Catheters and Canvases – the arts in palliative care

Angela Burke & Kate Reid
Hello 😊

- 2012 Bachelor of Fine Arts
- 2009-2016 Capital and Coast HCA
- 2014 Bachelor of Nursing/Masters of Health Science
  First Intake Start
- June 2016 Graduation!
- August 2016 Commenced NetP Grad RN position on
  5 North Capital and Coast
- Future Ambitions - Palliative Care CNS - Nurse Practitioner?
Key words: art therapy, creative therapy, palliative care, terminal care, end-of-life.

Introduction

In the late 1800s, Florence Nightingale (1859) wrote, “Little as we know about the way in which we are affected by form, by color and light, we do know this, they have an actual physical effect. Variety of form and brilliancy of color in the objects presented to patients are actual means of recovery”. Art therapy is an intervention where the process of visual creativity serves to aid the progression of stillness and renewed perspective for people passing through difficult passages of life, essentially it is an invitation for people to express and understand emotions, through artistic expression and the creative process (Lin et al, 2012). As a practice it is increasingly utilized worldwide, as the notion of
Aims and objectives

• Form a preliminary understanding of the utilization of art therapy in palliative cares services in NZ
• Highlight the scope of art therapy for practitioners, including benefits and efficacy
• Identify gaps and/or limitations for service provision
• The creation of a resource to serve and initiate a more comprehensive national enquiry
Literature review: The power of image

• A psychological and spiritual process whereby images reflect bio-psycho-spiritual understandings and recollections and bring these into the present with the effect of minimizing emotional stress (Connell, 1992; Edward et al, 2014; Lin et al, 2012)

• The use of image as a device for the communication and expression of feelings or understandings that may not otherwise be effectively communicated (Devlin, 2006; Jones & Browning, 2009; Nainis et al, 2006).

• Image as a temperate and universal mode of communication (Tyler, 1998).
Literature review:
Holistic care

• An interlinking of the arts and health
• Art therapy aids the service of the psychological and spiritual limb of care
• Patients commonly experienced an improved sense of resilience and meaning toward sickness, and therefore a more holistic sense of therapeutic symptom control (Lin et al, 2012).
• An embracing of multi-dimensions challenges the biomedical manner of care and asserts the ability of art to transcend illness and disease to embrace the social, spiritual, philosophical and cultural means of a person (Feen-Calligan, 2011; Gardner, 2002)
Literature review: Benefits

- Improved mood
- Improved tiredness
- Improved nausea
- Greater psychological adjustment
- Shorter hospital stays
- Decreased pain perception
- Decreased medication utilization
- Lowered blood pressure
- Increased cooperation with recommended treatments

Greater patient centered care
Enhanced happiness
Distraction
Enjoyment for patients
Improved pain management
Improved mobility
Strong sense of relaxation and calming

Implications for nursing

• Significant potential to aid a more comprehensive understanding of our patients – input to aid patient centered treatment, planning and implementation
• Improved nurse-pt communication and relationship
• Capacity to fill a potential gap by offering a string of creativity to the bow of holistic care in prefacing and highlighting nursing care that extends beyond physical needs
Snapshot of NZ services

• Authorized public enquiry post on the Hospice NZ members online forum
• Contact with 33 services in total leading to 17 formal online responses
• RESULTS:
  • Formal art therapy – 4 services
  • ‘Therapeutic creativity’ – 5 services
  • Nil programs at present – 8 services
Findings

• Providers emphasised an alignment with services to promote both holistic care and communication
• Widespread financial and resource limitations – lack of funding stressed as most significant barrier
• Common sense of lack of understanding or valuing of art therapy by fellow practitioners
• Practicing services expressed positive results and a desire to continue/expand services
Recommendations

• Increased exposure for the benefits of art therapy – professional education forums
• Increased funding – creative response..
• Visiting artists/artists in residence
• Closer ties encouraged between the arts community and palliative services
• Greater provision for therapeutic creativity
• Extension into aged-care facilities
Summary

- Art therapy as a mode to support holistic care provision
- Myriad of established therapeutic benefits
- Provision of care in NZ palliative care services limited by financial and resource restrictions
- Closer ties recommended between arts community and palliative care services
- Greater provision of therapeutic creativity also recommended
References

With gratitude x

- Kate Reid
- Alison Dixon
- Participants

Background images sourced from personal art work in progress – Pink in the sky, 2016, acrylic and impasto medium on canvas