

“By Heart”

how an art project improved patient and nurse experiences on an acute cardiac ward

Georgia Headley and Jen Codee CNEs – Ward 2D Royal Hobart Hospital





“Art has the ability to touch us deeply and profoundly, in our most vulnerable moments. It serves as a focal point in the environment that we are confined in, which can offer an emotional escape. We are often quick to dismiss such a minute part of the environment, yet, when the patient scans around his or her surroundings, it is this focal point that often the eyes, and the mind, rest upon. It is important to make this rest restorative.”

(Hathorn, 2008)



Inscape is a Hobart based not-for-profit organisation that supports patients, their families and hospital staff by providing access to inspiring and inclusive arts initiatives within Tasmanian hospitals.



Ward 2D



CARDIOTHORACIC &
CARDIOLOGY UNIT AT
THE ROYAL HOBART
HOSPITAL



DEDICATED AND
HIGHLY SKILLED
TEAM OF NURSES,
DOCTORS, ALLIED
HEALTH AND
SUPPORT STAFF
CARING FOR PEOPLE
WITH HEART
CONDITIONS



IT IS A VERY
BUSY ACUTE
CARE SETTING



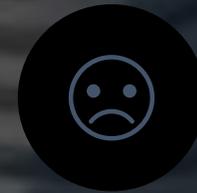
An art project on 2D....Why?



No natural light



Challenging physical layout



Low staff morale



Emotionally difficult year for staff





“Benefits for nurses in settings where arts programmes are in place include increased engagement and well-being, decreased stress and improved nurse-patient communication and relations. Nurses can also experience increased satisfaction with care provision when they see the benefits for patients” (Ford et al. 2018).

Evidence



IMPROVED CLINICAL
OUTCOMES FOR
PATIENTS



POSITIVE PATIENT
EXPERIENCE



INCREASED STAFF
SATISFACTION

Desired outcomes



CREATE A CULTURE
OF WELLBEING
AMONGST STAFF



FOSTER PATIENT-
CENTRED CARE



ENLIVEN THE SPACE



February – early December 2019

An information flyer and in-services

Inscape's art trolley available to the ward for 5 week pilot

CNE's were the first point of contact for referrals and ward clinical climate

Installation hopefully by the end of the year

BY HEART. Make anything you like to creatively express what you know by heart

The art trolley has heaps of materials you can use to make whatever you want to.

What do you know BY HEART?

- Your backyard
- The view from your front room
- Your child's sense of humour
- The back of your hand
- A song
- A recipe
- A memory of friendship
- An event
- A joke
- A 'quote'
- An aroma
- A feeling

IT COULD BE ANYTHING

Draw, paint in acrylic or water colour, collage, take a photo, write a poem; song or prose, print, pastel, sew, glue and so on.....

JUST ENJOY AND HAVE SOME FUN !

If you like, we can photograph what you do and print in on foam core and display it with other artwork at the entrance corridor to ward 2D with the idea to brighten it up.

If not, no worries!



Music:

- Pop-ups did not work
- Bedside visits much more successful

*“The intervention of music reduces the perception and physiological consequences of pain and anxiety in adult patients admitted to hospital. It also contributes to an increase in satisfaction with the quality of care received.”
(Taylor-Piliae, 2002)*



Participatory Art-making:

- Challenged staff comfort zones
- Some staff felt out of the loop
- Demanding workload
- Other priorities for patient care
- But....lots of positive stories



Yvonne

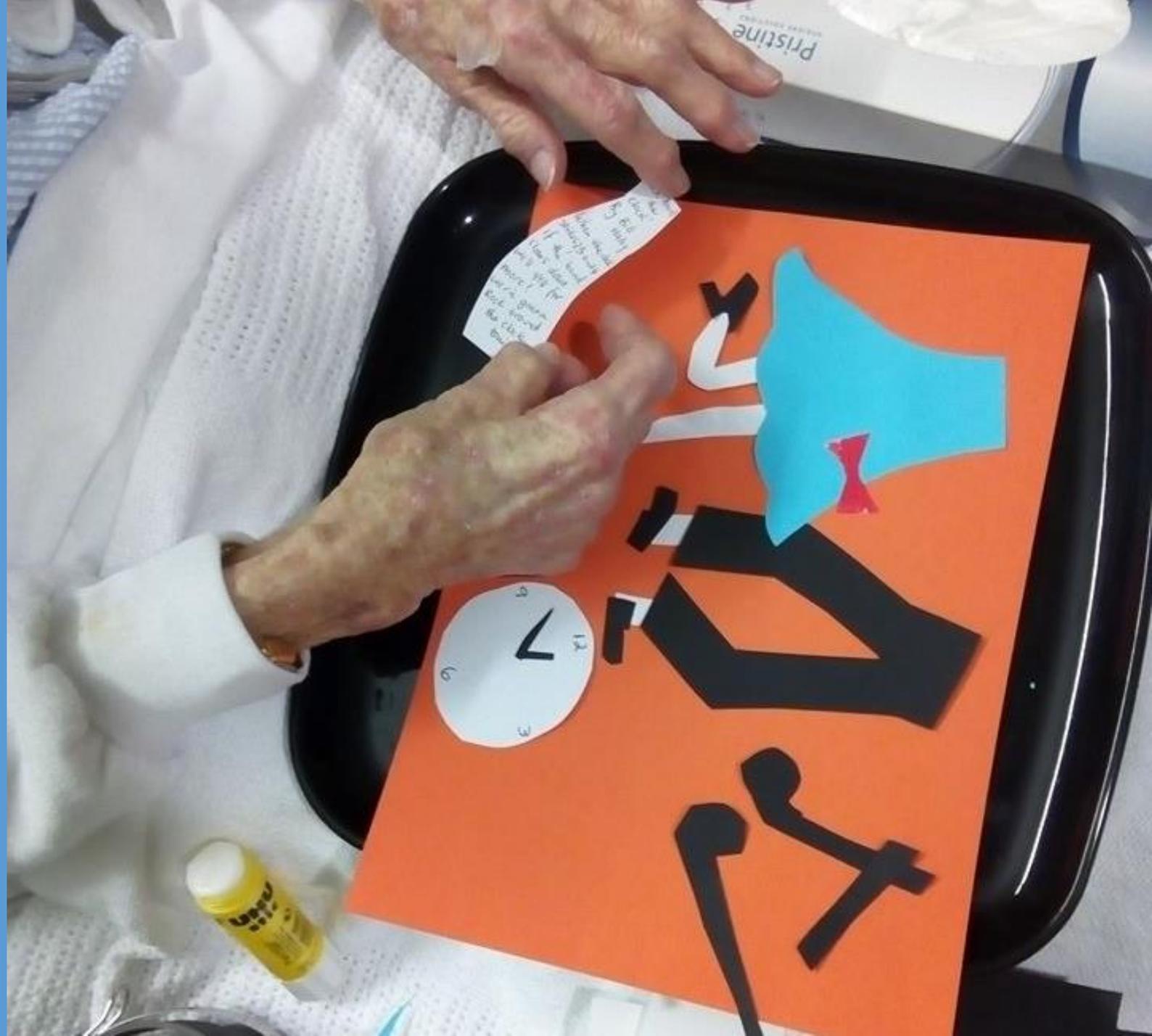
- Yvonne, 85, was inspired by her love for rock and roll style dancing.
- "She and her late husband Don, would dance and twist in each other's arms and it is a memory she treasures dearly.

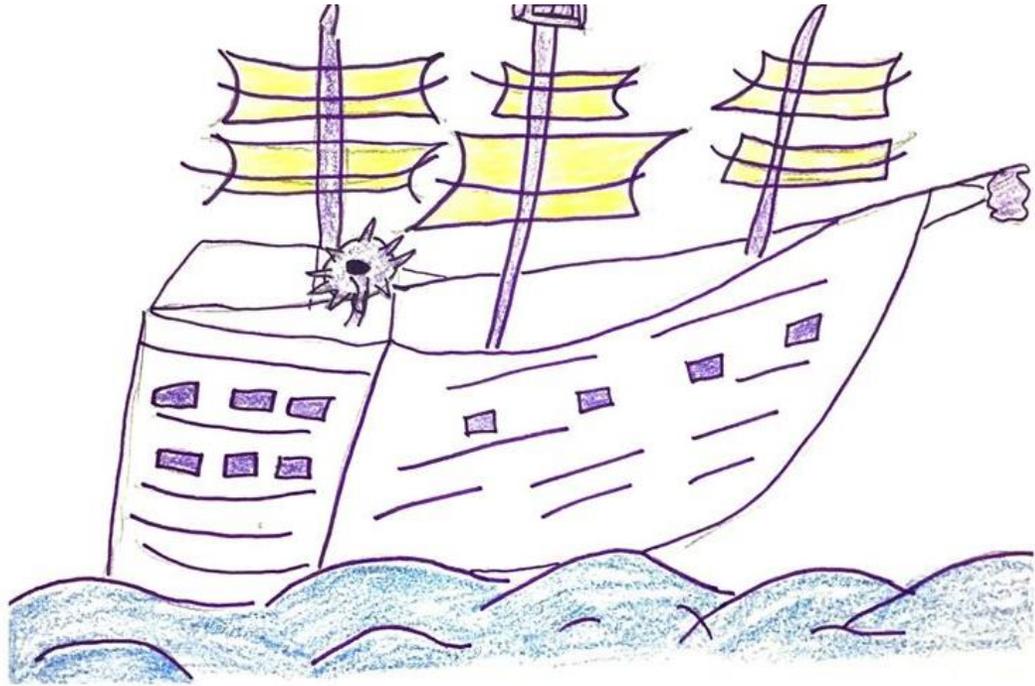


Yvonne chose colours and images, shapes and symbols to recreate this memory in collage form that were cut out by Jacqui. She then arranged and glued them in place herself.



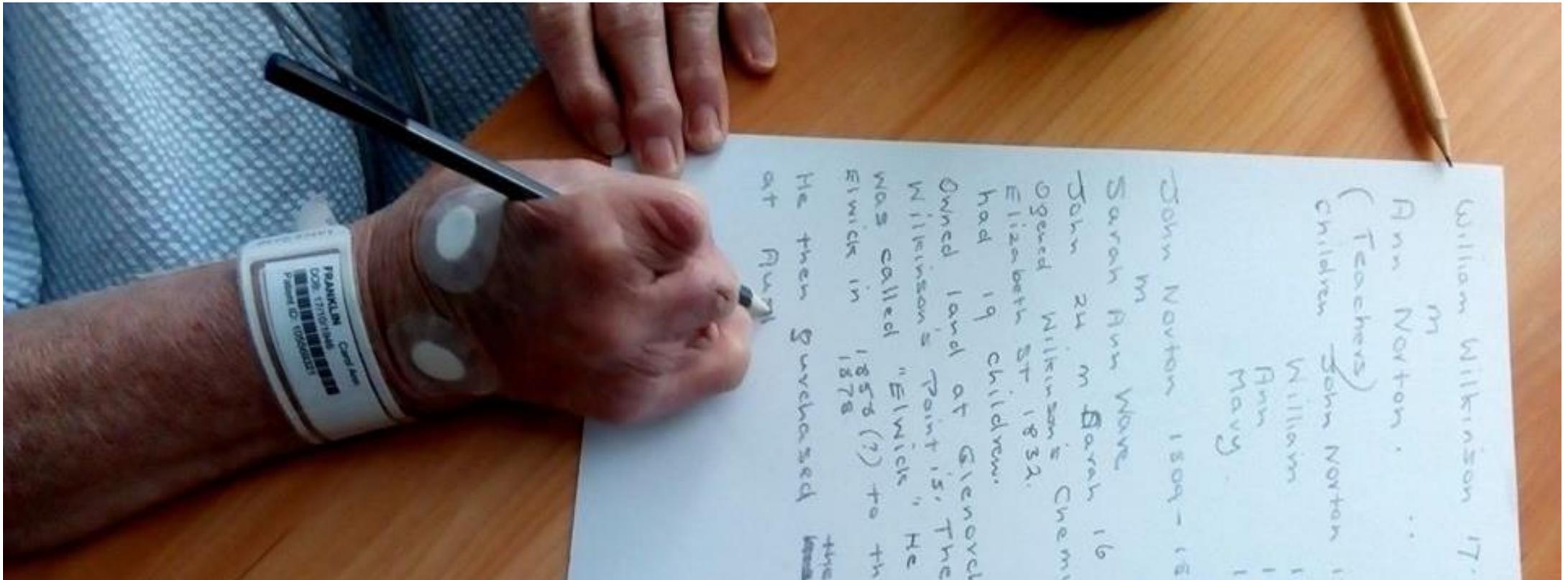
“Time has flown, I really enjoyed doing this, lovely memories” (Yvonne)





Carol

Carol loves history, it is something close to her heart. From an early age Carol could draw a Spanish galleon and she drew this from memory during her stay on 2D.



“Thank you for the joy you all gave me when on 2D” - Carol

- She knows the chorus to ‘We are Family’ and can write out parts of her family tree from memory.

Steve

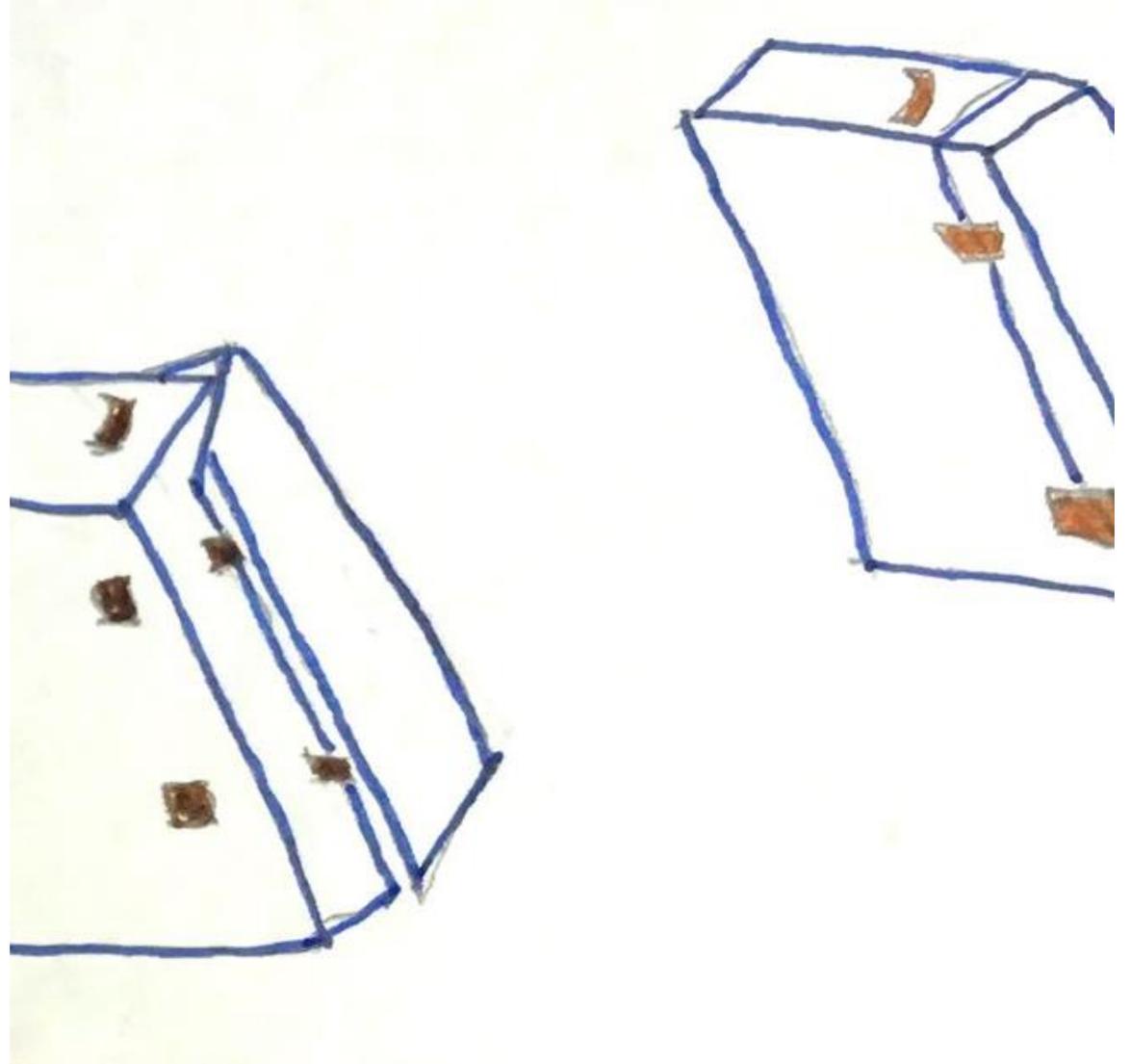
“It has taken my mind off the news (medical) I got”



John

John moved around a lot as a child and knows the inside of a suitcase by heart.

“Not many people here ask about my artwork, They don’t know I do it” – (John)



John has generously
donated some of his
photographs for the 2D
art installation





Nurses' experience:

“Yvonne’s story made me realise she was a real human with a history which has given me more compassion for my patients”
(Attending Registered Nurse)

“They (patients) were singing by the end of the session, the atmosphere was changed”
(Attending Registered Nurse)

“We will use the art-making and music like a script (prescription); I can see my patient’s mood has been boosted” (Attending Registered Nurse)

Barriers

*Further
consultation/approval/education
required from staff*

*The intense acute ward
environment is demanding for
staff and makes artists feel they
are in the way*

Lack of ongoing funding



What's next....

- Art installation
- Window art



Thankyou!

References

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