

## Logic Model

### Outcomes

- Tight-Knit added as a supportive care class on O’Neal Cancer Center website
- Cancer patients, survivors, and caregivers gained a new community of support

### Outputs

- 30 meetings
- 22 total participants
  - 1 participant attended 28 sessions
  - 11 participants joined 3+ sessions

### Activities

- Weekly 2-hour knitting groups for cancer patients, survivors, caregivers, and volunteers
- Creating starter kits for participants

### Inputs

- Donations of supplies from community members
- Volunteers to assist with knitting instruction
- Flier distribution for participant recruitment
- Meeting space provided by Cancer Center

## Introduction

Chronically ill patients can be unequally impacted by a lack of social and community context, and by a lack of coping mechanisms during their illness and recovery. Studies have shown that higher levels of distress in cancer patients is associated with a lower survival rate, indicating a need for intervention to help individuals cope<sup>1</sup>. Engaging in arts encourages self-expression and stress reduction, while also serving as a welcome distraction during treatment and beyond. I created Tight-Knit, a weekly knitting group for cancer patients, survivors, and caregivers, to use art to both improve participants’ wellbeing while also creating a community of support.

### TIGHT-KNIT KNITTING GROUP

Tight-Knit is a new knitting group open to all patients with cancer at UAB Medicine. The group is led by UAB Heersink School of Medicine student Sarika Mullapudi and volunteers from Blazing Hooks and Needles. No knitting experience is required. Join us to learn a new craft and build a new support community.

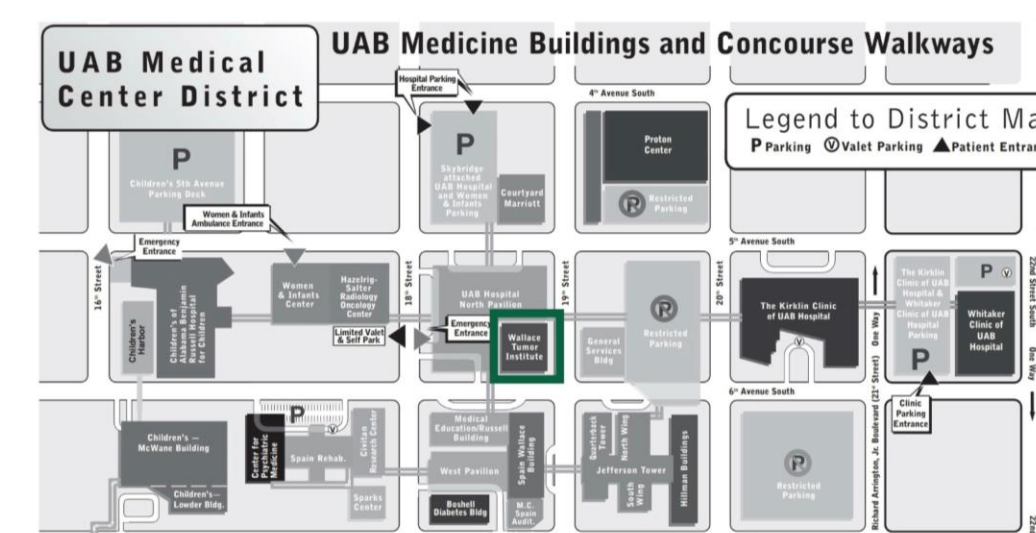
Supplies and instruction will be provided. However, if you already have yarn, needles, or projects that you are working on, feel free to bring them. Participants will be able to knit items such as scarves, blankets, and hats, which they may keep or donate to hospital patients.



**Mondays, 3-5 p.m.**  
**Wallace Tumor Institute, Room 101**  
**Free parking in the 4th Avenue deck. Enter near the corner of 18th Street South and 4th Avenue South. Bring your ticket to have it validated.**

Questions?  
Call 281-954-1158  
or email  
skmullap@uab.edu

Support provided by:  
**UABarts**  
UAB ARTS IN MEDICINE



**O’NEAL** COMPREHENSIVE CANCER CENTER      **UAB** MEDICINE

Recruitment Flier

## Impact

By joining Tight-Knit, participants gained a new skill that they could use as a coping tool throughout their treatment and beyond. For example, participants brought their knitting projects to their chemotherapy infusion treatments to serve as a distraction.

Tight-Knit will continue to be offered so long as there is an interest from participants. The project will be continued by volunteers of UAB Blazing Hooks and Needles knitting group.

## Critical Assessment

Social and Community context are an important social determinant of health that are often overlooked. Not every patient is guaranteed a community of support throughout their journey – so my project, Tight-Knit, sought to create one by using arts as a means of connection. Hearing participants’ journeys emphasized a need for holistic care and how projects such as Tight-Knit have a role in filling that gap. Furthermore, my project taught me that there is an ongoing need to connect patients to supportive care services, which is something that I will continue to advocate for beyond my ASF fellowship year.



## Acknowledgements

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## References

