



connection

A Collection of Art
by
University of Ottawa
Medical Students

connection

A Collection of Art

by

University of Ottawa Medical Students
Opening Reception February 20, 2014
Main Atrium, Roger Guindon Hall

Connection

© 2014 uOttawa Arts in Medicine

uOttawa Arts in Medicine

Aesculapian Society

University of Ottawa, Faculty of Medicine

Roger Guindon Hall

University of Ottawa

Ottawa, Ontario

Canada

ISBN 978-0-88927-433-4

Cover Art by Bhavika Patel



uOttawa



About the Editors:

Bhavika Patel Hannah Buhariwalla, and Apoorva Bollu are in their second year of the MD program at the University of Ottawa. Whether through painting, singing, dancing, acting, or designing clothing, all three of them have been involved in the creation of art since they were very young. As the Arts in Medicine executive members, they believe that creativity is a crucial component of the medical experience. In a program where many spend most of their free time studying, they hope that this initiative will encourage their classmates to step out of their comfort zone and reflect on their experiences through creative expression.

connection

“When we know ourselves to be connected to all others,
acting compassionately is simply the natural thing to do.”

- Rachel Naomi Remen

The University of Ottawa Medical Student Art Show, under the auspices of the Aesculapian Society, is an initiative that celebrates artistic expression as a meaningful method of promoting personal wellness for medical students. This art show is a way to ensure that medical students in all four years can be exposed to the benefits of art-based learning through the creation of reflective visual art. Physician-patient *connection* is a crucial component of delivering good care, and *connection* between members of an interdisciplinary team enhances communication. We believe that *connection* is a fundamental theme that we will return to frequently as students, residents, and physicians. We aim to encourage reflection about *connection* in medicine by the participating artists, as well as those in attendance. By balancing the biomedical, with the artistic creative side of medical training, and by highlighting the theme of *connection*, we hope that medical trainees involved will be more in touch with the empathetic, and humanistic side of healing arts, resulting in stronger *connections* made in the future.



Mountain Pass in Dades Gorges

Digital Photography

At times, the path to becoming a physician can seem overwhelming, but a moment of reflection often provides a simple reminder that there is purpose and beauty in this journey. This photo was shot at Dades Gorges, Morocco in 2012.



Linden Head
MD 2016



Following a Dream

Paper

What you see illustrates how a child's perception of himself/herself can evolve through time. The stars, as well as the bird, represent childhood dreams: in the younger years, they seem achievable, however as we become older, barriers might become more visible. If this process is a normal part of growing up, or if it is artificially induced by an adult figure, should it be a parent, a teacher or a physician, is left for reflection. The technique appeals to my cultural roots, and is called "Vytynanka", from Ukrainian verb "vytynaty" which means "to cut out".



Khrystyna Herasym
MD 2016



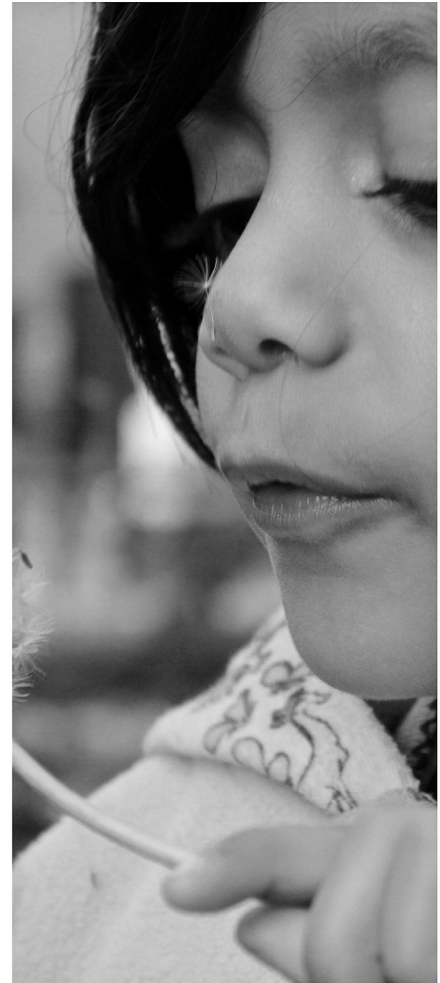
Hidden Things

Ink & Graphite

There are numerous ways to express connection in medicine and for this piece I was influenced by a more literal interpretation. I feel that on a practical level nothing connects us more than microorganisms. We live with them, share them, die with them and this piece was meant represent the universal nature of these organisms. The variety of shapes and patterns are meant to show the millions of different microorganisms that live on us or that we come in contact with everyday. The growing circular patterns reminded me of bacterial colonies expanding outwards until they merge with other colonies.



Andrea Zumrova
MD 2017



Connection in Time

Digital Photography

As humans, we thrive on connections. Connections, with our family, friends and environment change and shape each and every one of us. Working in the field of medicine and health care, we work with vulnerable people going through the most difficult of times. We may not always be able to help, but sometimes all that someone needs is a little respect, understanding and a feeling of Connection.

“I define connection as the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship.” - Brené Brown



Nirosha Balasingam
MD 2016



Hope

Plaster

“Hope is the thing with feathers
That perches in the soul
And sings the tune without the words
And never stops at all.”

- Emily Dickinson



Pamela Lai
MD 2014



Nepali Mother Bathing Her Child

Digital Photography

Connection in medicine surpasses all borders, cultures, and people. A single shot portraying Nepalese hygiene, source of income, and what may be a family's most valuable possession – a bicycle. For me, this photo is very powerful in that something as simple as bathing one's child represents caring for one's health despite limited resources, a reality for many people, which we as health care providers should address and be aware of. After all, connecting with patients by learning about their habits and lifestyle is no doubt an invaluable part of medicine.



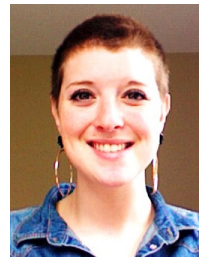
Zuzana Novak
MD 2017



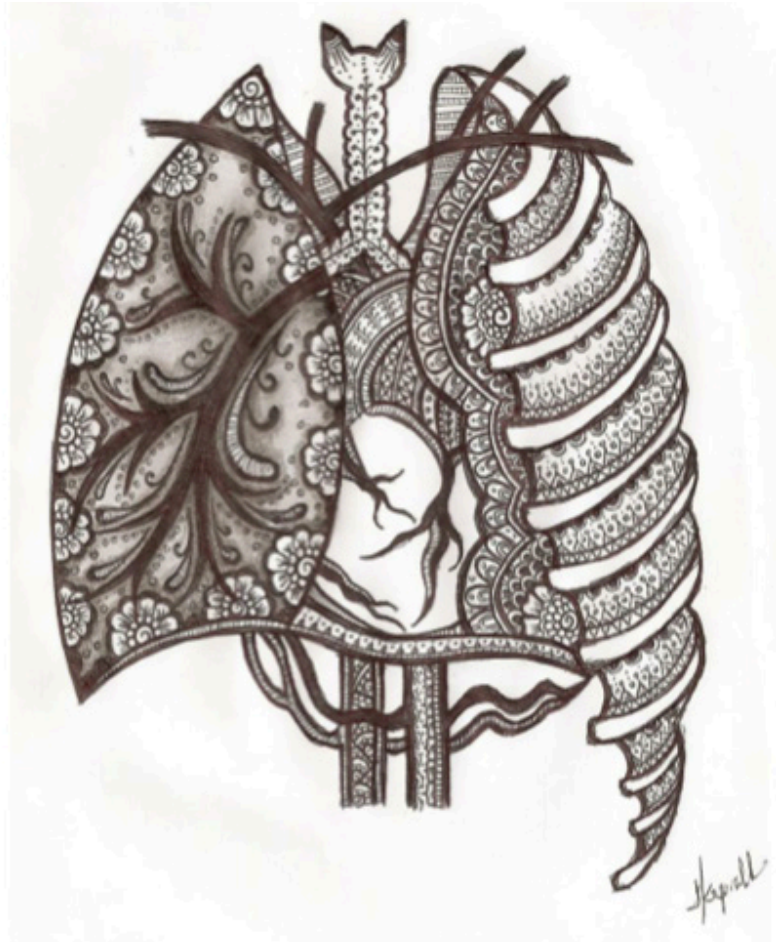
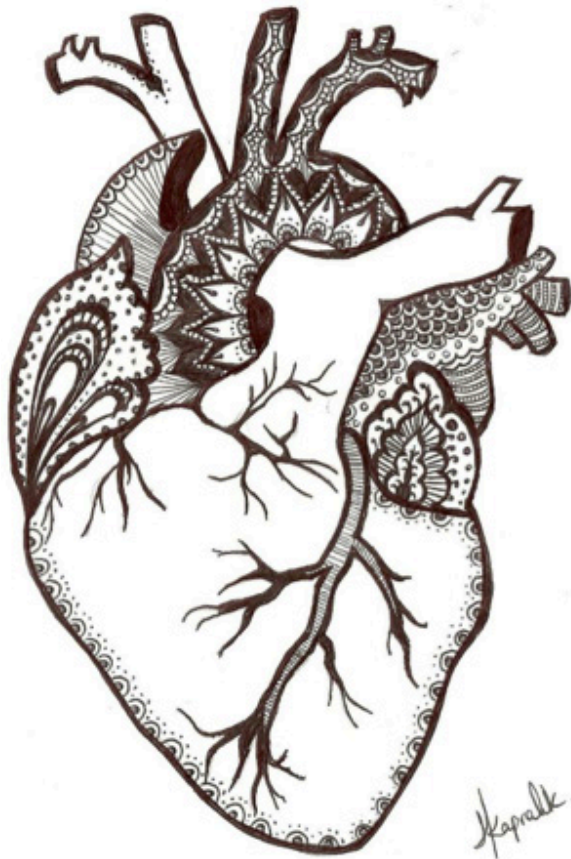
Beyond the Meadow

Digital Photography

I took this photo in the heart of Siberia in Russia during the summer of 2013. This photo represents the connection between myself and someone who I would soon call one of my best friends. It wasn't until we ventured together through a deserted meadow that we stumbled upon a tiny village occupied only by a man and his goat. This was an epitomizing moment that solidified our friendship - two adventurous young women who were willing to get lost in the Siberian wilderness for the sake of photography.



Kayla Simms
MD 2016



Untitled

Ink & Graphite

When I think of connections in medicine I think of the body. The body is often thought of as a single entity; the physical representation of a single person. Really though, it isn't this at all. The body is a vast network of trillions of living things connecting to form tissues connecting to form organs, all of which are constantly communicating through further electrical, chemical and physical connections. Each cell, tissue and organ has its own unique details, histology, physiology which individualizes it but also allow it to connect seamlessly with that greater network to create something whole, much like the details in this piece.



Jessica Kapralik
MD 2016



**G, for
Ink**

Some tall grass distilled into the letter G through some invisible filter. The drawing tries to illustrate the connection between the natural world and our cultural or intellectual representations of it. The question in mind is, “is the grass reduced down to the G, or does it spring from it?”



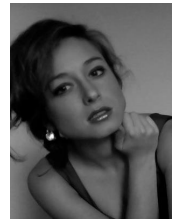
**Evan Snow
MD 2016**



The Heart of Medicine

Acrylic

I do believe medicine is unique in that it offers an enormous variety of passions its practitioners can pursue. From a breadth of specialties and special interests to the multitude of different roles physicians play in their community, we really are blessed to be part of a field that has something – and so much so – for everyone. This piece attempts to reflect on this extensive array of experiences, and the many journeys we embark on as part of our training and daily practice. And while we all may find special resonance in different facets, in lighter or darker shades, it is the continual challenge of embracing these many elements that makes it that much easier to find the path back to ourselves.



Katrina Zefkic
MD 2015



Sababa

Digital Photography

In the summer of 2009, I spent 2 months in Israel volunteering on ambulances. I was amazed by how Israel was so medically advanced and globally influential, yet the people still lived what I liked to call “the sababa lifestyle”; they had amazing work-life balance. They were always doing activities: hanging out at the beach, hiking Ein Gedi, all while spending time with their families. I embraced this lifestyle during my time there, and the balance they showed me is something I deeply value and hope to carry out in practice. These photos reflect that balance between medicine, relaxation and exploration.



Kimberly Reiter
MD 2016



Alebrijes
Acrylic

Alebrijes (alay-BREE-his) originated in Mexico City. The creation of the first alebrijes, is attributed to the Mexican artisan Pedro Linares (1906-1992). In 1936, Linares fell ill with a high fever, which caused him to hallucinate. In these feverish dreams, he was in a forest with wild, supernatural, and brightly coloured creatures, with wings, horns, and tails. He heard a crowd of voices, which repeated the nonsensical word “alebrije.” After he recovered, he began to create the creatures he saw. This painting demonstrates how different cultures vary as to how symptoms are interpreted and addressed and how bodily sensations are given meaning. Armadillos inspire these alebrijes painted on canvas with acrylic media.



Maria Campos Bustamante
MD 2014



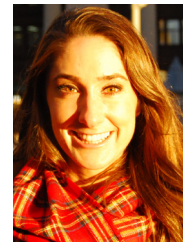
Skeletal Discovery

Digital Photography

An attempt to look at medicine in a different way, in this case a model skeleton, was what inspired the series of photographs I took in a CBL classroom at Roger-Guindon Hall.

As medical students, we tend to be creatures of habit. We're taught to look for textbook patterns and classic signs and symptoms, to hopefully lead us to the right diagnosis.

In these photos I wanted to appreciate the skeleton from a different perspective. Exploring medicine from a new angle can completely change your connection to it, or even help you discover a connection you otherwise wouldn't have made.



April Marinich
MD 2016



More than What Meets the Eye

Watercolour

This artwork unintentionally sums up the second year Psychiatry and Ophthalmology units. We were taught as medical students to interview patients suffering from various mental illnesses. These illnesses are not apparent on the surface despite all the tears that are visible. The cause of the suffering is hidden deep inside the patient. In order to sort through the tears - different colours representing different causes of pain or joy- one must establish a connection with the patient. Only then can we hope to figure out and help them with the true cause of their illness.



Amanpreet Dhaliwal
MD 2016

*O heart! What sorrow did you know
And longed the mind forgot
To ease a little the bitter ache
Of knowledge so cruelly wrought?*

*Though kind and warm
Those gentle eyes
Once bade friends rest awhile,
In piteous way were cast to stone
By secrets dark and vile!
Bless'd lines upon the face that love
Once tenderly did mould
Like broken relics,
Lost their wealth,
Wore down and grew old.*

*No bruise was found upon the flesh,
The bones had long been healed
Yet there remained
A broken thing,
That would not be revealed.
What sickening stain imbued those hands
That desperately implored,
For some soft touch to ease the strain
Of grief they had endured,
Or sought out in the peace of night,
Afeared to lose a hold,
The memory of some hapless being
Or woeful deed untold?*

*O weep! For empty shadow fell
A soul once fair in form
Who lost the last of happiness
That times long gone had borne.*

Lament For A Spirit That Would Not Heal

Poetry

This poem was written as a reflection of my experience working with soldiers afflicted by PTSD--from whom I came to understand the depths that some people suffer. When listening to the many daily struggles of these servicemen and women, I came to reluctantly accept that there exist some wounds much harder to heal than others. As a medical student with an appreciation for classic poetry, I therefore sought to describe an assessment of a soldier I had met through more of a human lens, including a hint of the sorrow I had experienced of not being able to help.



**Caroline Trieman
MD 2016**



Underneath it All

Oil

Close your eyes, take a deep breath, re-set your vision, clear your mind from everything you think you know. Now take a look again. What do you see?

Beyond the flesh, the blood and the bone, are you making a real human connection?

I hope that you see the girl inside the woman you are looking at. I hope you see someone who is trying to believe in her struggles and rise above it all. A woman who is someone's loving daughter, sister, friend and a always hopeless romantic. Someone who has been disappointed in life over and over again but still believes. Someone who has fallen but has gotten up. Someone who wants to believe that she is bigger than her circumstances. I hope you see how tough she is and yet how very fragile she can be. How imperfect, right? And yet, how so very perfect!



Aida Owlia
MD 2016



Triomphe
Graphite

Each figure in this composition is quite unlike the next, and on first glance, nothing seems to hold them together except physical proximity. However, a closer look might suggest that they are all—even the beast among them—unified, held together, connected by a tremendous uncertainty which borders on fear.



Shaurya Taran
MD 2016



Depth of Field

Digital Photography

So often, we are swept away down our set path, looking straight ahead, to the point where stepping back and appreciating the whole situation is no longer a natural reflex. At first glance, this photograph depicts a starry night's sky. However, once we stop and appreciate the photo as a whole, we see ursa major (the big dipper). Medicine is akin to this photograph. We are often so overwhelmed with the amount of information presented to us that we forget to take a step back and appreciate the big picture. It is only once we do that, that we are able to take in the message we seek.



Sonam Maghera
MD 2017



Pain

Terracotta Clay

This is supposed to represent a patient in a hospital bed, enduring unfathomable pain. He is oblivious to the world. He is surrounded by a group of faceless physicians who are wrist-deep in their assessment of his body. The physicians are faceless to him because his pain consumes him. The only way to ease his suffering is to try and remember what life was like before the pain. He is trapped behind his eyelids.



Kara-Anne Ward
MD 2016

*I pity the doctor who looks through his patient,
as if the blue gown was instead an invisible shroud,
that left evidence of humanity and normalcy vacant,
replaced by algorithms and facts that scream so loud,
that Dr X cannot hear the tears drop on the floor,
of the woman before him that is shaken with fear;
she just witnessed her father shoved into Death's door,
and prays illness will not make her disappear.*

*Yet he checks his watch, and scribbles a note,
believes her wasting his time and refers her instead,
too busy with the plans to build a new sailboat,
while she returns to her sweat-soaked hell of a bed.*

*I pity the student who reads disease with a smile,
as if pathology was a novel, and not an obituary,
or the student who thinks a page is not worthwhile,
who would only learn the items that were necessary.*

*How strong a shield the white coat must be
that the raging tides of emotions and omens of death
do not penetrate their every fiber as they study
the 101 ways that they may lose their breath.*

*Sometimes we see disease as just a character,
and that character might as well not be of Man,
yet the study of medicine is in fact the narrator
of the successes and failures of being human.*

*I honour the physician who lets truth seep in
from the barricades that we put up to feel brave,
that sees with those frontiers, no one can win,
and we are merely a vessel for the people we save.*

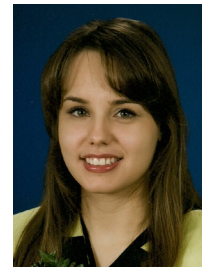
*We are not immune to the despairs of the ill,
nor are we the Supermen that always do right.*

*Our own fragile lives can be saved by a pill,
our futures can dim, when they were once so bright.
Doctors, use "us" and not the objectifying "they",
admit the Reaper can enter into any one portal,
let the loving person in you never decay,
and tell yourself every morning, "I am a mortal."*

I Pity the Doctor

Poetry

It is too easy to become distant from the diseases we study and treat, and not recall that we can easily become patients ourselves. This poem aims to exemplify the theme "Connections in Medicine" as a reminder that the patient and the doctor are made with the same flesh, same vulnerabilities, same need to be heard.



Melissa Pasqua
MD 2016



*Model: Amiirah Aujnarain
(Elite Toronto, Angie's Model and Talent)
Photographer: Colin Gaudet
Makeup artist: Melanie Viger*



The Shadow of Death

In medicine, the outcome can be grave. As a patient's life is lost, guilt can follow one home. One must face this feeling head on and understand not everything is in our control.

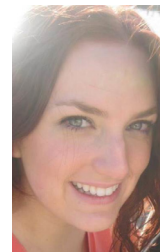


**Amiirah Aujnarain
MD 2014**



Medicine: A Science and an Art *Clay*

The left vase, which represents science, contains sharp lines and has a symmetrical silhouette. Medicine is methodical, technical and organized. The right vase is symbolic of medicine as an art. The sculpture on the right is falling, spontaneous and fluid. Medicine is emotional, creative and evolving.



Isabel Arroyo
MD 2017



Eye

Digital Photography

Eyes can say so much about a person; how a person feels, their intent, how they grew up. Even upon closer examination, the eye reveals an endless constellation of picturesque complexity. The eyes are a reflection of a person's diversity, uniqueness. As medical professionals, we need to be mindful of this fact with every patient we meet. The eyes remind us that everyone is different and beautiful in their own way; that everyone has their own story to tell.



Erik Zannier
MD 2016



Summer evening, Old Jerusalem

Digital Photography

We are looking down an alleyway. Although we are intrigued by the colour and architecture, the pale emptiness and lack of companionship gives the space a very lonely feel. At the end of the alley, however, we see others, and suddenly the colour becomes warm and inviting. To me, in a larger sense, this photo is a metaphor for life. There is an abundance of beauty in the world, but only through our connections and relationships with other people can we truly enjoy it.



Daniel Kahn
MD 2016



Dawn

Digital Photography

Sunrise: a new day, something we know intimately yet so often overlook, even to the point of dreading the moment we leave the warmth of our beds.

Each new morning, what does it mean, really?

It means our bodies and spirits were healthy enough to bring us through the night, to witness another morning and share that with others who were granted the same.

Through these photos and words I am sharing a story about connecting with a community where life expectancy is much shorter, and learning that mornings are a time for appreciating another dawn together in the community.



Sitelle Cheskey
MD 2017



The Escape

Acrylic

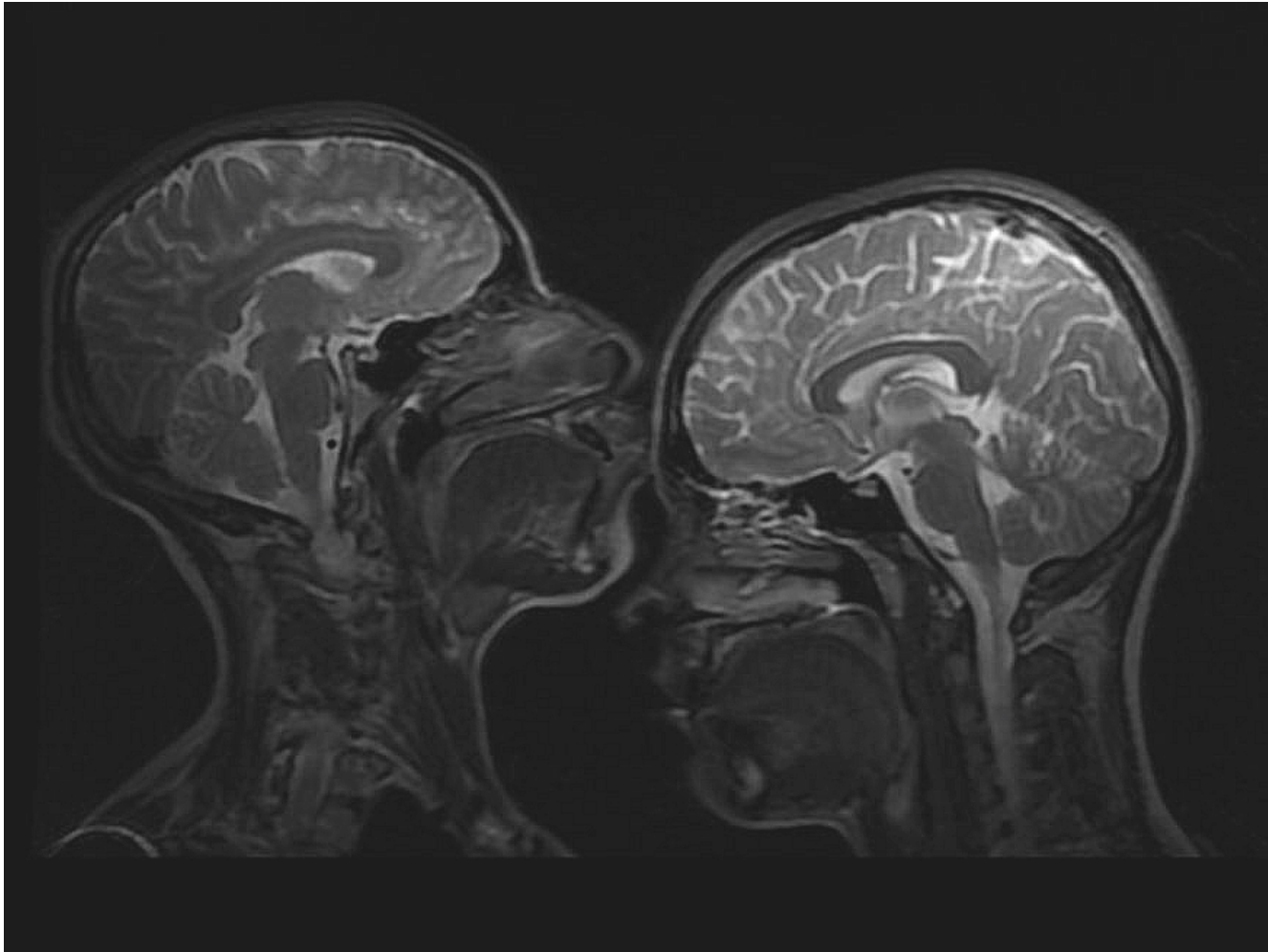
The moment one is confined to a hospital, one only desires their distant departure. Nature, the outside world, is calling. One can only dream of a fresh breath of air; of the sight of a falling leaf. Life awaits our recovery.



Catherine Monnin
MD 2016



Michael Di Lena
MD 2015



Dx: Love

Magnetic Resonance Imaging

Amidst the chaos and political wars threatening our Earth today, there is a sanctuary that one can always find in medicine. Medicine does not distinguish individuals based on their origins, gender, religion, sexual orientation, age or income. Medicine shows us that we are all identical inside, and that one thing we all share in common, is **love**. Like love, medicine is patient, medicine is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Medicine does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, and always perseveres.

(Modified from the original verse “Love is patient, Love is kind” from the Corinthians 13:4-8)



Agata Dzwonek
MD 2017

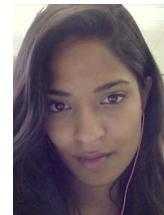


Catch

Acrylic

Beyond the molecular pathways, the anatomy, and the diagnosis. Beyond the hospital walls, the bedpan changes, and the IV drips.

We are all connected - whether you are patient, doctor, nurse, or caretaker. The art of medicine, and the art of life, is about truly being there for one another - catching each other, lifting each other up, and not letting go.



Bhavika Patel
MD 2016

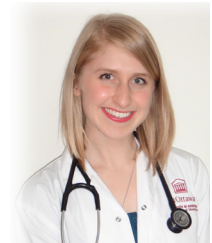


Pure Bride

Acrylic

This "Pure Bride", painted by Amanda Kelsall, a second year medical student, depicts the Bride of Christ entering into God's presence. Amanda whose name means worthy of love, knew she was loved by God and His pure love bubbled out of her, reaching all those she came in contact with. She connected with people and was already beginning to make a lasting impact in her medical profession by demonstrating her love for her best friend, Jesus, and knowing that one day He would come to take His "Pure Bride" home.

Amanda went home on January 5, 2014.



Amanda Kelsall
MD 2016

Thank you to Amanda's Family for this submission.

Special Thanks

We would like to thank the University of Ottawa Faculty of Medicine for funding this project. Special thanks to our advisors, Dr. Pippa Hall, Ms. Lynn Bloom, and Ms. Suzanne Valois for all of their invaluable help with planning. We would also like to acknowledge Dr. Gerri Frager and the Dalhousie Faculty of Medicine Students for inspiring us to create this booklet of submissions. Thank you to Ms. Lee-Anne Ufholz, Marlon Danilewitz, and the Arts in Medicine Interest group executive ('13) for their guidance.

