

THE ARTS AND DEMENTIA CARE IN ACUTE HOSPITALS



Supported using public funding by
**ARTS COUNCIL
ENGLAND**



At any point a quarter of all acute hospital beds are in use by people with dementia and improving their care in hospital continues to be a national level strategic priority. The South West standards for Dementia Care in Hospital were developed in response to the many concerns expressed about poor quality care experienced by people with a dementia when they are in hospital. Three of the standards are particularly relevant to the projects showcased in this leaflet. They are:

- People with a dementia are assured respect, dignity and appropriate care
- The hospital and ward environment is dementia-friendly
- Appropriate training and workforce development are in place to promote and enhance the care of people with dementia and their carers/families

The arts and dementia care in acute hospitals project brought together nursing staff and arts coordinators in six hospitals in the South West in an action learning set. Staff shared experiences, ideas and information. Evaluation of the projects was led by Dr Marian Naidoo from Bath University.

Each hospital delivered arts activities for patients including storytelling, music, reminiscence and dance. In one hospital, Royal Devon and Exeter NHS Foundation Trust, the focus was on the hospital environment and the creation of a dementia garden as part of a larger capital project funded by the Department of Health.

The hospitals involved in the project were:

Dorset County Hospital NHS
Foundation Trust

Royal Devon and Exeter NHS
Foundation Trust

Royal United Hospital Bath NHS
Trust

Salisbury District Hospital NHS
Foundation Trust

Taunton and Somerset NHS
Foundation Trust

Yeovil District Hospital NHS
Foundation Trust

From this project we have a rich resource of ideas and experiences that will be used to develop a digital resource for other hospitals to use. There is an online community of practice that is open to anyone interested in contributing to discussions and learning more about the resource. You can find out more here:

www.ahsw.org.uk/ArtsDementia

The project was managed by Arts & Health South West and funded through the organisation's core funding (Arts Council) and a specific grant from the Rayne Foundation. We are very grateful for the support of the participating hospitals.

Arts & Health South West (AHSW) is an information, support and advocacy organisation for people who believe in the value of creativity in enhancing people's health and wellbeing. We are a free membership organisation **www.ahsw.org.uk**. AHSW represents the South West region in the National Alliance for Arts, Health and Wellbeing **www.artshealthandwellbeing.org.uk**

DORSET COUNTY HOSPITAL NHS FOUNDATION TRUST

A Right Old Song and Dance

A Right Old Song and Dance involved a storyteller and musician working with patients with dementia while they were staying on Barnes Ward, Dorset County Hospital. The project was funded by a grant from Awards for All. Artist/musicians Sammy Hurden and Tim Laycock delivered 32 one and a half hour sessions of music, storytelling or conversation over a period of 3½ months in 2013. The project was evaluated through a mixture of reflective journals by the project team and a survey of staff, with input from volunteers and carers.



Key findings were:

- The patient experience of their hospital stay was enhanced, patients were generally more relaxed and increased their mental, social and physical activity during and after sessions.
- This activity improved nutritional intake, sleep patterns and encouraged physical exercise.
- Staff empathy for patients was enhanced and there was increased knowledge and insight into the patients' history and personal narratives for both staff and carers, potentially impacting on care outside the hospital.
- Overall staff believed that the outcomes of the project were positive and that the programme should be continued – the challenge is to sustain this involvement over longer periods of time.

Left: Tim Laycock and Sammy Hurden

Photo by
Alex Murdin

Contact
Alex Murdin
Arts Coordinator, Arts in Hospital
alexander.murdin@dchft.nhs.uk

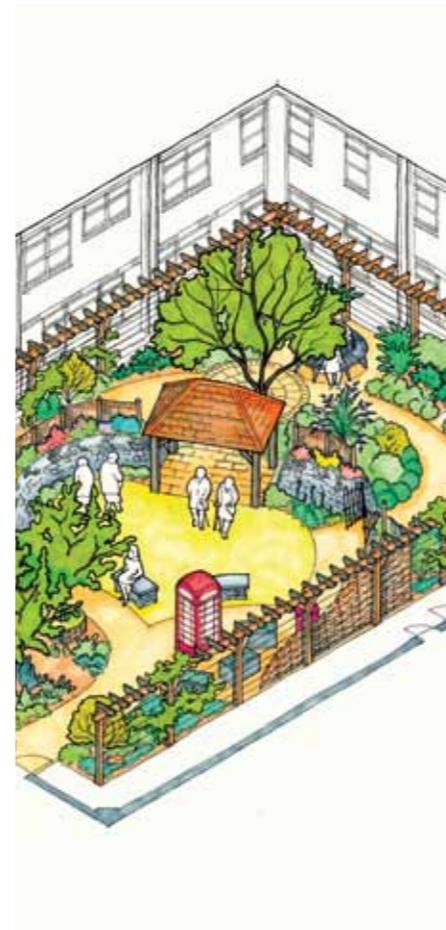
Download the full evaluation at
www.dchft.nhs.uk/about/arts.html

arts
IN HOSPITAL

Dorset County Hospital **NHS**
NHS Foundation Trust

ROYAL DEVON AND EXETER NHS FOUNDATION TRUST

Creating environments to aid care



Projects to create environments to aid care at the Royal Devon & Exeter Hospital

December 2012 – December 2013

In December 2012 Exeter Healthcare Arts led the first stage bid to the Department of Health's 'Improving the environment of care for people with Dementia' £50 million fund. In March/April the Trust was invited to move to second stage in the bid process by submitting more detailed proposals. In August the Department of Health confirmed that the bid was approved and financial structures were put in place for budget and procurement control. Once the capital funding was confirmed detailed design began in earnest. The key design elements were fixed in August 2013:

- Meandering circular walking route based on a ginkgo tree leaf, within a landscape inspired by the village green concept
- Pavilion to provide shelter and performance 'stage'
- Potting shed to hold hand tools with 'lean to' space for sensory experience via a 'Cabinet of Scents'
- All weather 'green' to enable drama, dance and musical performances
- Raised planting beds to allow patients to garden and generally 'dibble about'
- Post box to receive cards worked on by patients within arts led ward projects and including relation and friends comments on care on the ward
- Water feature with safe water circulation and grill, plus seating

Left: Devon Garden illustration by Toby Buckland

Contact
Stephen Pettet-Smith
Design Coordinator, Exeter Health Care Arts
stephen.pettet-smith@nhs.net
www.rdehospital.nhs.uk/patients/services/arts/

- Fixed seating with incised date and picture timeline to allow visual and tactile 'reading' by patients to prompt dialogue
- Informal seating 'musical chairs' with integrated programmable sound system to relay time specific popular songs and music
- Restored Phone Box with programmable sound system delivering recordings of inspiring stories and testimony of Exeter and Devon voiced by actors

Completed Design

The completed design holds true to the initial design concepts and has been enhanced by the consultation process. The retention of audio delivery systems and the scent project and post box will 'future proof' the scheme to be fed by patient activity and other arts projects.

The Journey from Ward to Garden

The concept for improving the environment at 'front of house' i.e. the ward entrance and the journey from ward to garden is agreed. The journey will consist of the walk from ward entrance to the lift or stairs for the more able. In the past staff and physiotherapists have taken patients from the ward to the adjacent exhibition space which is programmed bearing this in mind.

The project however is specifically designed to present images showing national and local events and depiction of places and people during the last 60 to 100 years. These are to be printed on wipe clean panels and positioned at intervals along the journey to aid and encourage patients to walk for exercise and mind stimulation. The lift will also be transformed using the same palette of images and materials.

Health Care Arts
Royal Devon and Exeter NHS Foundation Trust

ROYAL UNITED HOSPITAL BATH NHS TRUST

Live music and reminiscence workshops



Under the Art at the Heart umbrella, Soundbite brings a varied programme of live music and creative activities to patients, staff and visitors at the Royal United Hospital in Bath, Somerset. The aim of the Soundbite programme is to improve wellbeing and overall patient experience for older patients, in particular those with dementia. In February 2013 Soundbite music coordinator, Rosie Mead, led a 5 week pilot study as part of her Master's Degree in Music Psychology. The specific objectives were to:

1. Explore the effects of musical interventions on agitated behaviours displayed by patients with dementia.
2. Examine the effects of live music on mood and anxiety of patients with dementia.
3. Investigate the effects that live music can have on sleep patterns of patients with dementia.
4. Evaluate the agitation, anxiety and mood scales as an objective measure with a view to using them in a larger randomised control trial (RCT).

Evidence was gathered through a mixed method approach:

- Cohen Mansfield Agitation Inventory (CMAI) was completed by nursing staff every 48 hours to monitor the participants' levels of agitation.
- Staff completed a numeric rating scale of their opinion of the participants' overall wellbeing after each session.
- Participants completed a numeric rating scale assessing their level of anxiety and mood before and after each session.

Left: Frankie Simpkins

Contact
Hetty du Pays
Arts Programme Manager
Art at the Heart of the RUH
hetty.dupays@nhs.net
www.ruh.nhs.uk/art

- Observations were conducted by the researcher
- Semi structured interviews examining the participants' perception of the choice of repertoire, ability to improve their mood and patient experience, and organisational factors such as the frequency of the performances.

Results:

- Participants' mood was significantly improved (p=0.005)
- Anxiety was reduced by 29% after the music
- On average agitation levels were lower for participants that listened to the music

In 2013, Soundbite Musician in Residence, Frankie Simpkins, delivered a 12 week pilot creative reminiscence project - 'Reflections' - assisted by Elodie Guest (Creative Arts Therapies student, City of Bristol College) generously funded by the Quartet Community Foundation. The project was based around the book 'a Little Aloud,' which consists of story extracts and poetry groups in themes. This formed the basis for the workshops, providing self-contained weekly reminiscence workshops for older patients, particularly those with dementia or cognitive impairments. The group sessions were based on a different theme each week; and within each session the patients had the opportunity to work with a variety of creative stimulus including poetry, music, photos, and reminiscence objects. The creative responses and images from the project have been collated into a reminiscence book, which will be placed around the hospitals for patients, visitors and staff to enjoy. It is hoped that the book will be used as a tool within the RUH and other hospitals alongside reminiscence activities.



art at the heart of the RUH



SALISBURY DISTRICT HOSPITAL NHS FOUNDATION TRUST

Young at Heart, Creative Time for Older Patients



Above: Y@H storytelling with Tim Laycock

Photo by
Peter Ursem

Contact
Maggie Cherry
General Manager, ArtCare
maggie.cherry@salisbury.nhs.uk
www.artcare.salisbury.nhs.uk

Young at Heart is a programme of regular creative activities at Salisbury District Hospital, addressing the need to improve the hospital experience of elderly care patients, including patients with dementia. Six weekly sessions, facilitated by arts professionals, benefit some 30 patients each week. The activities relieve boredom and lift patients' moods. Observations indicate that the activities also have a positive impact on physical and mental wellbeing, sleep and nutrition, experience of pain or anxiety, potentially reduce length of stay, and have a positive effect on staff morale. The programme has been adopted by community hospitals in Shaftesbury and Sherborne.

The Young at Heart programme started in April 2011 with 45-minute sessions on two wards, on Wednesdays and Thursdays. It was a conscious decision to schedule the sessions always at the same time, with the intention to make them part of the ward routines. The sessions were regularly reviewed with facilitators and senior nursing staff in the wards. The activities clearly had a positive effect on patients and staff, and from March 2012 the activities were increased to six sessions each week, in four different wards. Since the start of the programme in April 2011, Young at Heart has delivered 160 ward sessions in the first year, and 240 ward sessions in the second year, and a total of 2000+ patient contacts. Some patients will have taken part in several sessions.

Sometimes the Young at Heart sessions take place in a dayroom. This works well for example in the storytelling sessions, and has an additional benefit that it enables more socialising between patients. When it is practically not possible to get the patients to the dayroom, the artists work in patients'

bays, or on the bedside. Participation is monitored through a monitoring form, filled out by the artist or the volunteer, and spontaneous feedback is also noted down on the form. The monitoring forms are also useful in passing information on to the next artists, so they have pre-knowledge about which patients are on the wards, and what activities they enjoy. We have to date not had the resources for a structural research into the impact of the activities. However, the qualitative data collected through the monitoring forms are encouraging. Patients have said:

“ ” I'm buzzing. I wish the doctors would see what we are doing.

“ ” I haven't had this much fun for years!

“ ” You forget all your troubles.

“ ” This is ever so good for my hands. I am doing so much better than 2 weeks ago.

“ ” The exercises do you good, I couldn't move my hands 5 months ago.

“ ” This has been the best morning in 2 weeks.

“ ” You have done me an absolute world of good. I had a stroke, but through the music I suddenly remembered Porgy & Bess and lots of memory came flooding back to me.

The main learning points:

- schedule the sessions with regularity
- spend sufficient time to liaise with and engage ward staff
- be persistent
- give adequate support to the artists



TAUNTON AND SOMERSET NHS FOUNDATION TRUST

Sensing Our Past at Musgrove Park Hospital

Art for Life worked with staff on the wards and artists to plan and deliver a series of short creative reminiscence sessions targeting patients who have dementia, exploring ways to enhance and improve their hospital experience which may be particularly frightening, isolating, and confusing. The artists used objects and pictures, story-telling, music and singing to stimulate memories and communication.

The project was not about creating art works but was about the artists being creative facilitators, working as communicators, drawing out stories and memories from patients.

Project delivery was from 23/4/13 - 11/7/13

14 Sessions were delivered

3 Artists were employed (a storyteller, a singer and a visual artist working with objects)

3 Care of the Elderly wards were worked with

33 Participants took part

10 Staff were directly involved (4 Occupational Therapists, 4 Ward Managers & 2 Nursing staff)

An estimated **30** Ward staff were indirectly involved

An estimated **30** Carers and other patients were indirectly involved

Contact
Lisa Harty
Art and Design Coordinator
Art for Life
lisa.harty@tst.nhs.uk
www.artforlife.nhs.uk



Some of the positive observations from staff about the sessions included:

1. How friendships were created between patients by drawing them together through their participation in a session.
2. Patients becoming more settled after a session and feeling less anxious. One example of this was when a patient who had been crying actually settled down and stopped crying as a result of doing a session.
3. How sessions drew people out of themselves and helped them to become less withdrawn. An example of this was a patient on Wordsworth ward who briefly changed his normal bent over stance and commented that he liked the sound.
4. How patients and staff could be made to laugh.

The overriding view of the staff and artists was that the sessions were a really beneficial experience for the patients and staff and that having done these initial sessions and evaluated them it would be extremely sad not to be able to find away of sustaining the work. Sustainability, it was agreed, was key and finding a way of funding further sessions was really important. Communication and commitment are key to delivery; commitment from the staff and communication between the artists and staff. The artists should have a key member of staff on each ward to communicate with but it was also clear that all the ward staff needed to be aware of the project and to understand what was happening and why. Flexibility and sensitivity was needed at all times; often sessions might need to be cancelled because of sickness on the ward. The skills and personalities of the artists were critical considerations.

YEOVIL DISTRICT HOSPITAL NHS FOUNDATION TRUST

Live Arts Live Music

The aim of the Live Arts project was to bring a varied programme of high quality live music to patients, staff and visitors at YDH. A main aspect of the project was to improve the patient experience for older patients, particularly those with dementia; therefore the repertoire mainly consisted of familiar popular music. Music in Hospitals (<http://www.music-in-hospitals.org.uk/>) provided live music performances with professional musicians who have experience of working in healthcare settings.

The pilot project began in January 2013 and ended in December 2013. There were 150 live music performances with 30 musicians. The music reached around 2,000 patients, visitors and staff.



Evaluation:

- Most patients have engaged with the music and have responded by smiling and tapping their feet. The music has improved mood and overall wellbeing.
- Many staff would ask the patients if they were enjoying the music, and this would spark a conversation. Some were even spotted dancing or singing along with the music! Music may help staff to care more easily for patients who display agitated behaviour as the music can help to create a more positive, relaxed environment.
- A partnership with Yeovil College's music department has provided students with the opportunity to perform. This has led to a plan for 6 week placements starting in January 2014.
- Staff have commented that the music performances have often reached out to a patient with dementia, when nothing else can. For example one patient was unable to communicate with staff and appeared uninterested in her surroundings. With the music her eyes lit up and she smiled, something which the staff had not seen for her entire stay.
- Patients with dementia were often heard singing along to familiar songs, and talking about the memories associated with the music. This enabled the staff to understand more about the patient and their background.

Left: Musicians from Music in Hospitals performing at Yeovil District Hospital

Photo by
Rosie Mead

Contact
Caroline Barnes
caroline.barnes@ydh.nhs.uk
Art Coordinator, Live Arts
www.yeovilhospital.co.uk/get-involved/arts-in-hospital/live-arts/

Yeovil District Hospital NHS Foundation Trust

OVERALL THE PROJECT EVALUATIONS IN ALL THE HOSPITALS IDENTIFIED EVIDENCE OF THE FOLLOWING OUTCOMES:

Taken from the evaluation report by Dr Marian Naidoo

- Increased levels of engagement from participating patients
- Improvement in mood of patients
- Increased level of conversation resulting in better relationships between staff and patients
- Reduction in anxiety and agitation
- Increased level and time of staff engagement with patients
- Wider partnerships emerging
- Better understanding from staff of benefits of arts participation
- Improved level of mobility and maintenance of mobility for patients
- Improved confidence and concentration from patients
- Improved nutritional intake for patients
- More respect and dignity shown towards patients
- Improved sleeping patterns of patients
- Better person centred care
- Increased understanding of patient narratives
- Staff stress reduced
- Better communication with carers

Challenges:

- Funding and resources at a local level to sustain arts activity
- Lack of funding for national infrastructure and support for arts
- Managing the transition of working with older people whilst they are active to continuing to support when their health deteriorates
- Blockers – those who perceive art activity to be a luxury
- Marketing to those in most need requires patience and additional resource
- Not being based in communities where you want to work – making links takes time
- Dealing with the politics of large organisations
- Short term thinking prevalent
- Keeping up with the wider context and integrating with the wider policy agenda
- Reaching rural areas
- The constant changing shape of the NHS, local authorities and people
- How to use the right language with different audiences
- Finding ways to measure enjoyment and joy and its impact on wellbeing
- Showing tangible outcomes is a challenge
- Hard to find space to work in a busy acute hospital setting

The Digital Resource

Initial consultation with the participating staff identified the following aims for the digital resource – it should:

- Allow those not able to participate to benefit from the learning
- Give permission for others to try out ideas and become involved in their own developments
- Include working examples, ideas and activities that have been tried and tested
- Provide examples of evaluations: Guides, ideas and outcomes and relevant case studies
- Include an online forum for communication, discussion and sharing
- Provide updated specialist information and resources

Broadly speaking three categories were identified for the sharing of the project:

- Sharing the process
- Sharing the product
- Sharing the outcome

Go to www.ahsw.org.uk/ArtsDementia to download the full project reports, evaluation report and tools and resources. To join the community of practice you will need to join Arts & Health South West, a FREE membership organisation.

