

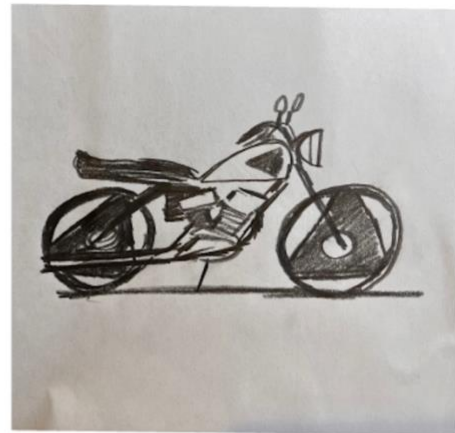
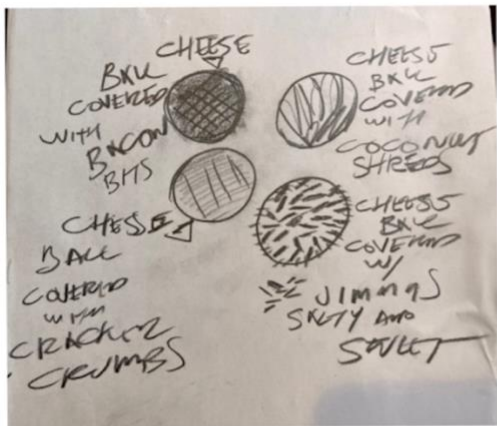
Supplemental materials for

Nguyen TQ, Shapiro J. Arts and poetry in the clinic: a novel approach to enhancing patient care and job satisfaction. *Ann Fam Med*. 2023;21(3):284.

Supplemental Appendix (3 examples)

Patients, clinicians and learners can benefit from exposure to a unique poem, drawing or other art forms. We use the iPad and traditional arts-based materials to enhance the clinic experience, patient-physician relationship and job satisfaction. Creativity is key in turning a stressful visit into a more meaningful and effective patient encounter.

- (1) The first example is from a male adult who has an interest in art. The physician wanted to encourage the patient to draw as a way to mitigate his racing thoughts. The patient drew 2 cartoons of what was on his mind, as all he could think about was chocolate balls and ways to add toppings to them; and the other drawing was a fast motorcycle. He was kind enough to also draw a cartoon from a children's book for the physician's children. Through encouraging these drawings, the physician helped the patient feel positive about his artistic skills as well as feel more at ease with difficult negative thoughts by redirecting his energy into doing something he loved. As a by-product, the physician got to take home the drawing of the Bad Guys cartoon for his children, which made him feel happy after a stressful day.



(2) In the second example, an elderly woman with developmental delay brought in her painting as a gift to the physician at their first visit. Without knowing the woman's full history, the physician was able to extrapolate from the simplistic childlike painting to have a better understanding about the patient's thought process and ability to comprehend medical care and instructions. That experience helped the physician approach the visit more productively. The physician was also able to enjoy the sweetness of the artwork.



(3) In the third example, the patient sent the physician a message through the electronic health record, commenting on the impact the physician has had on her health when she thinks about the poem (Pablo Neruda's "Everyday, Matilde") he read to her to congratulate her on being sober. Not only had the poetry sharing reinforced the patient's sobriety, it deepened and enhanced the relationship between doctor and patient. The patient wrote, "...that day, years ago when I came to see you after being in sober living for two years, you read me a poem and I will never forget that EVER .. YOU are a really good doctor and a really good friend and I thank you for that, I just wanted you to know that."