



# Art in Community Hospitals

Presented by

Angela Conlan

Oxford Health Arts Partnership Lead

[Angela.conlan@oxfordhealth.nhs.uk](mailto:Angela.conlan@oxfordhealth.nhs.uk)

Paula Har

Senior Named Nurse Safeguarding Adults

[Paula.har@oxfordhealth.nhs.uk](mailto:Paula.har@oxfordhealth.nhs.uk)

# Oxford Health Arts Partnership - Creating with Care Project

## Aims

- To increase the wellbeing of patients, staff and carers through participatory arts interventions
- To enhance the hospital environment through arts interventions.
- To raise awareness of the benefits of arts interventions in healthcare settings



# Building an Arts Programme



## 2017-2019

A total of **4,350 patient attendances** at arts sessions across community hospitals

**1,666 staff attendances**

£38,000 in project funding

Partnership work with over 40 local artists and arts organisations

## 2022

A total of **3209 patient attendances**

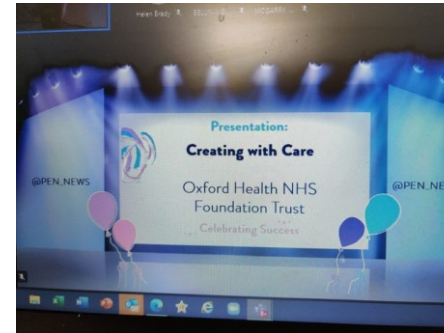
**373 Arts Sessions**

Arts Strategy – Oxford Health Arts (Artscape/Creating with Care)

Substantive arts co-ordinator post



How do we know it works?



Service Evaluation/ Research – 224% increase in mood  
[Blogs | Oxford Health Charity](#)





# Didcot's Brilliant

A place based creative health project









### Person Centred Rehab Project

Current priority

Outstanding Actions

- 1) Poster read by staff ☒
- 2) Poster given with ward booklet to new Hip Fracture patients ☐
- 3) Poster given with weights form to Relatives of Hip Fracture patients ☐
- 4) Advertisement of Hip Fracture rehab project on comms ☐

Updates

To Enhance Knowledge and understanding of Hip Fracture Rehabilitation for both Staff and Patients, to increase engagement from both. Producing qualitative themes by June 2024.

### Quality Improvement Board

Completed

86% of Ward Staff have Read the Rehab Definition.

### Hip Fracture Training Week

05/02/24 - 09/02/24

Hip fracture rehab training sessions for HCA's & Nurses

### Please Read This

Definition of Hip Fracture Rehabilitation (Oxford Health Community Hospital)

A person of education, health promotion and professional care

Providing the right education of early rising, personal care, kitchen skills and functional mobility to assist in getting started.

Through a multi-professional and patient consultation approach, ensuring we have the best of all worlds.

Personalised support, encouraging you to be a whole person, my capability and your experience. Your focus is on my personalisation and my recovery. I have a plan.

Read my personalised care plan to ensure I am safe and my personal care is the best.

Learning together, sharing and supporting.

CONFIDENCE

Please Follow the link to fill in the Questionnaire

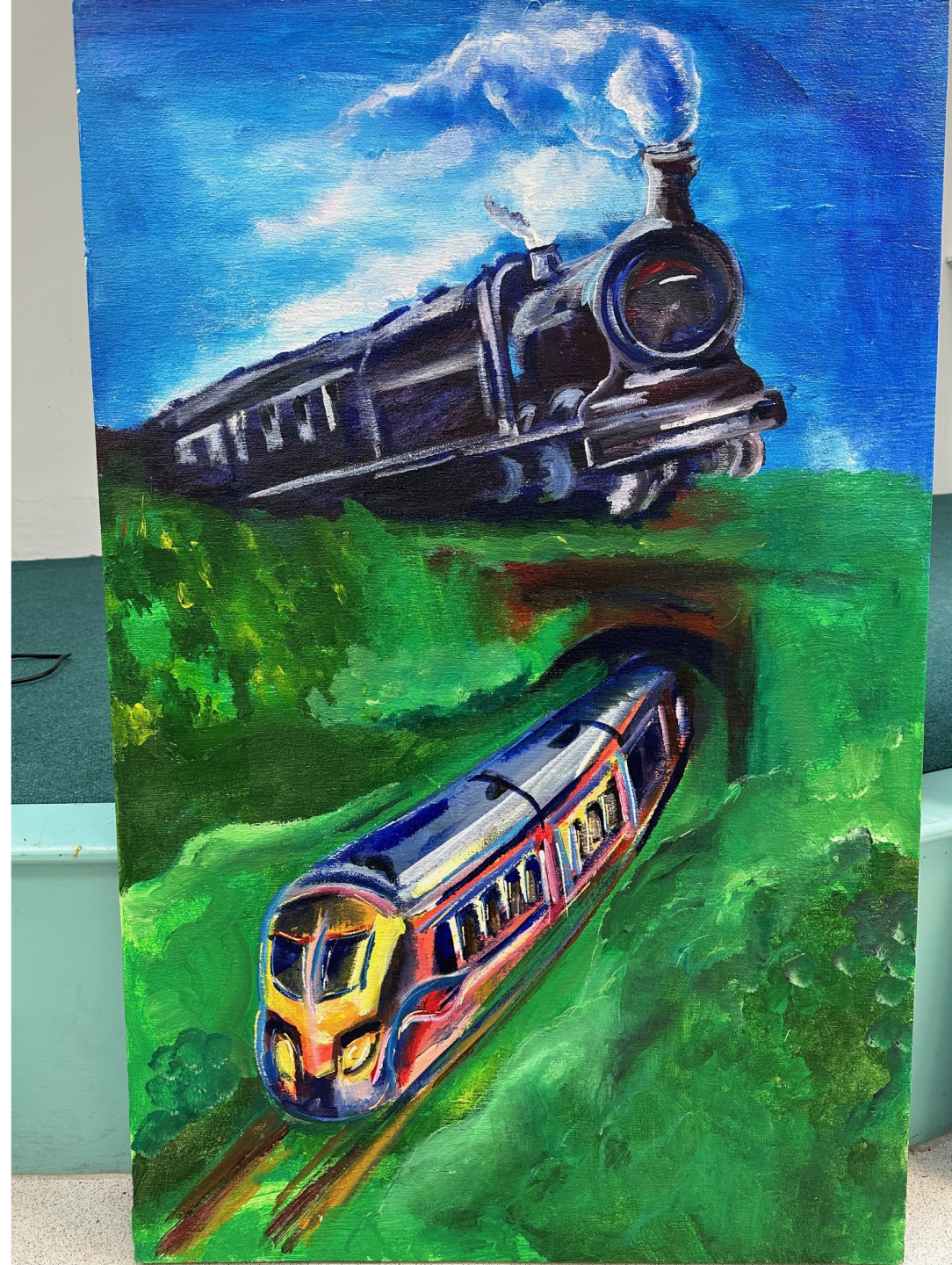
Calling all HCA's and RN's please follow the link to fill in the Hip Fracture remote control and your training questionnaire.

Quality Improvement Project - Pre and post Training Questionnaire

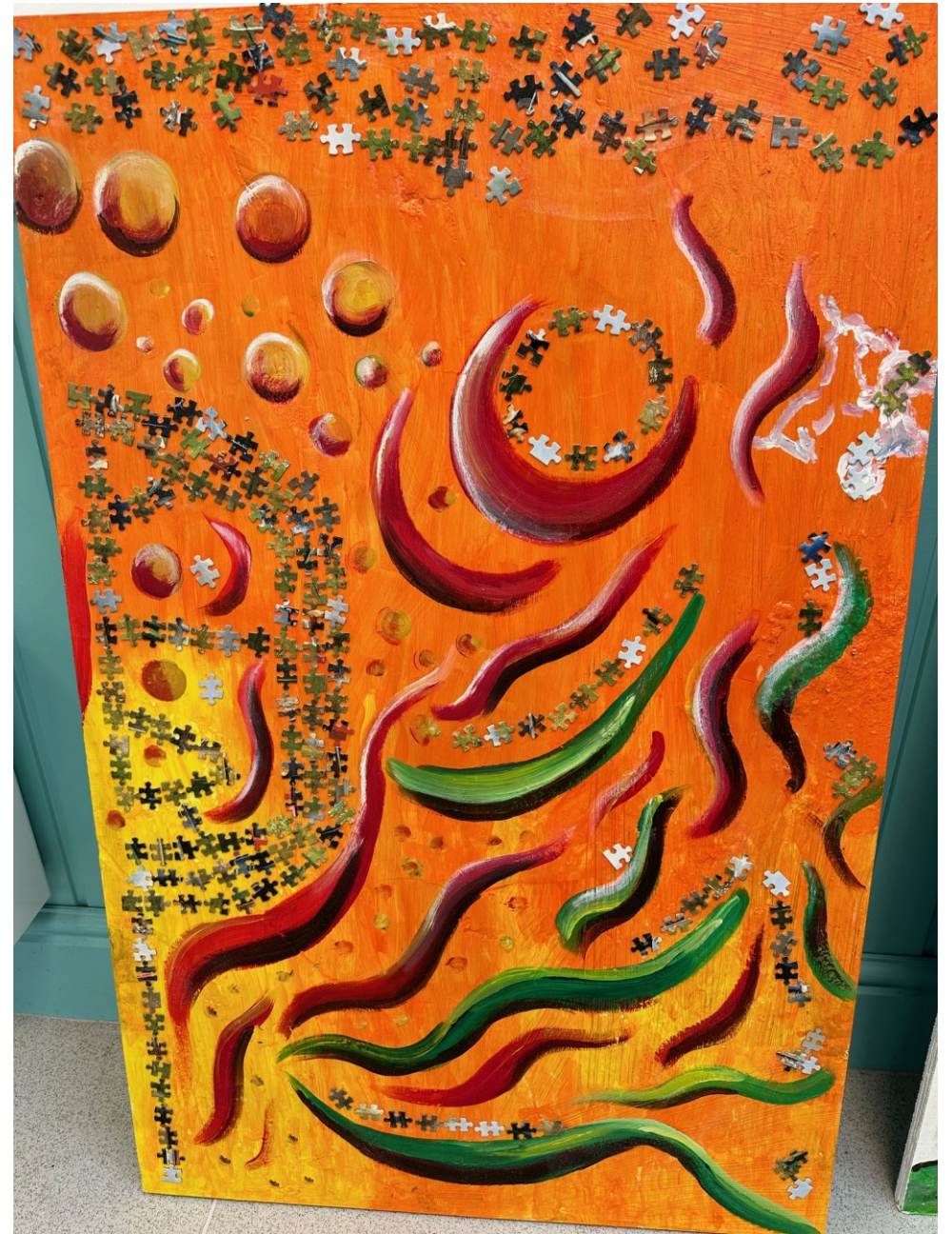
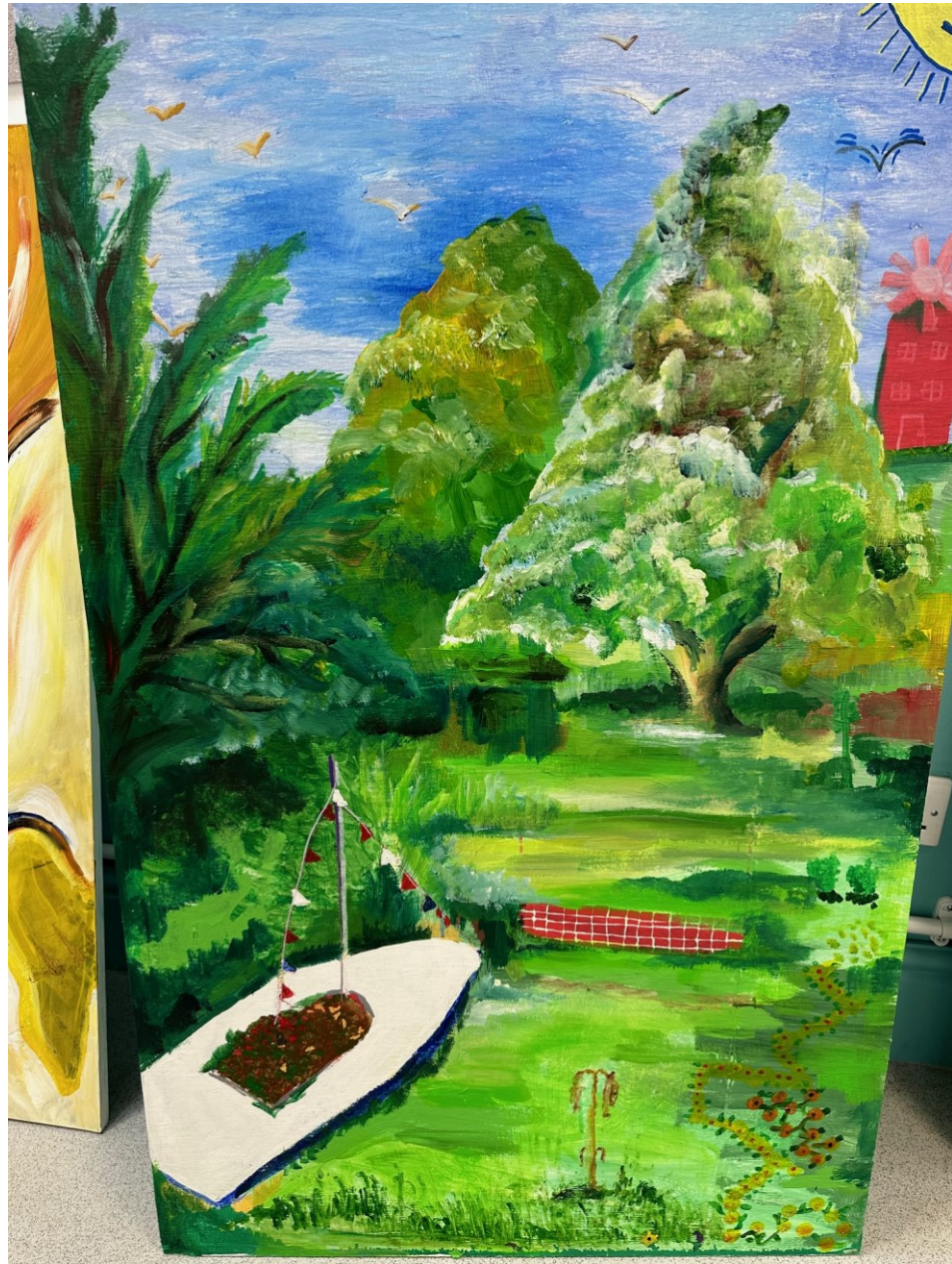
QR Code

MAGIC TABLE REMOTE CONTROL Please Do Not Remove

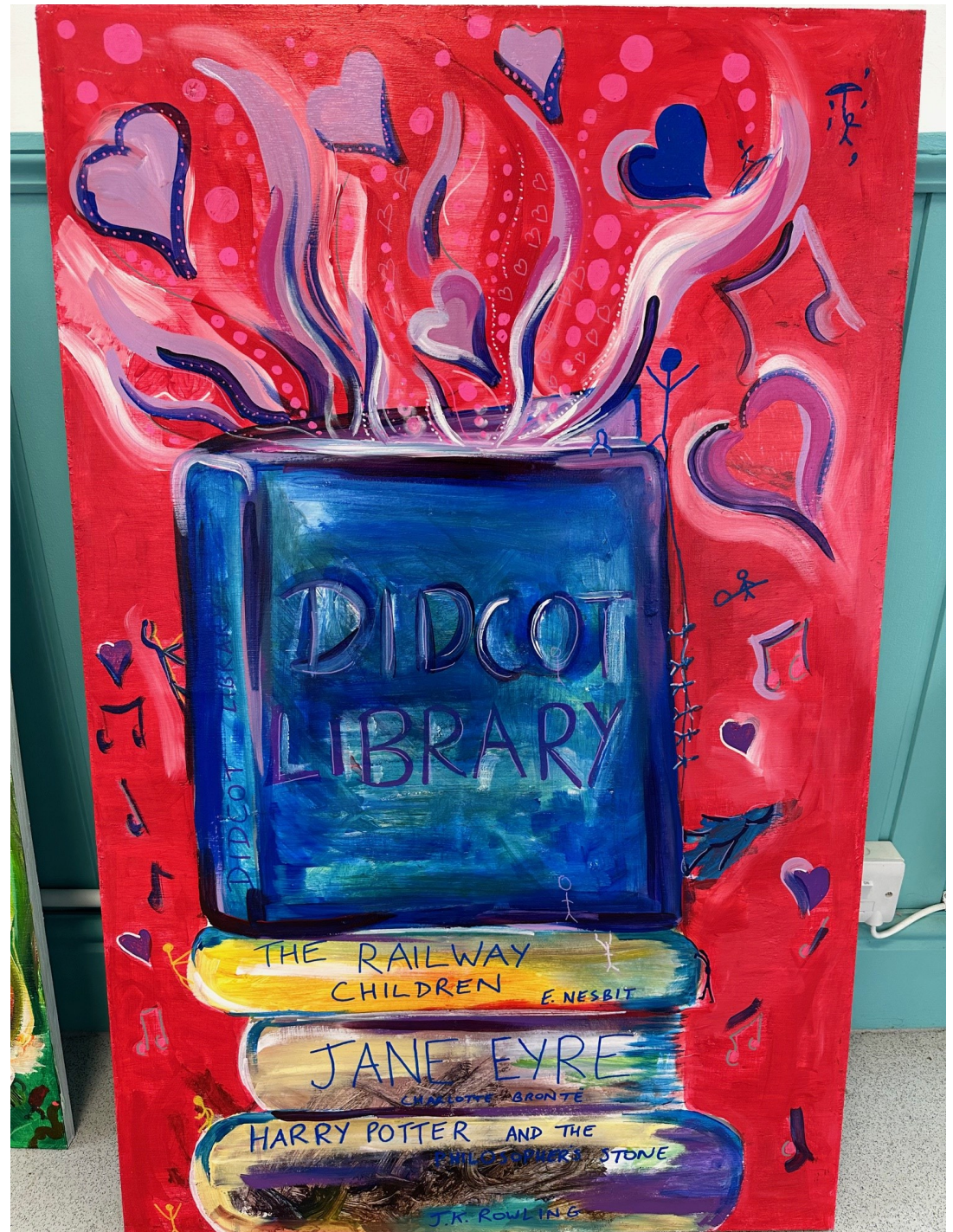
























Thank you to our  
Project Partners



Sustainable Didcot

Style Acre

Didcot Adult  
Mental Health  
Services

Didcot WI

Didcot Community  
Partnership

Didcot Library

Makespace Oxford

Didcot Silver pride

Didcot  
Bereavement  
Group

Age UK

Didcot Garden  
Town

Didcot Health &  
Well Being

Cornerstone Arts  
Centre

Aureus School

Didcot Concert  
Orchestra

Oxford Wood  
Recycling

Didcot Community  
Hospital League of  
Friends

RAW

Didcot Parkway  
Railway Station

and

The Didcot  
community- who  
contributed by  
sending postcards!

The Five Ways to  
Wellbeing



# AiM Home Research

## Research Team

Angela Conlan – [angela.conlan@oxfordhealth.nhs.uk](mailto:angela.conlan@oxfordhealth.nhs.uk)

Dr Sara McKelvie – [s.mckelvie@soton.ac.uk](mailto:s.mckelvie@soton.ac.uk)

Dr Anne Ferrey - [anne.ferrey@phc.ox.ac.uk](mailto:anne.ferrey@phc.ox.ac.uk)

## Exploring the acceptability of Home-based Arts Interventions for Older People known to Community Health Services

Dr Sara McKelvie, Dr Anne Ferrey, Angela Conlan, Gayathri Thiyaa Gangatharan, Antoinette Broad, Becky Deane, Emily Bishop, Penny Clayton



### Aims

**Primary:** To assess the impact of arts provision on quality of life, pain perception and social isolation

**Secondary:** Examine the acceptability and feasibility of the arts intervention

### Funder/Sponsor and Affiliate Organisations

Oxford Health Charity,  
Oxford Health NHS Foundation Trust,  
The University of Oxford's Nuffield Primary Care Health Sciences Department,  
The University of Southampton Primary Care Research,  
Oxford Health Arts Partnership

### Background

For the elderly population, chronic pain (1) and social isolation (2) are repeatedly reported as bidirectional, debilitating risk factors for worsening quality of life, and increasing mortality (with chronic pain increasing risk of death by as much as 57% (1)). Although pain is influenced by a multitude of complex factors - which include physiological, psychological, social and political realm (1) - it is primarily exclusively managed through analgesic medication. Whilst these can be effective, in chronic pain, this is accompanied by the harmful risks of dependence, polypharmacy and tolerance in a population already overburdened by multimorbid health challenges (1). Thus, discovering non-pharmaceutical ways of tackling chronic pain in the elderly is of utmost importance, not least because of its intolerability to live with. Moreover, given the systemic shift towards more inclusive, accessible, and sustainable healthcare (3) which acknowledges the complex, intersectional nature of wellbeing, for the elderly population, this means moving away from polypharmacy-inducing exclusively pharmaceutical approaches, and moving towards an interdisciplinary, sustainable, community-based model of care which values patients' quality of life and their lived experience.

The creative arts offer one potential solution, given their proven history of improving wellbeing and quality of life, when implemented in hospitals (4). To date, however, there have been no studies investigating whether art interventions, such as music, dance, and artistic drawings, can support patients in their own homes, particularly for patients who cannot leave their own homes due to their illnesses. Thus, this study will aim to investigate the effect of art as a non-pharmaceutical analgesic, in supporting elderly people in the community through chronic pain, social isolation and with their quality of life. As a novel pilot study investigating the use of art in community settings, for those who cannot travel, we hope to shed light on how transformative this form of healing, can be, for the elderly community, and if beneficial, we hope to expand on this research.



Figure 1 (above): Photograph of an older patient who self-reported enjoying a drawing session facilitated by the Oxford Arts Partnership.

### Methods

**Design:** This study was co-designed by NHS staff and patients based upon feedback received during creative arts sessions within hospitals - see figure 1.

**Recruitment:** Up to 20 elderly patients will be recruited for this study through a flyer distributed by district nurses and the community therapy teams across Oxfordshire. The inclusion criteria will be those recovering from an acute illness or having rehabilitative treatment from nursing, therapy or social care staff. Within these 20 participants, we will aim to have a subgroup of up to 10 patients with chronic leg ulcers being treated by community nursing team, since these patients are often housebound and do not usually have access to creative arts-based interventions at home.

**Intervention:** Over six months, these participants will be offered the opportunity to have up to 6 visits from an artist and volunteer to work on a creative arts project together.

**Assessment:** This pilot study will use a mixed-methods approach to assess the impact of the arts interventions. Before and after each session, each participant will report quantitative measures through standardised surveys, including on quality of life (EuroQoL5D), pain (Brief Pain Inventory) and social isolation (Lubben Social Network scale). These will be completed at home. In addition to these, qualitative measures will include the Arts Observation Scale (ArtsObs) which will be recorded by the volunteers during each arts activity session. Following completion of the six arts sessions, participants will be contacted by the study team to take part in a qualitative interview to understand their experience of the intervention and the perceived acceptability. The view of involved staff, artists and volunteers will be captured through focus groups on the perceived acceptability, feasibility and effect of arts interventions for older patients known to community health teams.

### Results, Conclusion and Future Direction

As this is prospective qualitative and quantitative pilot study, results will be analysed using a mixed methods approach. We hope that the results from this study can be used to inform a more wider research project to assess the impact of arts based interventions in housebound patients. If found to be transformative, we aim to use this data to shape local and national healthcare policies by increasing the funding available for arts based interventions in the community. Ultimately, we hope to be able to come with a sustainable way of improving the quality of life for the elderly community.



Figure 2 (above): Photograph of an older patient who self-reported enjoying a dancing session facilitated by the Oxford Arts Partnership.

### References

1. Degrade AP, Camuzat MM. Chronic Pain in the Elderly: Mechanisms and Perspectives. *Front Aging Neurosci*. 2022;14:756688. doi:10.3389/fnagi.2022.756688.  
2. Conlan A, McKelvie S, Conlan A, et al. What factors predict quality of life and social isolation in older people? A systematic review and meta-analysis of qualitative studies. *Ageing Soc*. 2022;42(1):1-20. doi:10.1177/0165032521106337.  
3. Naylor G, Aggey L. 2020 Sustainable health and social care: Co-producing and co-designing services for the future. <https://www.nhs.uk/our-work/health-and-social-care/2020/sustainable-health-and-social-care/>.  
4. The Creative Arts in the Community (CAiC) Project. <https://www.caiic.org.uk/>. Accessed via: <https://www.caiic.org.uk/>.



NUFFIELD DEPARTMENT OF  
**PRIMARY CARE**  
HEALTH SCIENCES  
Medical Sciences Division







# Questions?

Presented by

Angela Conlan

Oxford Health Arts Partnership Lead

[Angela.conlan@oxfordhealth.nhs.uk](mailto:Angela.conlan@oxfordhealth.nhs.uk)

Paula Har

Senior Named Nurse Safeguarding Adults

[Paula.har@oxfordhealth.nhs.uk](mailto:Paula.har@oxfordhealth.nhs.uk)