

Prospect Art Therapy Survey

Patient Impact & Experience Survey

June 2008

Prospect Art Therapy Survey



The care and support provided by Prospect Hospice Services is informed and developed in response to feedback from patients and other service users as well as by identified and recognised needs, and local and national priorities.

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For many of us, art connects with our emotions and feelings, and it is capable of expressing things when we can't find the words to do so ourselves. Finding the words to communicate thoughts and fears when a person is facing dying can be exceptionally painful and difficult. Yet art can find a way of conveying special messages.

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Some people recommend alternative
Therapy.



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A simple self-completion questionnaire was developed by the Art Therapist in partnership with the Patient Services Director to establish the views and experiences of patients accessing art therapy services.

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Questions focused on establishing the scope of access to art therapy; their experience of engaging with art therapy as well as the quality of relationship with the Art Therapist; and patient choice and priorities for current service delivery and future service development.

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17 questionnaires were distributed during May / June 2008 to patients who take part in Art Therapy as part of their day care programme. Patients were asked in a letter accompanying the survey to return their response within 14 days.

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Provision was made in the questionnaire, for respondents to make 'open ended' supplementary comments. These comments have been recorded as part of the key findings.

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KEY FINDINGS

- Total questionnaires distributed: 17
- Total questionnaires returned: 14
- Response rate: 82%

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- 93 % of respondents felt art therapy provided relaxation and relief of stress
- 86 % of respondents felt that art therapy provided distraction from physical and emotional pain
- 100 % of patients placed a high value on the opportunity art therapy provided for the giving and receiving of peer support

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- All respondents provided extremely positive additional feedback in free text comment.
- 100 % of respondents found the Art Therapist to be supportive and sensitive to their needs
- All patients placed real value on the individual skills and attributes the Art Therapist brought to their experience.
- 79 % respondents commented that the experience and benefits of art therapy had had a positive impact on their lives

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Comments about the art therapy:

"It has made me believe in myself again that I can do something normal. That I am someone"

"I've never painted before, but have enjoyed, it's very calming"

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Comments about the experience of working alongside the art therapist:

"I found that when I was feeling anxious or apprehensive (about blood results and OPA at hospital) she was there to listen, give me time before working on the art picture that I'd chosen"

"She has enabled me to look at life in so many ways"

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If you were to have more art therapy, what would you want to get out of it?

“Meeting like minded people with the same ‘prognosis’ allows open discussion which is both reassuring and relaxing”

“To learn more and improve. To stop me being anxious as I’m not so stressed and can relax when I’m doing art work”

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Did you receive positive feedback from other patients, staff and relatives?

“Yes, encouragement from relatives, patients etc are good for the morale”

“Each picture I done I loved so much I have them on my walls at home I loved them so much”

“Yes – my family were very proud of my paintings”

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The questionnaire sample provides a snapshot of the overall satisfaction of the patients accessing art therapy during May and June 2008, and the high response rate and positive results is both encouraging and affirming.

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The results do however provide an opportunity for reflection and discussion, particularly in relation to future service development. Specifically further consideration will be given to:

- Access to art therapy
- The availability of a closed short life group
- The availability of a one day art workshop.

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The questionnaire was distributed shortly after the reintroduction of an open art therapy studio in a newly refurbished area of the Day Hospice. Prior to this, art therapy had taken place within an enclosed room in another area. It is therefore possible that some additional adjustment and settling is needed to ensure the environment remains responsive to the needs of service users.

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“Art therapy has given me new self-esteem. I was at rock bottom and it made me feel I could do something and improve my moral. The other people in the group are very supportive emotionally and pull you together”

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For further information about Art Therapy,
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<http://www.lboro.ac.uk/departments/ac/mainpages/postgraduate/research%20students/carr/carr.htm>