

# Now everyone can help with healing

## Photos for Health invites employee and public participation

Clarian Health has announced a new initiative that puts more of the power of healing into the hands of employees and the community. Photos for Health is intended to create a healing-focused environment at Clarian, by displaying images from nature throughout its new facilities.

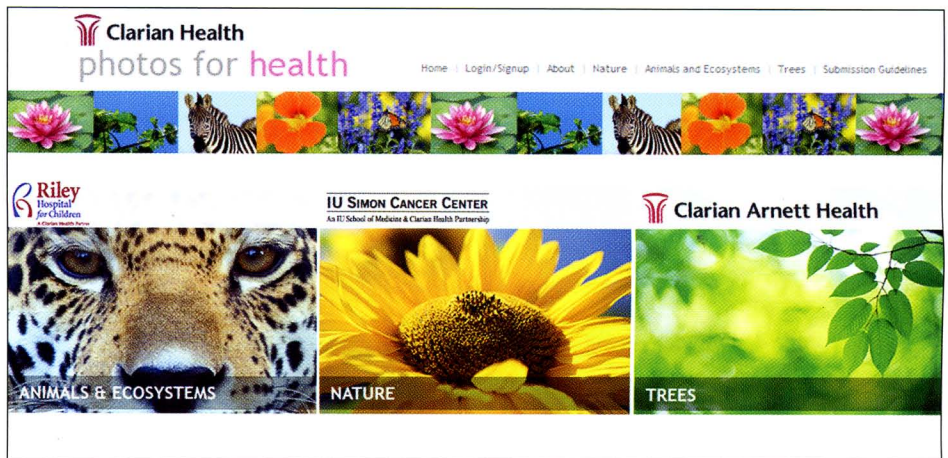
Amateur photographers, including hospital staff, patients, family members and members of the community can submit images of the natural environment for possible display in Clarian's new facilities under development. Each new facility has its own specific theme:

- Riley Hospital for Children Simon Family Tower: Animals and Ecosystems
- IU Melvin and Bren Simon Cancer Center: Images of Nature Evoking a Sense of Peace, Healing and Wellness
- Clarian Arnett Hospital: Trees and Their Inhabitants and Environments
- Fairbanks Hall, Indiana University/Clarian Education and Resource Center: Innovation in Medical Research

### HOW TO PARTICIPATE

Photographs may be submitted now at [photosforhealth.com](http://photosforhealth.com). Simply visit the site, register and follow the directions. The deadline for submissions for both IU Melvin and Bren Simon Cancer Center and Clarian Arnett Hospital is Friday, May 31; the submission deadline for Riley Hospital for Children Simon Family Tower is Sunday, September 7. An original digital art installation on a video wall will be the anchor of Clarian's original art collection at Fairbanks Hall. The video wall will include a selection of the nature photography displayed at the other new facilities.

Even if you are not a budding amateur photographer, you can still take part – by becoming a budding photo critic. As you review images uploaded to the site, you can click on a specific image and “vote” for it. A selection committee at each facility will make the final selection of images; the public vote will be a major factor considered by these committees. Each photograph selected for display by Clarian will bear the name of its photographer.



**Clarian is collecting images from nature at [photosforhealth.com](http://photosforhealth.com). Selected images will adorn the walls of new facilities currently under construction.**

### WHY NATURE PHOTOS?

Studies have shown that images of nature are best suited to provide a welcoming, peaceful environment for patients experiencing medical care and treatment.

Jeffrey Rothenberg, MD, is an OB/GYN and an associate professor at IU School of Medicine; he also is an accomplished glass blower and a member of IUSM's new Art Committee, which is charged with incorporating the arts into the medical school's curricula. He also happens to be married to an art therapist.

Rothenberg provided research information that helped shape the Photos for Health initiative. He says art in hospitals can benefit caregivers as well as patients.

“By paying attention to literature and the arts, one can develop and nurture the skills of observation, analysis, empathy and self-reflection. These are humanistic attributes that are essential for humane medical care,” he explains.

Rothenberg cites work done with medical students in California showing that students focusing on and observing art are more accurate diagnosticians, better able to appreciate subtle differences in their patients. He says numerous studies show patients benefit in similar and significant ways.

“Science has consistently demonstrated that artistic endeavors which represent positive human interactions and natural landscapes have dramatic physiologic consequences,” says Rothenberg. “Blood pressure can decrease, anxiety is lessened, post-surgical recovery is enabled and less analgesia is needed. This results in a better overall patient experience, as well as decreasing the length of hospital stays,” he says. “Medicine as a community is finally beginning to understand and appreciate this important aspect of health. The American Cancer Society has recognized this importance and

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recommends complementary alternative therapies like music and art to help patients during their illness.”

Rothenberg says he gets much pleasure from sharing his own art. He also teaches the art of glass blowing to Hook Rehabilitation Center patients and teaches the youth and

teen class at the Indianapolis Art Center.

“My hope is that I can continue to translate my avocation and experiences as an artist into my vocation as a physician,” Rothenberg says. “So go ahead and enjoy the life-affirming pleasures of art. The rewards are endless.”

Submit your own photography or browse submissions and vote for your favorites at [photosforhealth.com](http://photosforhealth.com).

