

# Impact of Musical Art and Visual Art Encounters on Symptom Management and Health Outcomes of Hispanic Cancer Patients during Chemotherapy Infusion: Lessons Learned on Implementing an Outpatient Arts in Medicine Program

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## Objective

To determine the efficacy of music/art engagements in reducing anxiety, depressed mood and pain symptoms among Hispanic and non-Hispanic cancer patients during chemotherapy infusion

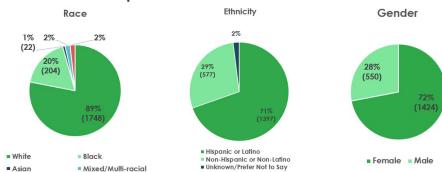
## Methods

- Patients engage in 1:1 encounters (active or passive) with musicians or visual artists during chemotherapy treatment of approximately 25 minutes in duration.
- Patients who engage are voluntarily asked to complete an online anonymous survey post engagement.

Online Anonymous Survey:

- Visual Analog Scales (anxiety and depression) = **primary outcome measure**
- Likert Scale (Pain and Overall Patient Experience)= **secondary outcome measure**
- Demographics, type of art encounter
- Statistical analysis (SPSS) compared baseline and post-artistic online anonymous survey results between Hispanic and non-Hispanic participants using paired samples T-Test and chi squares.

N = 1,397

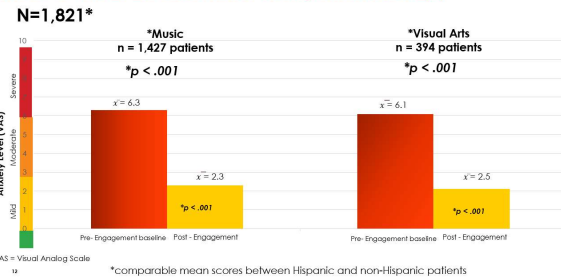


## Results

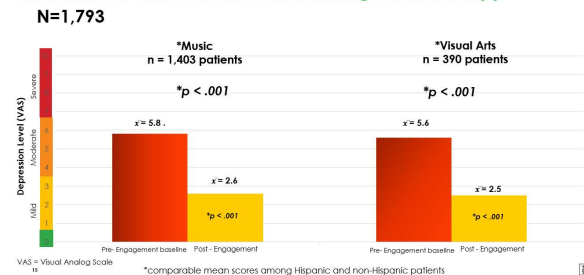
### Baseline Anxiety and Depression Severity Scores on Visual Analog Scale (VAS)



### Magnitude of moderate-severe anxiety symptom improvement with music or visual art encounters during chemotherapy



### Magnitude of moderate-severe depression symptom improvement with music or visual art encounters during chemotherapy



## Results

- Patients who engaged in the visual arts were significantly younger (mean age = 59 years) than those who engaged in music (mean age =64 years old).
- Male patients were significantly less likely (p<.001) to engage in visual arts as compared to music.
- Hispanic and non-Hispanic cancer patients report comparable high rates of moderate to severe anxiety (83%) and depression (74%) symptom burden during chemotherapy treatment.

## Conclusion

- Music and visual art engagements during chemotherapy significantly reduced the magnitude of anxiety levels (p<.001) and depression levels (p<.001) among 1,397 Hispanic and 550 non-Hispanic cancer patients.
- These substantial improvements remained significant when controlling for type of art engagement, age, gender, race, and ethnicity.
- These preliminary findings of 1,397 Hispanic cancer patients may represent the largest database regarding the impact of the arts on health outcomes among this population.



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