

The palette of the soul

Medical Art Therapy in a CF unit

Diana Kadosh M.S.W - Edwina Landau Ph.D

Schneider Medical Center of Israel 2013

Medical Art Therapy



מרכז שניידר ברפואת ילדים בישראל
مركز شتاينجر لطب الأطفال في إسرائيل
Schneider Children's Medical Center of Israel

- * Defined as the use of art expression and imagery with individuals who are physically ill
- * Considered today as a mind-body intervention, enhancing the power of the mind to influence the body and the body to inform the mind.

Application to CF World

- * Applying this to how CF patients perceive medical intervention and illness
- * Research in both adults and children has demonstrated the uncanny ability of images and art expression to help express the “hidden” aspects of chronic illness that may not necessarily be communicated on a verbal level
- * Even more pertinent to children – use art to say what they feel



מרכז שניידר לרפואת ילדים בישראל
مركز شتاينجر لطب الأطفال في إسرائيل
Schneider Children's Medical Center of Israel

“ When words are not enough, we turn to images and symbols to tell our stories. And in telling our stories through art, we find pathways to wellness, recovery and transformation”

Cathy Malchiodi

The use of medical art therapy in the CF unit

- * 20 children CF drawing their CF (structured protocol)
- * “If CF were an animal, object, person, form or color what it would be ? Can you draw it?”
- * Expressing the perception of the sickness and feelings related to it through art
- * Assessment and interventions through art to connect the child to his inner resources



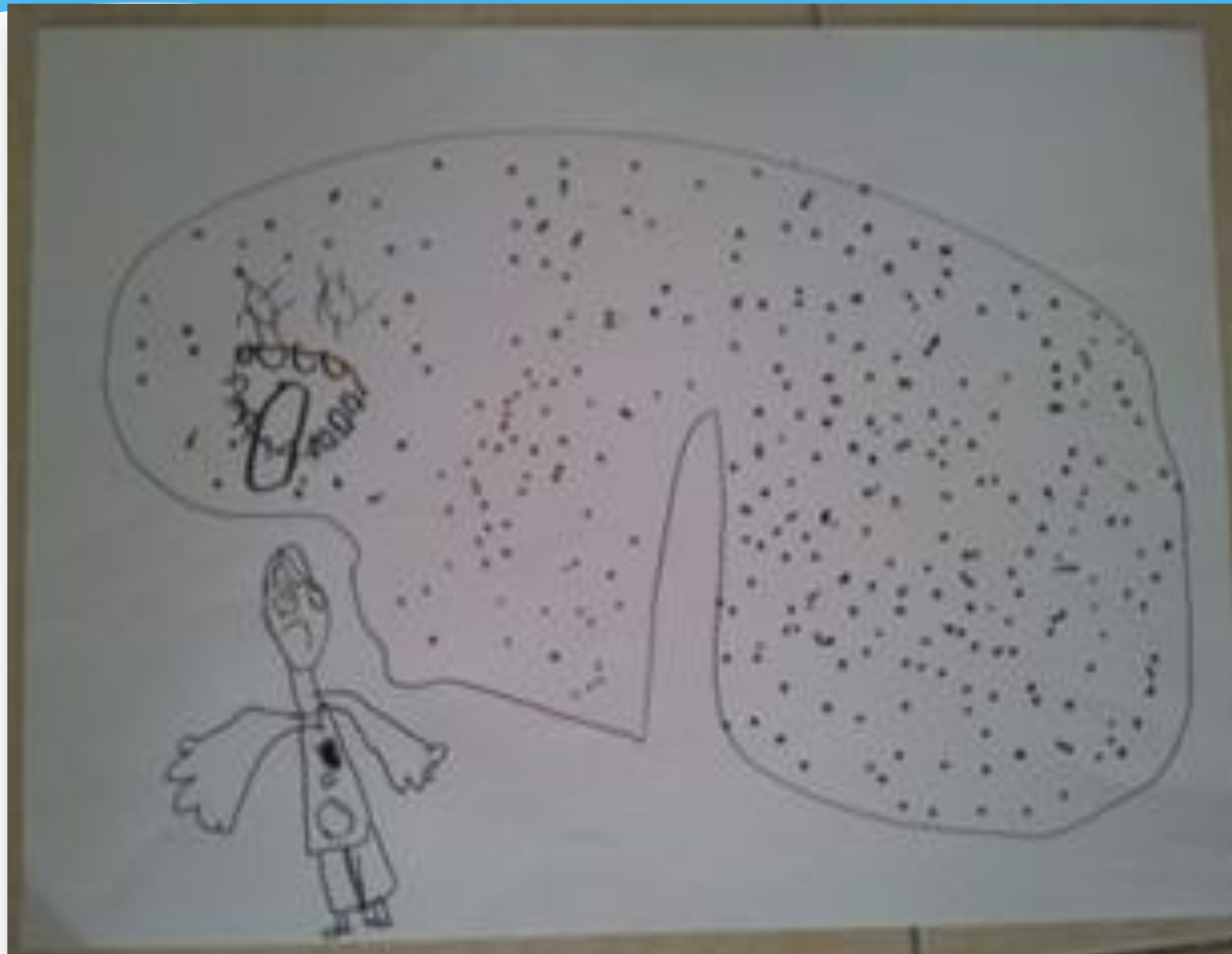
How the children perceive their CF?

7 Main Themes

1. The CF monsters
2. Microbes everywhere
3. Food issues: I need to devour the food-beast
4. A mountain of medicines
5. I don't want to be the only one with CF!
6. There are good aspects too!
7. I can make it



Theme 1: The CF monsters: 4 of the children identify their CF as devouring monsters



	age	FEV1% pred	BMI sds	Mut.	clinical	pseud	gastrosto my	Diagno age
Thera	7 years 6 month	84	12.2 - 3.193	DF508 G542X (PI)	Moderate to Severe CF	yes	no	2 month
Thomas	8 years 3 month	65	0.227	DF508 W1089X (PI)	Moderate to Severe CF	yes	yes	7 month
Ron	10 years 1 month	65	18.3 0.574	DF508 DF508 (PI)	Moderate to Severe CF	yes	no	At birth
Ethan	14	90		W1282X DF508 (PI)	Moderate CF	no	no	14 month

Intervention: Empowerment



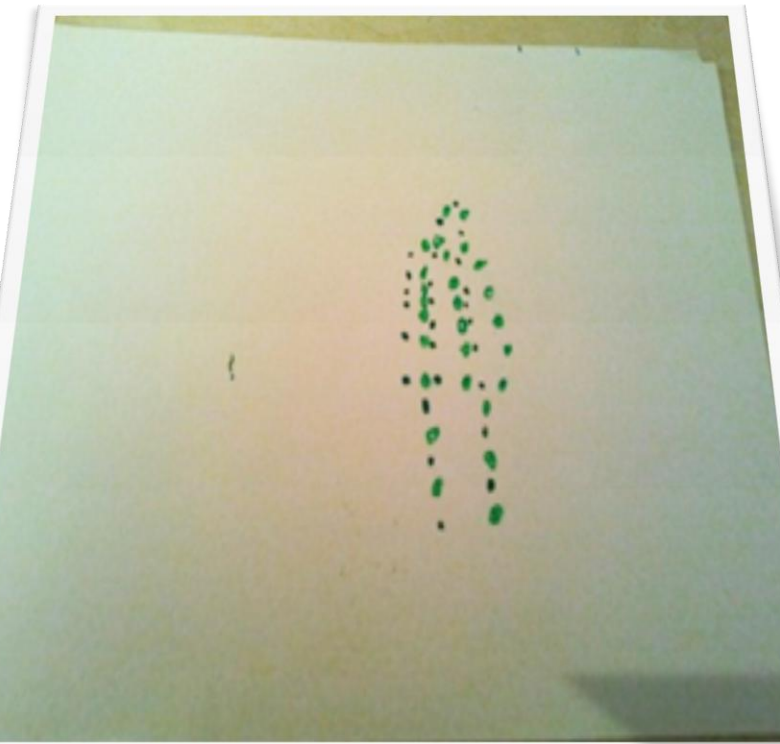
מרכז שניידר לרפואת ילדים בישראל
مركز شتاينر الطبي لطفولة في اسرائيل
Schneider Children's Medical Center of Israel



Theme 2: Bacteria everywhere ($\frac{1}{4}$ of the children)



מרכז שניידר לרפואת ילדים בישראל
مركز شتاينجر لطب الأطفال في إسرائيل
Schneider Children's Medical Center of Israel



		age	FEV1 % pred	BMI sds	MUT	clinic	pseud	gastros tomy	Diagno age
Theresa	Girl	5 years 10 month	109	13.8 -1.228	W1282X DF 508	Mild (PI)	no	no	5 month
Deborah	Girl	8 years 1 month	104	15.5 -0.241	W1282X W1282X	mild stable (PI)	no	no	3 month
Shon	Boy	9 years 6 month	79	-0.75	D1152H D1152X	Mild (PS)	no	no	8 month
Sharon	Girl	9 years 5 month	90	14.5 -1.156	DF508 D1152H	Mild (PS)	no	no	On birth
Musa	Boy	14 years 7 month	94	20.3 0489	G85E Unknown	Moderate (PS)	no	no	12 Years

Theme 3: Burden of treatment



“It is an ant... She works all the day long... She can never stop.... because she will die”



מרכז שניידר לרפואת ילדים בישראל
مرکز شتاينر الطبي للأطفال في إسرائيل
Schneider Children's Medical Center of Israel

Burden of treatment

		age	FEV1 % pred	BMI sds	Mut.	clinic	pseu d	gastr osto my	Diagno age
Ashley	Girl	9 years 1 month	96	17.7 0.541	N1307 Unknown	Mild stable (PI)	no	yes	9 month
Mathias	Boy	7 years 4 month	107	16.6 0.579	DF508 DF508	Mild (PI)	no	no	6 month

Theme 4: Food issue: Case Presentation

- * M, 5 year old boy suffering with CF and pancreatic insufficiency, diagnosed at age 7 weeks due to failure to thrive
- * Suffered from recurrent vomiting and dehydration requiring repeated hospitalization
- * 11 months, the patient's weight and height fell well below the third percentile for age, and a gastrostomy tube was placed
- * 32 months, M was solely receiving nutrition via the gastrostomy

Psychological Background

- * Parents gradually avoided feeding him by mouth as any attempts to do so resulted in the patient vomiting or gagging
- * His difficulty to gain weight has endangered his life. He has been mostly fed by gastrostomy for the past three years and presently suffers from a CF related eating disorder, hardly eating a crumb at each meal
- * As parents' anxiety levels rose - increased pressure on the child to eat - created total food aversion - which created anger in the parents

His CF perception



מרכז שניידר לרפואת ילדים בישראל
مركز شتاينجر لطب الأطفال في إسرائيل
Schneider Children's Medical Center of Israel



Dialogue

- * M: “This is a tree with pomegranates ... These are his eyes (pointing to the red figure).. These are his pants and this is his mouth in his tummy (in the middle of the body)
- * Therapist: “he has a big mouth”
- * M: “yes”
- * Th: “why?”
- * M: “he is eating... No... He is devouring!”
- * Th: “what does he devour?”
- * M: “animals... lion... tiger”
- * Th: “why does he devour animals?”
- * M: “because he is scared... they scare him ... so he devours them...”
- * Th: “What will happen then?”
- * M: “then he will be fat”

Analysis of Drawing

- * His drawing do not match his developmental age level
- * The different parts of the body are separated and the giant mouth is in the middle of the body, as his gastrostomy is
- * The absence of hands reflects his helplessness
- * The full fruits tree seems to gaze at the mouth with its grenade-eyes
- * The connection between this mouth-child and his environment (the tree), resemble a constant reminder of the way food and its ingestion are seen as a threat to his being

How can his drawing help the CF team



מרכז שניידר לרפואת ילדים בישראל
مركز شتاينجر لطب الأطفال في إسرائيل
Schneider Children's Medical Center of Israel

- * Gives us a clearer picture how much he sees food as the enemy - annihilator
- * Facilitates the parents understanding of him, increasing empathy rather than feelings of anxiety and anger
- * Behavior viewed as fear rather than oppositional
- * Understanding promotes better integrative treatment

Theme 5: I don't want to be the only one with CF !!!!



		age	FEV1 % pred	BMI sds	MUT	clinic	pseud	gast rost omy	Diagn Age
Isabelle	Girl	10 years 2 month	81	14.1 -1.511	DF508 Unknown	PI moderate	no	no	3 Mo nth
Nathan	Boy	11 years 3 month	125	16.8 -0.309	No mut. Found	Atypical CF Almost No clinic expression	no	no	3 month

Nathan : Atypical CF but internal experience of being different and sick

“If I would be healthy I would play with other children I won’t be alone...”

Theme 6: My CF has two sides



מרכז שניידר לרפואת ילדים בישראל
مركز شتاينجر لطب الأطفال في إسرائيل
Schneider Children's Medical Center of Israel



		age	FEV1 % pred	BMI sds	MUT	clinic	pseud	gastros tomy	Diagno age
Shirley	Girl	9 years 4 month	90	15 -823	DF 508 T360K Q359K	Moderate PI	no	no	2 years 8 month
Tess	Girl	12 years 3 month	81	17 -0537	W1282 X 1+405G >A	Moderate PI	yes	no	At birth

“My CF is like a cactus with flowers. The horns are the treatments and the flowers are travels and art making in the unit “



Theme 7: I can make it !



מרכז שניידר לרפואת ילדים בישראל
مركز شتاينجر لطب الأطفال في إسرائيل
Schneider Children's Medical Center of Israel



CF as an obstacle which can be overcome

		age	FEV 1% pred	BMI sds	MUT	clinic	pseud	gast rost omy	Diagn age
Dave	boy	15 years 18month	112	20.3 -0.052	W1282X W1282X	Mild PI	no	no	At birth
Joyce	Girl	15 years 6 month	64	20.6 0.101	DF508 D1152	Moderate PS	no	no	14 years 6 month

Benefit of medical art therapy for the CF young patient

- * **Expression of covert and threatening feelings**
- * **Stress relief – Medical Procedure**
- * **Distress alleviation**
- * **Connection to inner strength and regain sense of control**
- * **Reinforce CF coping and resilience**

Benefit of medical art therapy for the CF team

- * Dialogue: hearing silent voice
- * External reality and internal perception often not the same
- * Effective assessment and intervention during a single session
- * Useful information for medical and paramedical team e.g. Partial knowledge about bacteria is harmful
- * Enables better understanding of what the patients need
- * Visual expression help team and parents to develop empathy and get a clearer picture

Some Practical Ideas for CF unit



מרכז שניידר לרפואת ילדים בישראל
مركز شتايندر لطب الأطفال في إسرائيل
Schneider Children's Medical Center of Israel

- * Mandalas in the pulmonary functions waiting room
- * “If CF were an animal, object, person, form or color what it would be ? Can you draw it?”
- * “If you were the director of this story, what the child (or another character) in this picture could do?”

Thank you



מרכז שניידר לרפואת ילדים בישראל
مركز شتاينجر لطب الأطفال في إسرائيل
Schneider Children's Medical Center of Israel

