



National Centre for Arts and Health

Tallaght Hospital

www.artshealthwellbeing.ie

A SNAPSHOT OF THE ARTS PROGRAMME AT THE NATIONAL CENTRE FOR ARTS AND HEALTH (NCAH)

REVIEW OF PATIENT ACTIVITY FEBRUARY – APRIL 2014

INTRODUCTION

The NCAH conducted a review of the hospital arts programme for patients during a 3 month period from February - April 2014. This report outlines the number of patients receiving the service, the range of patient groups availing of the programme and examples and case studies of benefit. It also reports on an evaluation by patients.

CLINICAL AREAS AND RANGE OF PROGRAMMES

Weekly bedside or group art sessions are offered in the following departments/wards: Maguire and Webb ward, Charlie O'Toole Day Hospital, Oncology Day Ward, Renal Dialysis Unit, Palliative Care, Haematology, Psychiatry, St Luke's hospital service and to self referrals from patients or their families.

Live music sessions are offered on Webb ward and Charlie O'Toole Day Hospital as well as in the hospital atrium.

Children's art sessions are offered weekly in OPD and A&E Waiting rooms, Diabetes team (NCH) and to in-patients (music for babies and art therapy for young adults) through the play department.

STATISTICS

Total number of patients who received visual art or music sessions at the bedside or in group sessions in hospital:

February 2014:	510
March 2014:	538
April 2014:	526

*Estimation, based on these figures, is that 5246 patients benefit from the arts service in the hospital per year.

EVALUATION RESULTS

Twenty four adult patients receiving the bedside art programme completed anonymous surveys between February and April 2014¹. Results are presented below:

¹ Survey was designed by Palliative Care team and adapted for use by the arts service.

1. Please answer the following questions (yes/no)

Question	Yes N=24 (%)	No n=24 (%)	No answer N=24 (%)
Have you ever been offered art/music making in hospital before?	11 (46)	12 (50)	1 (4)
Was there a different treatment you would prefer to have had?	0 (0)	23 (96)	1 (4)
Would you like to attend for further sessions?	21 (88)	1 (4)	2 (8)
Would you recommend art or music -making to other patients?	24 (100)	0 (0)	0 (0)
Should therapeutic art or music sessions be made widely available to patients in the hospital?	24 (100)	0 (0)	0 (0)

2. Where did you receive your art session?

6 bed ward area or shared area in Oncology Day Ward or Dialysis Unit	18 (75%)
Single room on ward	1 (4%)
Private room off the ward	4 (17%)
No answer	1 (4%)

3. Please rate the following items from (1) not good to (5) excellent

Item	(1) Not good	(2)	(3)	(4)	(5) Excellent	No answer
Location ²	1	2	4	7	7 (29%)	3
Privacy ³	4	3	3	8	4 (17%)	2
Materials available	0	0	3	5	15 (63%)	1
Communication with the patient	1	0	0	6	17 (71%)	0
Attitude of the Artist /Musician (Confident, Relaxed)	0	0	0	0	24 (100%)	0
How helpful did you find the session?	0	0	2	3	18 (75%)	1

Comments from Patients:

I hadn't painted in years and this gave me the opportunity to try again. I hope to continue painting when discharged.

I think it's a very good idea for helping patients; I would like music as well as art when I'm getting my treatment.

I have not done art for over 30 years, not since school and I thoroughly enjoyed it. I'm disabled so it's something I can do without moving around. It helped me very much to relax while in hospital, took my mind off my problems while I concentrated on the art.

It's not something I would have thought of before, but having experienced it I would do it again. I found art very interesting, especially the mixing of colours. It is relaxing and once involved one is consumed. It can be abstract and real – can be intriguing but interesting.

² There was a strong link between satisfaction with the privacy and location of the session and those in private rooms. Many in shared rooms felt less satisfied with the location and privacy of the sessions. A quiet, private space is recommended on each ward to enable such sessions to be carried out more satisfactorily.

³ See note 2

CASE STUDIES

During the three month evaluation, artists working on the wards were asked to submit examples of sessions where they felt patients particularly benefited from the art sessions. Here follow six examples:

1. 'M' Adult patient on Maguire Ward

M is a long term in-patient who takes part in weekly art sessions. On this particular day, her son was visiting her and he encouraged her to take part. He helped her complete a landscape watercolour which they both really enjoyed doing together. She put the painting up on the wall behind her bed along with the other lovely small paintings she has completed while in hospital. She doesn't always feel like participating but I continue to visit her anyway.

2. 'J' Ten year old boy in OPD

J was delighted with the art service every time he came to OPD. Today was his last appointment. His parent said that J is always happy to go to hospital for his check ups as he always leaves with 'some cool new art piece' that he has made. Today he left a flamingo drawing for us as his parting gift.

3. Children in A&E

An incredibly shy brother and sister came in, they gradually got involved in art making and they were fully engaged while they waited. Two brothers then came in, who were full of energy and very loud! We put sheets of paper on a blackboard and they had so much fun creating Jackson Pollock style works, it kept them occupied until they went to the doctor – without this activity I could see them possibly creating problems due to their high energy levels.

4. 'F' Patient on Oncology Day Ward and then Webb ward

I first met up with F on the Oncology Day ward but she was also an inpatient for a short while on Webb ward. F was very enthusiastic about the art sessions. She had never done any art before and was willing to give it a go. The first painting she completed on the Oncology Day ward used vibrant colours and she was very pleased with the finished piece. I think the session and resulting finished artwork gave her a great sense of having achieved something creative and worthwhile.

F is from Africa and her daughter still lives there, so she took a photograph with her phone of her finished picture and sent it to her daughter. Her daughter was delighted for her and posted the image on Face book showing people what her mum was doing while having chemotherapy. I think the art sessions have not just helped F to take her mind off her treatment and her illness, as well as her loneliness for her family in Africa, but have also eased her daughter's mind by knowing that her mother is enjoying her art sessions and is being creative while going through her treatment. F continues to take part in the art sessions in the Oncology Day ward every second week while receiving treatment.

5. 'T' Renal Dialysis Unit

T benefited greatly from the service. He passed away 2 weeks ago. He was always eager to make a small drawing, even when it was difficult because his hands were shaking. He made Christmas cards for his family and staff in the unit. I believe he greatly benefitted from the sessions as he found it difficult to relax when propped up in bed; it distracted him from his illness. He was not able to read so passing time on dialysis was difficult for him. He really enjoyed the time he spent doing the art. His last painting was a sketch of a cottage. He was

going to paint it but sadly never got time. His family used another of his paintings at his funeral service.

6. 'S' St Lukes service

S is awaiting placement in a long term care facility. She has some mental health difficulties and a medical diagnosis which presents challenging behaviours. For some of her stay she was placed in a single room which she stated 'left her feeling alone with just the television for company'. She engaged enthusiastically with the art programme, suggesting her own ideas and planning the next session. She has completed two watercolours of flowers, a Valentines card (proudly given to her family!) and a small landscape sketch. She insists that each piece of work is displayed in her room.

Acknowledgements

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For more information on this or any of the arts services in the hospital please visit www.artshealthwellbeing.ie or contact Hilary Moss Tel 01 414 2076 Email: hilary.moss@amnch.ie

