



# ANNOUNCEMENTS

## Masking Back in Effect

Starting October 28, UHN patients and visitors are required to wear masks when:

- Patients are receiving direct care
- Waiting in clinics and Emergency Department

## Interested in Accessing our Services?

Please complete a [self-referral form](#); our Nurse Coordinator is available on **Tuesdays** and **Thursdays** to do an initial intake!

## OHIP-Covered Psychotherapy (no referrals needed!)

Drs. Yu Fei Xia and Rebecca Shalansky are accepting patients for OHIP-covered psychotherapy sessions without referrals. Call the clinic to find out more!  
(416) 603-5263

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# ROADMAP TO CARE SERIES

The Artists' Health Centre and The AFC are teaming up to deliver a four-part series to provide information on navigating support services. Check them out below!



## ROADMAP TO CARE SERIES

- Series dates (all 1-2pm ET):
  - September 18, 2024 (Mental Health Services)
  - December 4, 2024 (Physical Health Services)
  - March 19, 2025 (Disability Services)
  - April 23, 2025 (Complementary Care Services)



- **Roadmap to Care Series** will cover a specific care category in each workshop, including mental health, physical health, disabilities, and more.
- This series is aimed at empowerment and connecting individuals with the services they need.

## More about The AFC

Through compassionate support, The AFC helps workers in Canada's performing arts and entertainment industry maintain their health, dignity, and ability to work. Learn more at [afchelps.ca](https://afchelps.ca).

# MEET OUR SCIENTIST

## Dr. Shelly-Anne Li



Dr. Shelly-Anne Li is the Program Director and Scientist for research and community engagement at the Artists' Health Centre. She is appointed as Assistant Professor in the Department of Family & Community Medicine, University of Toronto. At the Centre, Dr. Li develops and evaluates interventions and programs to improve artists' health, uses research to facilitate healthcare access, and translates research into practice through health professions education and community engagement.

### **Tell us more about what you do at the Centre.**

It's an honour to work alongside talented and passionate artists, practitioners, researchers, educators, trainees, and executive leaders, both locally and internationally, who share a vision of improving artists' health through research. These collaborations enable me to fulfill my role as Scientist and Program Director for Research and Community Engagement, where I set the direction and priorities for these two growing portfolios. At the clinic, I use research to evaluate existing practices and programs, then propose solutions for improvement. Globally, I collaborate with artists, scientists, and practitioners to advance research that enhances the health of artists worldwide.

### **What do you intend to achieve by building engagement with the arts community?**

We need to understand the needs of the arts communities before we can determine how to help. Part of this process involves fostering genuine relationships with them to help shape the research directions.

### **Can you tell us about the research studies you are currently working on?**

There's a lot going on! We recently received a grant from University of Toronto to use forum theatre to enhance resident physicians' empathetic communication with patients. We've also begun a systematic review to identify clinical care models and competency frameworks for practitioners who provide care to musicians. We're wrapping up another review examining how performing arts medicine as a discipline is translating research into practice.

### **What is the most rewarding aspect of working as a research scientist?**

The most rewarding aspect is seeing the research we conduct make a tangible and positive impact on artists' health. There's something incredibly practical and satisfying about identifying a problem, coming up with a solution, testing it to ensure it works; and the awesome feeling of hitting the jackpot when it does.



## Can you tell us the importance of having a clinic that conducts research on artists' health?

The Centre has the privilege of being part of Canada's top research hospital, which gives us access to resources that support the development of a sustainable research program with the potential to make an impact both locally and globally. By applying research methods to evaluate our work, we ensure that we're always striving for improvement.

## How do you decide on a research topic and how is it implemented into artists' care?

It's important to get the artists' perspectives and ask them what's been working well and what areas that need improvement. We then develop a plan to address the parts that don't work so well. Following that, we pilot the changes, gather feedback from artists (and practitioners if applicable), and make further iteration to improve.

For example, two years ago, we surveyed artists to find out if they wanted workshops, and what types they preferred. The response was very positive. Based on this feedback, we began offering workshops, and since then, we offered nearly 50 free workshops. What's incredible is that word spread and our workshops are now attended by artists from around the world. Currently, we are gathering feedback about these workshops to see what we can do to improve on our offerings. Research and implementation can be as straightforward as that.

## What motivated you to become a scientist?

I am definitely motivated by the 'why.' Science is one of the fields that drives the world forward, providing novel solutions to complex problems or making our lives better. Think of smartphones, airplanes, vaccines—you name it. There are scientists behind almost every innovation, and the impact can be global. I want to contribute to improving the world in this way.

Artists have so much to offer; they give their talent, time, and energy to make the world beautiful and uplifting. Yet, those outside the arts often underestimate the hours artists dedicate to their craft and the toll it takes on their body and mind. With research, I can help improve their well-being and advocate for their health. This motivates me because I am helping these talented individuals who make the world a better place for us all.



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Image source: <https://www.wallpaperflare.com/search?wallpaper=london>

# Global Reach: Artists' Health Centre Shares Research from London to Denver!

Dr. Li and her research team had a busy summer! In July, at the 42nd Performing Arts Medicine Association International Symposium held at University College London, Dr. Li led a workshop titled *Translating Research in Performing Arts Medicine: Effective Strategies for Applying Research to Practice*. It centered on introducing the community to knowledge translation and its crucial role in bridging the gap between research and practice. During the pre-conference activities hosted by Johns Hopkins University, she presented, *The Role of Knowledge Translation in Musicians' Health Advocacy*. Additionally, Dr. Li shared findings from her study, *Evaluating the Impact of an Artist-Centered Psychotherapy Training Elective in Family Medicine*. The event offered extensive engagement with an international community of performing arts medicine researchers, practitioners, and artists, fostering collaboration and knowledge exchange that will continue to shape and strengthen the field globally.

The momentum continued in September when Dr. Li presented at the 2024 Society for Implementation Research Collaboration Conference in Denver, Colorado. She shared her study, *Implementation Science in Performing Arts Medicine: A Scoping Review*, providing valuable insights into how implementation science can enhance the translation of research into practice within the performing arts medicine!



Dr. Li presenting at University College London, at pre-conference activity.

# ARTIST HEALTH TIPS

## How to Address Procrastination

Procrastination can be the result of perfectionism, intimidation of tasks, a fear of failure, etc which contributes to feelings of guilt and low self-confidence.

- Weigh the pros and cons of completing your work to find motivation
- Divide the work into small, manageable sections
- Make a comprehensive to-do list



## Tips for Improved Sleep

Sleep is important for cognition, immunity, and mood!

- Reduce your exposure to blue lights — it impairs sleep hormones
- Don't consume caffeine within 8 hours of your bedtime
- Avoid exercising right before bed as it increases alertness
- Keep your sleep schedule consistent



## Boost Your Immunity as Flu Season Emerges

- To maximize your body's ability to fight infections, eat foods rich in vitamin C
- Consider getting the flu vaccine at the beginning of November



# RESOURCES FOR ARTISTS

## Podcast: Artists in Depth



Reflect. Evaluate. Create.

Sponsored by Equity Showcase and hosted by Alan Powell, *Artists in Depth* podcast discusses about mental health in the artistic process. Now in its third season, the podcast has expanded to include educators, practitioners and researchers passionate about mental health in the actor's creative process. Fascinating discussions all around! To listen visit: [www.actor-care.com/podcast](http://www.actor-care.com/podcast) or subscribe on [Apple Podcasts](#) or [Spotify](#).

## Creativity Forever 24 - Chapter One

Annual conference with themes such techniques for maintaining artistic passion, benefits of mentorship, bridging of health and creativity, and more!

**Date and Time:** October 28, 2024 at 1PM - 3PM

CANADIAN  
ARTISTS  
NETWORK

Because Creativity Lives Forever



[SIGN UP HERE](#)



## Ongoing FREE virtual workshops by Toronto Western Family Health Team

Check out these free health workshops! They are offered on a monthly basis; most workshops are opened to all.

[SIGN UP HERE](#)



*Toronto Western*  
Family Health Team



# For More Information, Visit These Resources!

## Tips on Tackling Procrastination

1. Cherry, K. (2023, February 23). Top tips for overcoming procrastination. Verywell Mind. <https://www.verywellmind.com/tips-for-overcoming-procrastination-2795714>
2. Cleveland Clinic. (2024, July 2). Why you procrastinate and how to stop. <https://health.clevelandclinic.org/how-to-stop-procrastinating>

## Information on Sleep

1. Mawer, R. (n.d.). 15 proven tips to sleep better at night. Healthline. <https://www.healthline.com/nutrition/17-tips-to-sleep-better>
2. Mayo Foundation for Medical Education and Research. (2022, May 7). 6 steps to better sleep. Mayo Clinic. <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/sleep/art-20048379>

## How to Boost Immunity in the Fall

1. Page, S. (2019, September 30). 17 fall wellness tips to keep you healthy this season. <https://info.totalwellnesshealth.com/blog/fall-wellness-tips>