

Minutes of the Derby Medical Society Wednesday 6th November 2019

Apologies

Susie Hewitt
Alastair McCance
Shehla Imtiaz-Umer

Notices

Pens and pads are now available to promote Derby Medical Society.
Feedback about meetings is being reviewed we will try and keep finish time to 8pm.
Annual dinner is Saturday 16th November. Donations for the charity auction will be gratefully received.
Medical Student Elective bursary applications now open with a deadline of 30th November.
Case presentation and poster presentation evening applications now open.

Speaker

Laura Waters
FISM, FRSA, AIR Arts Programme Manager, RDH

Creative Prescriptions at Royal Derby Hospital

AIR - arts to aid wellbeing was set up in 2007 at Derby Hospitals.
This started off as a visual arts project with wall art and sculptures.
Funded through public donations and some charity funding via the hospital charity.

Why should you have an arts programme in a hospital?

Laura first presented the bluebell sculpture at the Cancer Services entrance which helps direct patients to the department. One patient reflected: "It's given me hope to carry on".

<https://images.app.goo.gl/SEKkoDt7fgmqx4m78>

Jamie plays his guitar in and around the hospital. The daughter of one terminally ill lady said: "It has given us comfort: "This music was such a special moment for us...a memory I will treasure forever"

The badgers in the courtyard also provide privacy in MAU in addition to livening up the dull courtyard.

<https://images.app.goo.gl/wGTN9WyzdJoM7vi17>

There are also participatory arts visiting the hospital which received positive feedback from people in a vulnerable and stressful position.

Laura described the arts are like glue which hold together social interaction and we all have art in our daily lives.

There are some "corridors of doom" in the hospital.

We tend to strip away aesthetics when people are vulnerable and it is detrimental to their wellbeing (Hilary Moss and Desmond O'Neill, Lancet March 2014)

Healthcare professionals are also affected by a stark environment and the holistic care is lost.

Improvements have been made to the radiotherapy stairwell to make art on the walls.

Starting point

The Air Arts programme has shown real benefits in patient wellbeing, a friends and family survey showed improvements in ratings following the art installations and staff sickness rates reduced with art residencies

Laura went on to a video produced to show the work of AIR arts:
https://youtu.be/P-LgCLjp0_s

The AIR Arts programme are now involved with:
Pain Management programmes
Banish Boredom in hospital
Incorporating AIR arts into stroke recovery

Progression

Work in children's XR and theatres to make it more welcoming
The Children's X-ray waiting room is now like the inside of a submarine.
The rehab Unit at LRCH has been decorated with a mural of local landmarks.

Occupational Therapists are now engaged and trained to incorporate music into therapy work with patients.

There is an archive of heritage objects from the DRI that can now be displayed in the library. The plan is to have it displayed across the hospital sites.

Staff Artwork

Staff were invited to exhibit their own work and the response has been huge. It is now in it's 3rd year and 300 pieces of work needed every year

The staff also have a photography club.

Healing Garden

This has now been opened and was an idea of one of the RDH receptionists.
Families can plant a bulb in memory of a loved one.
There is also a staff remembrance garden with ceramic flowers.
Money has been raised for an ICU garden so patients can be wheeled out into the fresh air.

AIR arts project is sponsoring the panels on the perimeter fence.

Affirmation of the work of the AIR Arts Programme

"It is clear that Derby Hospitals art and culture has become integral to the way staff care for their patients and relatives, often making terrible situations more bearable. Hearing how patients have benefitted from and enjoyed their experiences of the AIR Arts programme has affirmed for me the need to invest in art and culture for the benefit of our health and wellbeing" (Sir Peter Bazalgette, former Chairman of Arts Council England)

AIR arts have been invited to speak at Parliamentary Group looking at arts in health. The Creative Health Subsequent report findings into the benefits of art in health were the following:

The arts and social activities can keep us well, aid our recovery and support longer lives, better lived.

Can help meet major challenges facing health and social care - ageing, loneliness, mental health and other long term conditions.
Can help save money for the NHS and Social Care services.

These benefits are further affirmed by a recent WHO summary of the impact of arts in health.

Arts Council are changing their strategy with regards to Arts in health

Derby is at the centre of the development and progress of Arts in health.

Questions

Capacity to expand the coverage of the wall art? There are plans to expand and have bigger installations but there needs to be balance.

There is a volunteering scheme for AIR arts

Are there links with local community groups? This is developing and links will expand, particularly with Social Prescribing

Can you get involved in the start of building projects to improve the experience for staff, patients and visitors?

Thanks was given by Dr Sarah Milner

Key Learning Points

The arts are like glue which hold together social interaction and we all have art in our daily lives.

We tend to strip away aesthetics when people are vulnerable and it is detrimental to their wellbeing.

“It is clear that Derby Hospitals art and culture has become integral to the way staff care for their patients and relatives, often making terrible situations more bearable. Hearing how patients have benefitted from and enjoyed their experiences of the AIR Arts programme has affirmed for me the need to invest in art and culture for the benefit of our health and wellbeing” (Sir Peter Bazalgette, former Chairman of Arts Council England)

Register

17	Members
12	Students
10	Guests