

ONCODAILY MEDICAL JOURNAL

abstract

The Art of Healing with Children Diagnosed with Cancer and their Families

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DOI: 10.69690/ODMJ-018-0425-2972



**7th Emirates Pediatric
Hematology & Oncology
Conference**

Emirates Pediatric Hematology and Oncology Conference,
2025, Abu Dhabi, UAE



The Art of Healing with Children Diagnosed with Cancer and their Families

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Introduction: Children diagnosed with cancer face psychosocial challenges during their treatment journey. Based on their experiences Dr. Elewah and Mrs. Zimms decided to collaborate to offer an innovative approach for children diagnosed with cancer and their families. Dr. Elewah Founder of Art2Care Program, has been working with 3000 children and their families at Borg Al Arab University Hospital Cancer Children Center since 2019. Mrs. Zimms has been working with the Children's Cancer Center and the Hispanic Services Council in programs for over 1,000 children and families in Florida, USA since 2015.

Objective is to learn about the Expressive Tangling (ET) art program, know the Zentangle™ Art (ZAM) Method (eight-steps), who benefits from the ZAM, who teaches the method and its application in Arts in Health, to understand the evidenced based research and studies of the ZAM, to exercise a one-minute interactive experiential ZAM.

Methodology: Participants shall learn about ET program. It combines Expressive Arts and the ZAM eight step art method that includes the following: gratitude, corner dots, connect the dots, create a string, create and repeat a pattern, shade, sign/date art. Miriam and Manale shall share brief stories using ZA at the Children's Cancer Center in Tampa, FL, USA and Borg Al Arab University Hospital in Alexandria, Egypt.

Results: Introducing Zentangle in the Early Years of Childhood Development: The project examined the educational benefits of ZAM for young children. Two case study findings showed that ZAM supported the development of children's fine motor skills and enriched their language experience through the accommodation of cultural and linguistic diversity. A Mindfulness Exercise Findings: Oncology nurses' well-being, socialization, anxiety, fatigue, secondary traumatic stress levels, and stress levels improved significantly.

The emotions children face while dealing with cancer include surprise, confusion, sadness, fear, anger, and uncertainty. They also can feel alone, have pain and see body changes (loss of hair, severe weight gain or loss, loss of limbs) happening that they do not understand. Speakers shall demonstrate how ZAM assist children with expressing these emotions and feeling through a meditative visual art form, sound/music, writing, movement/dance or drama/theatre to let go and experience ways to focus away from these issues using these expressive art tools and resources.

Conclusion: Zentangle art can have many benefits, including: Stress reduction, improved focus, increased creativity, improved mindfulness, improved sleep, improved eye/hand coordination.