GRAPHIC MEDICINE: COMICS AS A SELF-CARE TOOL FOR UNDERGRADUATE STUDENTS

Brenda Fay
Aurora Health Care Libraries
WHAT IS GRAPHIC MEDICINE?

- "...refers to the use of graphic novels, comics, and visual storytelling in medical education, patient care, and other applications related to healthcare and the life sciences."

HOW I CAME TO TEACH THIS

Marquette's University Honors Program is designed for intellectually curious, academically engaged students who want to learn in a close-knit community of their peers at the heart of a vibrant research university. Its broadly based, interdisciplinary curriculum addresses our most pressing contemporary challenges with cutting-edge knowledge and research and the wisdom of centuries of Jesuit values and pedagogy. The University Honors Program offers an intense, individualized and experiential education by which students learn to become leaders—not just at Marquette and in their careers.

The UHP offers two ways to participate in Honors: Core Honors, in which students follow an Honors version of the Marquette Core Curriculum throughout their undergraduate career, and Disciplinary Honors.

Course Restrictions: Prereq: Admission to Marquette University Honors Program
Course Attributes: Honors Course
Class Notes: Full title: Graphic Medicine: Illness, disease, and health in comics
Delivery Method: 100% classroom-based
Grade Percentages: Not available at this time.
MY QUESTIONS

1. Does exposure to graphic medicine increase empathy among undergraduate students?
2. Does graphic medicine increase interest in health care careers?
Reading and interpreting comics; comic presentations

Talking with comic artists and practicing clinicians

Creating an original comic
THE CLASS

Reading and interpreting comics; comic presentations
This is a normal part of the process.

In fact, most people feel worse after treatment stops than they do during.

Smiles for the sick, for the dying, for herself.

You can expect to feel much worse next week, then about like you do now.

Whenever I'm at the end of my rope, you keep adding more rope....

It would've been nice to know that ahead of time.

Just wipe that big jack o'lantern grin off your face.

You're doing just fine!
WHO IS JACK KIRBY?

Born Aug. 26, 1917, Jacob Kurtzberg grew up in New York's Lower East Side the son of poor European Jewish Immigrants before he took the pen name Jack Kirby. Alongside partner Joe Simon, he created a patriotic hero who remains relevant to this day in Captain America. Comics #1 at Timely Comics (a company later known as Marvel) and had his first hit. Kirby’s style thrilled readers with dynamic action and characters that could barely be contained to their panels. He would return to Marvel in the early 1960s and usher in the Marvel Age of Comics with the creation of the Fantastic Four, the Avengers, Thor, the Hulk and dozens more. Kirby was inducted into the Eisner Awards Hall of Fame in 1987, its inaugural year. “The King” — as Stan Lee appropriately nicknamed him — continued to create stories and inspire admirers until his untimely passing in 1994. His work has inspired a generation of professional artists and modern writers who continue to explore his concepts and characters in film and television as well as in comics.

KIRBY CREATIONS

Learn more about some of the characters Jack Kirby had a hand in creating.

![Kirby Characters]
THE COMICS

Taking Turns
Stories from HIV/AIDS Care Unit 371
MK Czerwiec

Things homeowner park
When you're 29 and unemployed

My Degeneration
A Journey Through Parkinson's
Peter Dunlap-Shohl

The Bad Doctor
The Troubled Life and Times of Dr. Ivan James
Ian Williams

Marbles
Mania, Depression, Michelangelo, and Me
A Graphic Memoir by Ellen Forney
THE COMICS
THE CLASS

Talking with comic artists and practicing clinicians
Nicole P. Salvo, MD

Specialty: Obstetrics & Gynecology

Location: Women's Health Center
545 N 12th St
1st Fl
Milwaukee, WI 53233

Get Directions
Phone: 414-219-5800
Fax: 414-219-5712

myAurora Appointment Scheduler

Insurances Accepted

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JOSHUA KNOX, PA-C, MA

Physician Assistant Studies: Faculty: Josh Knox, PA-C, MA

Josh Knox received his B.S. in infectious disease research from the University of Wisconsin-Madison in 2000. Josh completed his medical degree at the Medical College of Wisconsin and practices emergency medicine at Marquette University. His clinical expertise includes gastroenterology, neurology, medicine, surgery, and psychiatry.

Mr. Knox is active in social justice and volunteer service for anti-violence organizations. His educational research interests include Jesuit pedagogy to PA education, health literacy and health equity, and he is a national educational grant writer and ambassador for the National PAs in Health Equity and Inclusion and the National PAs in Health Equity.

Clinical Assistant Professor
1700 Building, 006
(414) 288-8483
E-mail

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Trevor F. Hyde

Chair - Clinical Psychology
Faculty - Psychology Graduate
THE CLASS

Creating an original comic
A Lovely Saturday
By: Katherine Spencer

3rd Qtr., Penalty Kick

What a nice day for soccer!

Ouch! My hip just popped, it really hurts!

I think I broke something.

Just walk it off!

Next Day, Doctor's Office

Your muscle pulled off a piece of your hip when you kicked the ball, known as the iliac crest. So, you basically broke your hip.

No way!

X-ray

Way.

12 Weeks Later

I'm so glad this is finally healed!!!

Alright, let's get that cast off, and you can stop using crutches! You just need to do PT for another 4 weeks.

Way.
I'm sorry, Siri. It is against hospital policy to draw blood without consent. My patient is notpliant for their arrest!

I don't care about your dumb policy! Get me a blood sample or you will be arrested!

Ok, ad we're done! You are under arrest.

But...

PRESS CONFERENCE

We have suspended officer Payne from our blood draw program. We apologize for our use of force against a nurse just doing her job... we will work on training our disputes more.

1 WEEK LATER

Someone help me.

Mr. Johnson.

blah

blah

blah
How are you?

Yesterday 3:03 PM

I'm fine :) 3:04 PM

I'm going to sleep...
My appearance weighed heavily on my mind... my self-esteem and image were at the window. I was very negative.

Only to empty on the next instant...

The guilt of a binge caused me to skip meals, regardless of how much I binged after...

My stomach became a black hole.

Everything I lost meant nothing to me. It was never good enough.

I was weak...

My mind said no, but at the same time, both body and mind screamed yes.

I didn't eat much; I cut out anything I perceived as unhealthy, regardless of whether or not it truly was.

FOOD

Fats
Carbohydrates
Protein
Sweets
Sugars
Snacks

I step forward, 2 steps back

I am not good enough.
WHAT ABOUT THE
RESULTS?
MY QUESTIONS

1. Does exposure to graphic medicine increase empathy among undergraduate students?

2. Does graphic medicine increase interest in health care careers?
I AM CONSIDERING A CAREER AS A
1. Does exposure to graphic medicine increase empathy among undergraduate students?
2. Does graphic medicine increase interest in health care careers?
I HAVE EMPATHY FOR HEALTH CARE PROVIDERS AND/OR CAREGIVERS

- Pre
- Post
I AM FAMILIAR WITH THE UPS AND DOWNS OF BEING A HEALTHCARE PROVIDER
“I liked how personal and candid Dr. Salvo was about mental health and how healthcare providers take care of themselves.”

“Gave me a new perspective on medicine!”

“Liked the open discussion about lifestyle, mental health, and mistakes”
I HAVE EMPATHY FOR PEOPLE GOING THROUGH A HEALTH CARE CRISIS
“I learned a lot about mental illness and it actually inspired me to get counseling.”

“Creating a comic was very relaxing.”

“That graphic novels/comics aren’t just about superheroes, but also about struggles people are willing to share.”

“It’s cathartic to tell your story.”
HOW LIBRARIANS CAN MAKE AN IMPACT

- Build collections that tell patient and clinician stories
  - Graphic medicine book club kits (NNLM NER)
  - Graphicmedicine.org
  - Penn State University Press

**Topic: OCD/Doctor-as-Patient**

- **Title:** The Bad Doctor by Ian Williams (2015)
- **Description:** From the publisher... “Meet Dr. Iwan James: cyclist, doctor, would-be lover, former heavy metal fan, and, above all, human being. Weighed down by his responsibilities – from diagnosing personality disorders to deciding who can hold a gun license – he doubts his ability to make decisions about the lives of others when he may need more than a little help himself. Cartoonist and Doctor Ian Williams introduces us to Iwan’s troubled life as all humanity, it seems, passes through his surgery doors.”
- [OCD/Doctor-as-Patient Graphic Medicine Book Club Discussion Guide](#)
HOW LIBRARIANS CAN MAKE AN IMPACT

- Understand comics and graphic medicine are an important part of medical humanities and training clinicians
  - Annals of Internal Medicine: Annals Graphic Medicine series

HOW LIBRARIANS CAN MAKE AN IMPACT

- Encourage self-care and wellness in our students, clinicians, and fellow team members
  - Do what we are already good at: making connections, providing “safe” places, being helpers
“We spent an entire semester discussing comics and they weren’t the superhero kind! They actually were relatable to my life. I never expected this to happen.

It was such a unique experience and a really fun break from the bore of long classroom lectures.”
QUESTIONS?

Brenda Fay
brenda.fay@aurora.org
414-649-7347