1-21-2015

The Role of Art in the Patient Experience: An Evaluation of Art from the Heart at UVM Medical Center

Doug Chieffe
Steven Coffin
Sarah King
Syed Shehab
Catherine Suppan

See next page for additional authors

Follow this and additional works at: https://scholarworks.uvm.edu/comphp_gallery

Part of the Community Health and Preventive Medicine Commons, and the Health Services Research Commons

Recommended Citation
Chieffe, Doug; Coffin, Steven; King, Sarah; Shehab, Syed; Suppan, Catherine; Warren, Gwen; Wieland, Rebecca; Schwarz, Rebecca; and Pasanen, Mark, "The Role of Art in the Patient Experience: An Evaluation of Art from the Heart at UVM Medical Center" (2015). Public Health Projects, 2008-present. 205.
https://scholarworks.uvm.edu/comphp_gallery/205

This Book is brought to you for free and open access by the Public Health Projects, University of Vermont College of Medicine at ScholarWorks @ UVM. It has been accepted for inclusion in Public Health Projects, 2008-present by an authorized administrator of ScholarWorks @ UVM. For more information, please contact donna.omalley@uvm.edu.
The Role of Art in the Patient Experience: An Evaluation of Art from the Heart at UVM Medical Center

Chieffe, Doug; Coffin, Steven; King, Sarah; Shehab, Syed; Suppan, Catherine; Warren, Gwen; Wieland, Rebekah; Schwarz, Rebecca; Pasanen, Mark, MD

Introduction

The World Health Organization defines health as a state of total physical, mental and social well-being, not just the absence of disease or fragility. Making art in medical settings reduces pain, tiredness, emotional distress and other feelings that negatively affect well-being, while enhancing positive emotions and communication. (1) According to the 2009 "State of the Field Report" by the Society for the Arts in Healthcare, 43-45% of healthcare institutions reported having some form of an art program. (2)

Art from the Heart (AFTH) is a program of Burlington City Arts in collaboration with the University of Vermont Medical Center. With the aid of volunteers, AFTH offers pediatric patients and their families the opportunity for a more normalized experience by providing them with time and materials to experience the joys of creativity and imagination. Waiting areas, in-patient hospital rooms, exam rooms and chemotherapy infusion bays become temporary art studios. (3)

Methods

- The purpose of our public health project was to evaluate the presence and impact of AFTH in three pediatric points of care at UVM Medical Center.
- During 36 volunteer shifts, 40 “Yes Please,” 23 “No Thanks,” and 36 “Volunteer” forms were collected. 1-4 volunteers were present during each shift for a total of 234 volunteer hours. 396 patients and 257 family members were asked to participate in AFTH, 43.7% and 24.5% of which participated respectively. When asked what would make participation more likely in the future, the most common responses were "at a different time" (50%), "just not interested in art" (22.2%), "different supplies" (22.2%), and "different volunteer approach" (5.6%).
- The high level of participation illustrates the established favorability of AFTH, and the need to continue its funding for prospective patients.
- Participation rates were similar throughout the three areas of pediatric care. This demonstrates the vast array of pediatric care settings in which AFTH provides benefits.
- The most popular art activity differed in each of the three areas, highlighting the need for a diverse collection of art supplies.
- Inopportune timing was the most common reason for the patient to decline to participate in AFTH.
- Greater than 90% of caregivers across all study locations reported improvements in all measured aspects of their patient’s psychological well-being. Similar results were reported in family members/guardians’ psychological well-being.
- These findings demonstrate that AFTH has a beneficial impact on patients and their families during their time at UVM Medical Center.

Discussion

Conclusions

- Study locations included the infusion bay, the outpatient children’s specialty center (CSC), and the inpatient pediatric floor (Baird S).
- During October and November 2014, volunteers distributed surveys to adults accompanying AFTH participants:
- A 5-question “Yes Please” form assessed why patients chose to participate in AFTH and the outcomes of participation.
- A 3-question “No Thanks” form assessed why patients chose not to participate.
- Survey collection boxes were located in the hospital to ensure anonymity.
- A volunteer form completed during each AFTH shift tracked volunteer-participant interactions at each location.

Acknowledgements

We would like to thank all of the patients, caregivers and AFTH volunteers who made this project possible. A special thank you to Rebecca Schwarz for her help and input every step of the way.

References

(3) Art from the Heart, Burlington City Arts. web. 3 Jan 2015.