

Company Background

Center for Performing Arts Medicine at Houston Methodist

Houston Methodist comprises a leading academic medical center in the Texas Medical Center and six community hospitals serving the Greater Houston area. Regularly ranked by US News and World Report as one of the top 20 hospitals nationwide and named the 'Best Hospital in Texas' for multiple years running, Houston Methodist strives to rethink the patient experience and focus on whole-person healing. Houston Methodist's mission is to provide high quality, cost-effective health care that delivers the best value to the people we serve in a spiritual environment of caring in association with internationally recognized teaching and research.

A specialized department inside Houston Methodist, the Center for Performing Arts Medicine, is one of the broadest arts in health programs in the country. The emerging field of arts in health is a diverse, multidisciplinary field dedicated to transforming the healthcare experience by connecting people with the power of the arts at key moments in their health journey. CPAM's mission is to effectively translate the collaborative potential of arts and medicine to the health care environment. To achieve its mission, the center supports the following four pillars:

- Specialized health care and wellness education of performing artists
- Effective and meaningful integration of the performing and visual arts into the hospital environment
- Therapy that utilizes the arts in clinical patient care
- Research that seeks to harness the broadest potential of the arts in therapy, rehabilitation and human performance

Hospitals can be anxiety-ridden, sterile environments and CPAM's series of programs strive to create opportunities for reflection, moments of beauty, and access to one's identity outside of being a 'patient'- all of which can be challenging in a healthcare environment. Oftentimes individuals can lose their sense of self outside of their diagnosis as a patient or classification as a caretaker to one in need. CPAM utilizes arts integration as the thoughtful, intentional use of the arts to support the overall hospital experience.

Arts integration can be experienced in the artwork on hospital walls selected with evidence-based-design protocol or the intentional, curated programming of music throughout the lobbies. CPAM strives for the patient experience to include arts integration from the first moment one enters the building to the last moments in which they leave. The COVID-19 pandemic has dramatically changed a patient's hospital experience. Higher generalized levels of anxiety paired with the removal of visitors from the hospital meant that not only were patients healing on their own, but oftentimes healing in an environment that contributed towards their anxiety. Additionally, patients were encouraged to stay in their rooms creating further physical and emotional isolation. Understanding that one's journey towards wellness encompasses both the physical body as well as the emotional, spiritual, and social needs of a person, CPAM is looking to repurposed programming and activities that will improve the environment of care.

A description of the work to be done

Patient Empowerment iPad Art Activities

All Houston Methodist patient rooms are equipped with a Patient Empowerment iPad, a device that a patient has full access to 24/7 in their room during their stay. The iPads are currently used to allow patients the autonomy of ordering their meals, visiting with loved ones via Facetime, and calling Houston Methodist chaplains. Currently, CPAM offers patient simple paper-based art activities on food and nutrition trays during mealtime. The goal is to take the paper offerings and offer them digitally on the patient empowerment iPad. Paper offerings are dependent on access to supplies, fine motor skills, and language cognition. CPAM envisions a digital offering that could be done with little direction on the an iPad. The key here would be simple (especially considering the effects of some medication on cognition), unintimidating, and engaging.

CPAM would like to create a Digital Coloring Book based on coloring pages created from the annual employee photography contest. The coloring page would be black and white and a program would allow patients to 'color' it through the iPad. See attachment (Barnett and Bird). This is inspired by a [google version of this](#). The goal would be to use photos from the employee photography contest to help personify their caregivers and offering the patient insight into who their care provider may be outside of their job at the hospital.

The Digital Coloring Book would be accessible via a web link (not an app). There would be three portals:

- (1) "Admin" side – used to upload coloring sheets or art activities to be colored
- (2) "Patient" side – used to choose pages to color / crest to fill out / with a color palette to choose from and brush sizes for coloring or drawing / the ability to save and share creations with family
- (3) "Family" side – used to view patient art when unique direct link sent

The first two portals (admin/patient) would need accounts associated with them. Ideally, patients would be able to share their work (by emailing or texting a link) to their loved ones. No social media integration requested at this time.

Desired Skill Set

The optimal team will include individuals passionate about utilizing the arts and technology to enhance patient experience. Team members should be considerate of the diverse needs of patients and work to create creative solutions to meet various physical and cognitive stages with different modes of artistic expression.

Technology used:

- o HTML / CSS / JS
- o Database

Preferred Team Size

3 or 4