horn. Elizabeth is excited to help strengthen the connections between art and medicine! As part of working hard to plan this conference, Elizabeth served as Art Exhibition curator.



## ORAYINKA ORAFIDIYA

is a socially engaged ceramic artist with bachelor's degrees in Chemical Engineering and Mathematics from the University of Pennsylvania. In 2017, she completed her

pre-medical studies at Temple University and continues to maintain an active studio practice in her hometown of Philadelphia, PA. Her artwork is grounded in social impact and the desire to build community and catalyze social change. She plans to begin medical school in 2019 and envisions that her strong passion for both art and science will uniquely enhance her contributions as a future physician. As part of working hard to plan this conference, Yinka will serve as a panel moderator.



## ALEX CHEN

is in his fourth year of training as a physician anthropologist at Penn, exploring how design can open up new ways of seeing/thinking about medicine, health, and care. You can find some of his

work at [www.acatalogofhabitualcontours.com](http://www.acatalogofhabitualcontours.com). He is always looking for design gigs and collaborations. As part of working hard to plan this conference, Alex served as a workshops coordinator and will be co-leading the "Listening as a Form of Care" workshop.

## WHY DOCTORS WRITE

by Rafael Campo

A doctor writes an order in the chart.  
A doctor writes prescriptions to be filled.  
A doctor writes the patient's history  
in order to record it in the chart.  
A doctor writes because she must. She writes  
prescriptions that to patients seem like cures.  
A doctor writes the mystery of death  
in stark abbreviations: DNR—  
do not resuscitate—and DNI.  
A doctor writes prescriptions for more pills.  
A doctor writes because he must, because  
he watched another patient die last night.  
A doctor wrote an order in the chart:  
DO NOT INTUBATE, which the nurse transcribed.  
A doctor writes invisibly upon  
a patient's chest, the stethoscope's black curl  
like punctuation, breath like poetry  
heard almost lovingly. A doctor writes  
because she must, because she can't deny  
the body speaks, and what it tries to say  
is more than what's recorded in the chart.  
A doctor writes because he can't prevent  
the heart attack, because he can't stop death  
no matter what new pills he might prescribe.  
A doctor writes an order in the chart.  
A doctor writes a poem that no one reads.  
A doctor writes because he must, because  
not one of us can stop the final cure.  
A doctor writes because she tried to stop  
but couldn't. Nurses question orders; night  
falls mercilessly again. Doctors write  
because they must, because the ICU  
is like a dream we think we can decode.  
A doctor writes a poem in the chart,  
though none can read its invisible lines,  
or understand the mystery of death.