

Medical Humanities Seems as a Necessity Lost in Medical Sciences

Alireza Atarodi¹ and Ahmadreza Atarodi^{2*}

¹Assistant Professor of Knowledge and Information Science and Science, School of Paramedical Sciences and Research Center for Social Development and Health Promotion Research Center, Gonabad University of Medical Sciences, Gonabad, Iran

²Medical Student, School of Medicine, Student of Research Committee, Gonabad University of Medical Sciences, Gonabad, Iran

***Corresponding Author:** Ahmadreza Atarodi, Medical Student, School of Medicine, Student of Research Committee, Gonabad University of Medical Sciences, Gonabad, Iran.

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Abstract

Introduction: Medical major more than knowledge and science it needs, should pay attention to something that can foster its practice and is important for better act that is humanities, may somehow lost in the said field. We conducted the subject of medical humanities seems as a necessity lost in medical sciences in the present study.

Methods: In this survey the related literature on the web with proper keywords emerged from the subject were searched from 5 to 6 data websites for the size of articles results on the field and Journal titles published. The responses of people on the Web space based on a question on humanity was also qualitatively analyzed.

Results: There were many article found and searched in different data web sites on the field and there were more than 600 Journal titles published on humanities and related keywords on the said 5 Websites. Pubmed.gov had about 2000 Articles and 2 Journal titles on "medical humanities" but 15 on "humanity" keyword alone.

Conclusion: Humanity is significant mostly in medical major, so that we are dealing with people as human. People as patients refer to a medical field to get any help and then should be helped and cared through knowledge, science, skill and humanity qualifications even important with most priority. It should be considered and be a concern of all being responsible.

Keywords: Medical; Humanity; Medical Humanities; Medical Sciences; Health Humanities; Health

Introduction

All majors and sciences fields are important in the world since we are living as its all creatures. Humans, animals or even plants and fishes as another group of living creatures have been given the right to be alive and live, as their creator has given them the living right freely. People and humans are so-called as the best creature since they are thinking, speaking and can develop and promote the environment around them through thinking and experience. Medical majors are so important with higher properties rather than other majors and fields because they are involved with human beings life and health living and for this duty to care, cure and save people and humanity from birth to death, so it seems necessary to consider humanity. Human needs humanity to be a human first and to be cured next and this claim that humanity is the base of humanity living and living as human and even needed for all other living creatures and at last but not the least microorganisms living is also significant and should be considered, as well. Medical Humanities (MH) major is an interdisciplinary, humanities-based major using a cultural and historical context to explore scientific inquiry and the roots of medicine. This major is ideal for students who plan to pursue health and health related fields which includes the humanities (philosophy, ethics, history, comparative literature and religion), social science (psychology, sociology, anthropology, cultural studies, health geography) and the arts (literature, theater, film, and visual arts) and their application to medical education and practice [1].

The medical humanities were organized, beginning in the late 1960s, by a small group of people who shared a critique of medical education and a commitment to vigorous action to change it. They proposed to create several demonstration programs in humanities education at American schools [2].

Now, why humanities major is important and effective in medicine? Some research results claim that by integrating humanities into the medical school curriculum, future physicians will be better equipped to understand, assess and treat their patients as they interact with the complete person and the culture, family and living situations unique to that individual, rather than just considering the patients as victims of illness [3].

Some may ask how a physician can visit and transcribe a patient without any patience and tolerance as some properties of humanity. The humanities also can improve students' tolerance for ambiguity; they improve reflective skills and improve self-awareness. These qualities are particularly relevant to the role of medical professional and person. The humanities help us understand others through their languages, histories and cultures. Humanities students build skills in writing and critical reading.

The humanities encourage us to think creatively. They teach us to reason about being human and to ask questions about our world [4].

Medical humanities or biomedical humanities emphasizes the human side of health care, examining it through humanities disciplines including literature, history, and philosophy. This helps liberal arts students learn how to think deeply and critically about some of the most important aspects of health care, including: patient experiences, the complex realities of aging and death, how racism, sexism, ageism, and ableism affect individuals' access to and experience of health care [5].

Medical Humanities strives to understand what it means to be human, and to explore how we experience health, illness, and health-care. They enable us to search for meaning, stimulate sensitivity, develop clinical empathy, uncover insights, reduce suffering, and create a humanistic clinical experience. Therefore, being a medical doctor is really great. It's stimulating and interesting. Medical doctors have a significant degree of autonomy over their schedules and time [6].

Medical students and junior doctors do not set out to practice medicine without using both heart and head-cognition and feeling and imagination too; however, their practice of medicine becomes often inadvertently distorted. One would hope that a medical education would produce a sensibility shaping the close noticing that is required for effective diagnosis, a sensitivity shaping caring relationship with patients, colleagues and an imagination that derives innovation in practice. However, as noted above, the reality is that medical education too often works in the opposite direction, production insensibility, insensitivity and stifling creativity [7].

As it is understood from the researches results it is a crisis in health care to have trouble with the loss of empathy among medical fields since empathy and compassion seem essential. If there is no empathic connections and those are broken between patients and doctors, both of them and some others related to will suffer and a good care will not be presented. Something should be of the first priority to understand the patients as human in need of humanity first to have a good and success treatment and cure at final and reach the goal. It is not acceptable to admit patients only and do some order and transcription as a prescription, interpret tests, formulate treatment plans for them and discharge the patients as soon as possible may within the same shift. Physicians should know and believe that they get to help people solve problems every day. A good physician is to be compassion, warm, hardworking, ethical, tiredlessness, try to dedicate her/his personal life to the patients, professionalism, Knowledge, confidence and humility, kind and really a doctor and these should be taught and learnt to them from childhood at home to schools and universities all over.

Osther (2020) claims that, I've seen firsthand the valuable role that the humanities can play in public health. More than a decade after finishing my Ph.D in American studies, I went back to school to pursue a master of public health degree. I was motivated by something I had observed through my own research: a huge gap between public health as an applied practice and public health as an object of historical and theoretical work in the humanities. Public health fieldworkers, for the most part, weren't reading humanities research, and humanities scholars weren't focused on the current demands of health communication. As a result, neither side was benefiting from the expertise of the other, nor common causes were going unrecognized. But research in the medical humanities has long shown that health cannot be attained and illness cannot be vanquished through biomedical or technical interventions alone [8].

According to the above texts, then it seems necessary to consider humanities in medical major as something lost and if it is found and come to the fact, it can be effective in this field and area, since people as human needs something more than pure treatment, and a physician. Any one responsible in medical sciences should believe that human health is wider or more comprehensive and needs more consideration and concern. We are to survey that medical humanities (MH) seems as a necessity lost in medical sciences and it should be believed deeply to have its best impact on human being life and reduce costs by speeding up cure and saving lives more easily.

Methods

In this present survey, the necessary articles and resources were surveyed for relevant topics such as the medical humanities and its impact on this field. Then, through reviewing and using keywords related to it and on the other hand by searching for related articles in this field after reviewing texts and literature related with the subject, the necessary resources were selected to be studied for the research process. For searching the literature 5 data websites were searched through the keywords related to the subject in free search and phrasal search (Quotation searching, “Keyword”). Data websites were also searched for the Journals with the same or related Topics of Humanities, Medical humanities and Health humanities and Health and Medical Humanities with combined form and then compared together. The results were also written in the proper tables in the result section. Since, I am working in a university of medical sciences and involved in the field through several years of working and watching to consider the practices and I felt as a concern to have some impact, as far as possible, on the ideas and the beliefs being active in the area as somebody coming from humanity major to the said field, I wished to find a way to enter and inject some humanities properties that I thought it was lost and there was as a gap here and if be such so a better and more effective practice will be current and conducted, however we live in a religious society and most of the religion precepts matter for us. I thought, generally, that all majors when are pure may have not those effect mostly when considering human beings as they are human. Then, as another part, some people through the web who were asked on the same field and subject were surveyed for their responses qualitatively to be somehow deep in the subject and find a way to get more help from humanities abilities in medical sciences for a better conclusion in acts and practices all creatures need.

Results

What is Medical Humanities and is it really important for medical field, education, treatment, cares and all staffs involved in this majors? We will go through our experiences and within the context of the literatures available in the Web space on the topic, through a Lens to survey the public responses toward the related questions of the people around the world with different beliefs and ideas, Journal Topics, and the related articles in some related Websites as well.

Now, the numbers of related articles published and disseminated and Journals titles on Humanities, in general, in 5 data websites are as the followings: table 1 shows the items related to them.

Keywords Data Websites (Free and phrasal Search)	Humanities Articles	Humanities Journals
www.google.com	197000000	51
Scholar.google.com	4940000	-
Nopa (research.ac.ir)	-	67
Pubmed.gov (PMC)	111338	15
Sciencedirect.com	51324	3
Ulrich Web (Global Serials directory)	-	476
Total	197162662	612

Table 1: The frequency distribution of humanities related articles and journals titles searched in data websites (up to 07/07/2020).

Table 1 shows that all data websites have considered the point and have published some related articles and this topic seems necessary for them. All of the websites have Journals with the same title or topic. Each Journal has published in average 322000 articles or pages in the world on the same or related subject. Scholar.google.com has near 5000000 PDF articles on the subject.

Then, we surveyed medical and health humanities as it is our mostly concern here and in 2 ways of free and phrasal searching (Quotation searching). We found the following results in the same data websites. Table 2 shows the results as the followings.

Keywords Data Websites (Free and phrasal Search)	Medical Humanities	"Medical Humanities"	Health Humanities	"Health Humanities"	Health and Medical Humanities	"Health and Medical Humanities"
www.google.com	205000000	1400000	181000000	219000	178000000	523000
Scholar.google.com	2800000	38600	3320000	2890	2390000	120
Pubmed.gov (PMC)	15586	1986	85559	150	70907	0
Sciencedirect.com	15932	1601	19114	94	10510	7
Scopus.com	54374	12440	69177	422	38659	17
Total	233085892	1454627	184424673	222556	180510076	523144

Table 2: The frequency distribution of health and medical humanities related articles results searched in data websites (up to 07/07/2020).

Table 2 shows that all data websites have some related articles and this topic seems necessary for them, as well. Google website has the most articles on medical humanities than humanities alone in his site, but science direct.com has more articles related to the subject in general humanities (51324) than medical humanities (15932) since, it is not a pure medical sciences site and basically a social sciences one. Scholar.google.com has published more articles of general humanities than medical humanities, and more than Scopus in size, as well.

The number of the Journals published and current in the field was important for us and as we searched them we found the following results as written in table 3. Then, table 3 shows the numbers of Journals Titles in different data websites for the related field.

Keywords Data Websites (Free and phrasal Search)	Medical Humanities Journals	"Medical Humanities Journals"	Health Humanities Journals	"Health Humanities Journals"	Health and Medical Humanities Journals	"Health and Medical Humanities Journals"
www.google.com	51	51	12	12	21	21
Nopa (research.ac.ir)	6	5	0	0	0	0
Pubmed.gov (PMC)	3	2	1	0	0	0
Sciencedirect.com	0	0	0	0	0	0
Ulrich Web (Global Serials directory)	6913	14	9244	0	103456	0
Total	7585	72	9257	12	103477	21

Table 3: The frequency distribution of health and medical humanities-related journals titles searched in data websites (up to 07/07/2020).

Table 3 covers the Journals titles related to the Medical and health humanities or a mix of both. Since, Google.com is more comprehensive covers more titles than the other sites and then Nopa, an Iranian English website, can be more useful. As Ulrich is a data base for Just Serials can be more used to search only the Titles of the related Journals. Science direct showed no Journal Titles for medical field there.

At the above tables, there are many articles available in different data websites and Journals involving the field of humanities in general and in medical major with a concern to make the practice milder and more effective dealing mostly with alive and thoughtful creature, human kind, something that is felt today more necessary for this area as it is shown and speak out in individuals views through the Web, emerged out from a question as the following.

David H. Koch asked a question on “what does it mean to be human?” in Smithsonian national museum of national history website (<https://humanorigins.si.edu>) and received some different responses, some are as the followings: © Copyright Smithsonian Institution: Site Last Updated: July 2, 2020.

“To be human is to choose to care about another of our species and those of other species. It is to love and to be loved”. Ann Bartok-Venetis - Ann Bartok-Venetis, Toronto, Canada.

“It means that you fully realize you aren’t the only sentient person here and that you recognize everyone deserves compassion”. Dillon Vaughan - Dillon Vaughan, Madras, Oregon.

“To be human is to be in control of your decisions and your emotions. One is to be able feel empathy and sympathy when needed most”. Jasmin Ramos - Jasmin Ramos, Dallas.

“To be a human means that to be an image of God. To be a human also means that human has the dominion over other creatures”. (Genesis 1:26-18) James - James, South Carolina.

“It means to know exactly the limits in a society and community we live in. would behave as we wanted others to behave to us”. (Most of us) Ahmad Ansari, Iran. Arak.

“An emphasis on the humanities in medical school trains future doctors to become proficient in the social and cultural context of health care”. ANGIRA PATELMAY 23, 2018.

The above matters were some issues of some people saying freely their ideas on humanity and how to be human based on the above question [9].

Most of the majors have spoken on humanity in their writings, literature and documents that one of the most are the poets such as an Iranian famous poet, Sa’adi that has confirmed humanity as valuable in life. In a beautifully emotive poem called Bani Adam (human kind), drafted in the 13th century, the Persian-Muslim polymath Sa’adi used what can be employed as an analogy to our current challenge in order to visualize this common constitution of humanity. It reads: Human beings are members of a whole, in creation of one essence and soul. If one member is afflicted with pain, other members uneasy will remain. If you have no sympathy for human pain, the name of human you cannot retain [10].

These are all results claiming on human and humanities qualities being effective positively on life and living not only for human kind but also for animals and all creatures to living environment.

Discussion

As we know the world is changing and speeded up by technology mostly in medical fields, physician and medical staffs are inevitably working with these technology to help their patients and sometimes, the said technology or machineries, can make a gap between two people as human, I mean care givers and the patients, and this may bring some difficulties and problems for the patients or even care givers that need something to fill the gap. Now, this is the question that what is that? It seems, the humanities that can be lost somewhere.

As Wald and his colleagues (2017) from Mann claim that, within the sea of change in science and medicine, there has been increasing recognition that core elements of physicianship are anchored in the arts and humanities including forming deeper connection with patients, maintaining joy and meaning in medicine, and developing empathy and resilience [11].

As Wald points to empathy and resilience in the world of technology that seems true and as a fact, then Social Resilience is the psychological strength and power in a society to help the people mostly at risk to be improved and empowered enough to cope with faced challenges, disasters, and disease outbreak and to be able to tolerate more and be at good hands of resiliency and resilient medical workers to feel safer when in pain [12].

Dhaliwal (2020) spoke of Communication that is taken for granted since we all learn to talk and write in childhood, and it is expected that our skills will improve with time and with practice; however, communication in medicine is complex and nuanced, and deserves attention. For the communication to be effective, the provider must take into consideration the 'history' of the patient, the 'language' he understands, his 'cultural' and 'religious' background, and his 'human' dimensions. The provider, thus, has to come from a position of humanity; otherwise, the communication stands the risk of becoming meaningless and irrelevant to the patient's context, besides evoking patient dissatisfaction with care [13]. As Dhaliwal insist on communication, it is important to have and establish a communication between physician and any medical staffs and patients for deep understanding of the problem s/he has and to make a good confidence between both sides.

Medical humanities programs are becoming increasingly common all over the world. They use methods, concepts, and content from one or more of the humanities disciplines; employ these methods to create more self-aware and humane practitioners; and are interdisciplinary in nature. Recently, the term "health humanities" has been put forward as being more encompassing and promoting multidisciplinary and interdisciplinary inquiry [14].

Crowford, *et al.* (2020) reviews and critiques literature related to the evolution of the medical humanities as an academic discipline and its contribution to healthcare provision. They argue that despite considerable advances in the field of medical humanities, needs have been identified for a more inclusive, outward-facing and applied discipline. These needs can be met in the form of what they call it the Health Humanities, which both embrace interdisciplinarity and engage with the contributions of those marginalized from the medical humanities, for example, allied health professionals, nurses, patients and carers. It is argued that there is a need for new thinking to develop the discipline of health humanities, to develop, provide and share research, expertise, training and education [15].

Many of those who would reform medical education believe that a genuine understanding of the human condition can be gained only through introducing studies of the arts and humanities into the curriculum. This is the only way, they argue, and that the medical ethos can be humanized from its current mechanistic and inward looking state [16]. As the scientists claim that humanities is an effective necessity in medical major then one way to conduct the idea is to put it in the current curriculum of medical education to make it more humanistic out of its mechanistic state, in this way it may be a step forward to more success. This idea of Kirklin is in consistent with our aim.

Gordon (2005) says that medical humanities are concerned with "the science of the human", and bring the perspectives of disciplines such as history, philosophy, literature, art and music to understanding health, illness and medicine. The medical humanities are designed to overcome the separation of clinical care from the "human sciences" and to foster interdisciplinary teaching and research to optimize patient [17]. As Gordon says, medical humanities stands for other majors and fields and it needs them such as history to warn people of the history and the experience he has got and lessons taught, philosophy to bring logic and reasons for confirming humanity as a necessity in life and bring forward that know the philosophy of life and living is humanity. Literature that he has pointed to remind us that literature can tell us of many things and experiences and the stories of human kind through times and can also make life fine and pure, kind and may romantic when needed with art and music to refresh mind and body as well. According to Wong (2012) Literature, for instance, challenges readers to see the world from the perspective of another person and develop empathy for the characters [18]. Humanities exposure

can arguably benefit patients by making better doctors and it may also be beneficial for the individual physician. In this era of increasing dissatisfaction within the medical profession, a doctor also needs the tools to develop and nurture her own humanity, so that she can continue her work, healthy in mind and body. Patients deserve a doctor who is thoughtful, professional, compassionate, understanding, humble, collaborative, wise, and knowledgeable. And while there are many factors in the development of a physician, humanities education is one important avenue toward making better doctors [19]. Apart from all dependencies and science, we are human and human kind is in joy and happy more when observe human qualifications and brotherhood from his/her own type and when humanity is eminent that all that items of humanity is flourished and come to act to change a cold situation to a warm one and finally make a paradise for a person or patient. Then we need wisdom to reach to self-actualization, a stage after information, knowledge, and science that needs the practical state of knowledge and Science and taking any help from art power when they are used as it should be based on hearth and head [20].

If we want to continue considering the practice of medicine as an art based on scientific knowledge, then humanities should continue be integrated in a doctors' education and training. With the modern advancement of science and technology however, as well as the expansion of robots and computers in medicine, the art part of medicine will undoubtedly be diminished but still patients will require empathy and from their physicians. So, incorporating the humanities in the training of a doctor is essential if we are to produce doctors with an understanding of the human condition that is doctors who can understand a patient's suffering [21]. All the technology, art, knowledge and science of today should be at the service of human health, humanity, safety, good living, relief, human love living, cooperation, participation, sharing, peace, freedom, comprehensive communication, nations friendship, calmness, improvement, Joy, happiness to overcome all that are against the human and humanity loss. Then, understanding the patients' pain and trying to relieve it anyway is the most aim of us to be performed that is in accordance with the results of other related researches results as Rachel presented.

By incorporating humanities into medicine, we allow physicians to direct and express their fears, stress, and hopes in a secure arena. With such potential, medical schools are growing increasingly aware of the importance of incorporating humanities into the curriculum [22]. A Physician with open hand and bosom based on having humanity and with habited good qualifications may exactly more accept and help a patient to relieve anxiety and tension s/he has, since a human is more attracted toward someone who has the said properties and goodnesses.

If we accept that medicine is an interpretive science and that the most reliable patient with clear-cut symptoms is a potentially uncertain field of knowledge, then it follows that attention must be given to patients' cultural, social, and family contexts. This allows a more nuanced interpretation of the patients' narratives, the meaning they attribute to their experiences, their values, and their beliefs, and it helps to ensure a successful therapeutic relationship. Medical humanities provide anthropological, historical, and literary tools that allow us to use the underlying cultural context to identify the range of possible interpretations of a given situation. Our work in medicine often exposes us to the darker side of human existence. On virtually every shift we get exposed to the seamy underbelly of life. There is homelessness, drug addiction, abuse, neglect, trauma, and lots for our psyche to absorb. This is to say nothing of the strokes, pneumonias, heart attacks, fractures, miscarriages, and more common daily woes that plague our species. Keeping a humane outlook amidst all this is indeed a difficult job, but that's what humanism in medicine is all about! [23].

As all the researchers here believe in humanism and humanity mostly in medical major and field and they insist that humanity can be effective on health and people living state and is important that may be vital for a patient, we also in the present research confirm the idea and it is in consistent with our results that we follow here in. As one of the American Critics says: "To most physicians, my illness is a routine incident in their rounds, while for me it's the crisis of my life. I would feel better if I had a doctor who at least perceived this incongruity". Anatole Broyard (Former New York Times critic) [24].

Something that needs at first humanity and then skills, understood from Broyard saying, a doctor or physician who is not tired in spite of much work and look at an ill person as a routine, referring usually to him and may will come again or another one tomorrow as illness

victims and not considered human. As the Critic criticize the state, he need somebody first to solve his problem he is faced with as a crisis not to blink as a victim and every day habit for a doctor. All these should be discussed more for finding the fact that human and humanity stands on a high place and may higher than others in life.

Conclusion

The value of human and humanities in the medical profession is clear to all and multi-faceted. The major and field of medicine and medical sciences is responsible for providing medical knowledge with attention and care based on humanity [25]. If medical profession try to include humanities in its educational program and consider it important to be as a concern for the said major in their practice and profession, it will have an opportunity to improve and develop practical skills valuable and put its best into practice and also will be able to flourish human qualifications in which patients can feel safe, be relax without any stress and anxiety and hopeful to come to hospital and doctors and other medical staffs to be cured. Paying attention and training the arts and humanities can provide and foster listening skills, cultural sensitivity, ethics, empathy, and ends in humanism and let people to have a good concept of human and humanism and watch and see the world from another's view to learn tolerance and resiliency and to be more aware of the best use of human qualifications and properties for making a better world. Pure science is not alone the way out for humanity and may not be able to run the planet in its good running order and let it to orbit in humanity axe. Now, a new look seems to be considered and of importance to provide what the world of medicine and medical major needs to make its efforts more acceptable and effective with more emphasize on medical affairs and practices mostly involved with human health. The men of the fields and those responsible for it should pay more attention to find the ways out of the problems and challenges we and the planet is faced with for now and ever to make a healthy society.

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