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On the Cover: This month’s cover image is entitled *Hands*. It was created by Nicholas Hooper, MD. According to Dr. Hooper, “Since the time of Hippocrates, hands have been associated with the physician. The laying on of hands were thought to have the power to heal. In this sculpture, two hands are seen with left hand placed over right in a gesture of asking or receiving. This gesture is commonly used by people in need. This is also the form used to receive the sacrament of communion in the Catholic religion. These hands can be viewed from two perspectives: as someone else’s hands gesturing toward the viewer or as those of the viewer. The hands imply a need that is wanting to be filled and the person being gestured toward has the sense of obligation to fulfill that need. In the doctor-patient relationship, these hands are commonly attributed to the patient and the needs are often well-defined. However, when seen as those of the physician, the needs become less clear. These are more often emotional than physical. These manifest as a result of constantly being a provider while ignoring their own personal needs. The emotional toll on physicians results in a suicide rate that is more than twice the general population. This is exacerbated by a culture in medicine where physicians feel the need to hide mistakes and minimize their own inadequacies.”

The image is part of *Expressions of Clinician Well-Being*, a nationwide art project conducted by the National Academy of Medicine (NAM), a nonprofit research organization in Washington, DC. The Academy called on artists of all skills and abilities to express what clinician burnout and clinician resilience/well-being looks, sounds, and feels like to them. The purpose was to promote greater awareness and understanding of barriers to clinician well-being—and solutions that promise a brighter future. To learn more about the project, visit nam.edu/ExpressClinicianWellBeing.