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ART OF MEDICINE

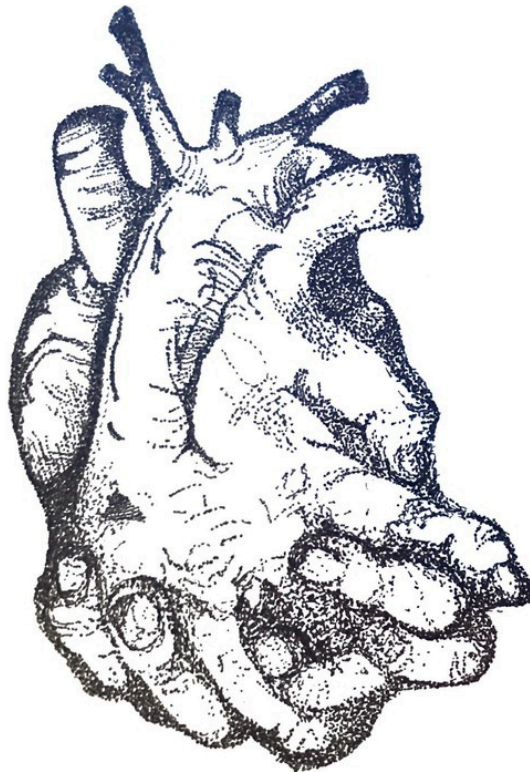
Patient Care, Self-Care

Cyril Patra, MPH

Abstract

This drawing considers how healers' abilities to help patients grow come from their partnerships with patients and from their capacity for self-care.

Figure. *The Heart and the Hands*



Media

Stabilo point 88 pen on Leuchtturm 1917 Whitelines Link smart notebook.

Caption

An anatomical heart represents clinicians' years of learning to respond to patients' illness and injury and to practice healing. Union of heart and hands remind us that, when **caring for an individual**, a healer must see the patient as a whole human person, not as a set of signs and symptoms. A healer's humanity must also be attended to with diligence and care. This drawing suggests holistic unity of both patients' and clinicians' wellness: hand in heart, heart in hand.

Cyril Patra, MPH is an eager learner with a passion for medicine, public health, scuba diving, traveling, and art. Her inspiration for medical illustration is from Frank H. Netter. She hopes to inspire seeing art in everyday moments.

Citation

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Conflict of Interest Disclosure

The author(s) had no conflicts of interest to disclose.

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