**Research Assessment #7**

**Date:** November 15, 2018

**Subject:** Why We Need More Poetry in Palliative Care

**Citation:**

“Why we need more poetry in palliative care” *BMJ supportive & palliative care*vol. 8,3 (2018):

266-270.

**Assessment:**

 For my eighth research assessment, I decided to read about the benefit of poetry in the world. Specifically, I looked at the benefits of implementing poetry in palliative care. Palliative care is a multidisciplinary approach to specialized medical and nursing care for people with life-limiting illnesses. Personally, I have never heard of this or thought about this perspective, but I was intrigued when I saw that someone had conducted an official study on poetry used as therapy to help a patient cope with their situation. I used poetry as a form of therapy when I had depression and still use it to keep my mental health in check, but it felt really nice to read that others use words to cope with their demons the way I do with mine. Something I found funny from the article was when it mentioned that people like to write poetry more than read it, and a magazine mentioned that even though they published “bad science” publishing “bad poetry would really be a new departure”. I understand what that person meant, since there truly is some horrid poetry in the world, but I think that good and bad are totally subjective and if writing makes a person happy there is going to certainly be at least one person in the world who appreciates that.

 As I read on, the paper went into detail to relate how vulnerable poetry is and how it helps put a person’s feelings into words. I agree with this, because strange metaphors and detailed imagery can sometimes be the only way to express what is on a person’s mind. I think it is very interesting that things I have thought about creative writing and literature are things that have been scientifically researched and proven to be true. It feels like I have really found my calling and naturally possess the right knowledge I need to be a successful writer. This newly gained knowledge will help me in my independent study because it gives me the confidence I need to take more risks and put myself out there. This year feels different because I am happier knowing I am pursuing the career for me, and knowing that my future job has the ability to change so many lives only makes me want to pursue it more. This paper made me consider restructuring my study for my original work. I was thinking as I conduct my experiment with stream of consciousness I might add an element of either short fiction or poetry writing so that I can see how different conditions affect not only stream of consciousness but also something that takes true brain power to conceive. I think my results would be much more interesting that way.

 Ultimately, I am really looking forward to find out more about the uses of poetry and other types of creative writing as therapy and more. A lot of people like to say that it is a useless hobby but the more I research the more I understand that creative writing is very important and can do many things for a person, whether it is helping them find meaning, create meaning, or explore meaning.