

Application of Creative Therapy in Medical Education

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ABSTRACT. *In this paper, the art elements are used in the teaching of clinical medical courses. The research breaks the conventional teaching mode of psychiatric nursing case to promote the students' learning enthusiasm with the mode that students like by using the method of film fragment introduction, PBL problem inspiration and music therapy, respectively. This method enables students to love clinical medical courses more, and consequently have a deeper subjective understanding of patients' symptoms. Moreover, it makes it easier for students to understand the psychological change process of psychiatric patients.*

KEYWORDS: *Creative Therapy, Art, Psychiatry*

Introduction

Teaching itself is a kind of art, which needs teachers to constantly understand in the classroom practice and in the process of interaction with students. However, in addition to the rich clinical experience, the teachers who teach the medical clinical course should also summarize the experience in clinical practice, and turn the complicated and boring academic theory into vivid and interesting cases to teach to students, which is the most difficult task. Psychiatric nursing is one of the required courses for nursing students. In view of the situation that the common people have to stay at home for a long time, cannot rework or is in a state of mass unemployment, the sharp decline of income level after the new crown epidemic situation that promote the urgent need for mental health professionals to guide, in addition to the current situation of mental health professionals in China, every mental health teacher should master certain teaching skills. The reasons for its technicality are as follows: first, it can arouse the students' enthusiasm in learning medical clinical courses; second, it can improve the students' interest in learning cases; third, it can promote the improvement of clinical course teaching quality. Therefore, every clinical course teacher should master and skillfully apply the technicality of teaching.

1. The Key Factor to Master the Art of Teaching is to Make Clear the Psychological Needs of the Teaching Object

At present, most of the students in nursing major are born after 2000, which is characterized by the rapid development of the Internet in the past 20 years. [1] Of course, smart phones are learning, entertainment and payment tools that students never leave. The author issues screenshots in student groups (the method is to send the screenshots of smart phone power consumption analysis at the time of class to the teacher's class punch in program by means of check-in). Through the comparative analysis of the data of the power consumption program of students' mobile phones and the power consumption time of each program, it is found that the power consumption time and power consumption of mobile phone from high to low are respectively games, short video, animation, chat / payment tools and online shopping software. The top three apps have one common feature: they have a combination of various art forms such as art/music/film art/editing technology, and they all have certain independent operation[2], which gives students space to imagine, play and control themselves. Some of the games are challenging and can be used as professional competitions[3], which students enjoy. Based on the psychological characteristics of the students born after 2000, we are required to design classroom teaching, in addition to emphasizing the nursing concept of clinical workers to students, we should also add art forms for students to choose to increase the interest and operability of the course[4].

2. How to Integrate Traditional PBL Teaching into Art Teaching

Problem-based learning (PBL) is the problem-based learning (PBL). This is a set of teaching methods for designing learning situations. It refers to the teaching methods of problem-based learning or project-based learning, which originated from the medical education in the 1950s. Based on the professional origin of this method, every clinical course educator should master its method. PBL teaching method is a problem-based teaching method, which is a student-centered teaching method based on the real world [5]. This method, like traditional teaching, first studies theoretical knowledge and then solves problems. Problem driven teaching method is a kind of learning method, which takes students as the main body, takes various problems in the professional field as the starting point, takes problems as the core to plan the learning content, and let students find solutions around problems. The role of teachers in this process is to ask questions, design courses and evaluate results. Problem driven teaching method can improve students' initiative in learning [6], improve students' participation in the teaching process, easily arouse students' desire for knowledge and activate their thinking. This kind of teaching method has higher requirements for teachers, and teachers must have strong ability of classroom control and guidance. The problem of PBL driving method is clinical cases. Of course, it can also be a work of art with clinical patients as the leading role[7].

In addition to professional ability, to integrate art into clinical practice, first of all, the teacher must be an art lover who is good at finding good works of art and

making them into content that can be used in classroom teaching[8]. The integration of art works is the most obvious way to integrate humanistic care into medical education. Although the fourth edition of "psychiatric nursing" published by the people's Health Publishing House in China is richer than the previous three editions which includes some contents such as learning guidance cases and scientific evidence, the point of view of telling medical records is still to look at all kinds of beings from the perspective of God. After ten years of clinical experience, as an attending physician, the author is very clear about what kind of way patients want to be treated equally. No matter clinical medicine teaching or nursing teaching, humanistic care spirit has been advocated for many years but never found a way to fall into practice. As a teacher, we need to add the content of humanistic care into the teaching. Taking Alzheimer's disease as an example, a mental disorder caused by encephalopathy in the first part of the second section of the fourth chapter of "psychiatric nursing" - organic mental disorders, the French Clay freeze frame animation "don't forget me" with unique artistic style is undoubtedly the most suitable for the content of this chapter. Alzheimer's disease is a progressive neurodegenerative disease. It is characterized by memory disorder, aphasia, loss of use, loss of recognition, impairment of visuospatial skills, executive dysfunction and personality and behavior changes. The etiology of Alzheimer's disease is unknown. Everyone has a different understanding of the world. In the eyes of romantic people, the world is full of flowers and encounters; in the eyes of gloomy people, the world is full of mud and miscellaneous water; so what is the world like in the eyes of Alzheimer's patients? In order to express the world in the eyes of Louis, a painter with Alzheimer's disease, the film adopts the form of clay freeze frame animation, and makes a lot of stylized exploration in visual expression and character creation. With the development and change of Louis' condition, we can see in the film that the style of clay has changed a lot correspondingly, and these are the real projections of the characters' hearts. Only when we understand the inner world of patients can we take more appropriate solutions. Therefore, this film is far better than simply recording the documentary or film works of Alzheimer's patients from the perspective of onlookers. It can be used as a classic case of PBL driven teaching.

3. How to Use Art Teaching in Clinical Treatment Intervention Technology

At present, the treatment of psychiatric diseases in China is mainly based on traditional drug therapy and rehabilitation physical therapy[9]. However, in developed countries such as Europe and the United States[10], music therapy has been implemented for more than 60 years since the 1940s. It has been gradually implemented in pension, rehabilitation, psychiatry and special education schools. Since 1980s, music therapy technology has been introduced in China. But up to now, the major is still in the initial stage, no matter from employment or clinical application. The main reason is that in the early stage, the music therapy colleges and universities are all art colleges and universities. The graduates of music therapy major want to find a stable job in a large hospital with rehabilitation center. But from 2019, the music therapy colleges and Universities Taking the Capital Medical University as an example, in its affiliated hospital, the rehabilitation music therapy

center was set up first, laying a corresponding employment path for the students of music therapy major in their own school. At present, in China, the music therapy industry is leading in technology, and the leading equipment are all higher medical institutions with three affiliated hospitals. The scope of music therapy design mostly belongs to sunrise industries, such as mental health, special education, etc., so the introduction of music therapy art into clinical practice will be a promising direction for the development of mental health.

Taking Alzheimer's disease as an example, the most obvious feature of the disease is irreversible progressive memory loss, which starts from forgetting near things, gradually spreads to forgetting far things, starts from forgetting how to use daily necessities, spreads to living without self-care, and needs close care of family members or nursing workers. From the onset to the death of patients, the interval is 8-10 years. The probability of Alzheimer's disease in China is increasing every year. The probability of Alzheimer's disease above 80 years old is close to 20%, and most of them have family genetic history. Through the clinical observation of patients with Alzheimer's disease, the author found that music therapy can significantly delay the memory decline of patients with early memory decline, and it can also have a remarkable effect on some patients with Alzheimer's disease who have motor aphasia. Specifically, as a case, the nursing students are instructed to choose diseases according to the patients' past history, personal life history, family history, marriage and childbearing history. The familiar music in people's distant memory is used to intervene the process of memory decline in patients with the disease by playing or accompanying.

4. Add Pop Art Elements to Classroom Teaching

Before each class, we will send out questionnaires to the students, investigate the types of music forms or picture arts that the students like, analyze all kinds of art forms that the students like, let the students have the right to choose and decide the art elements they use in class, and then integrate the knowledge points or clinical nursing work points into the different types of songs that you choose in the way of lyrics To facilitate memory. This way of teaching is very popular with students. Students feel that they are respected by teachers, their initiative in learning is improved, and their participation is also improved. What's more, students think that this way of teaching is rich in humanistic quality and humanistic care spirit, which can be applied to clinical nursing work in the future.

To sum up, it is a new way to integrate art into the medical clinical course in the boring professional academic field, which can be used for reference by the clinical workers and special educators who are fond of art and have high humanistic quality in their daily work, and add a joy of life to their work.

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