

# A Creative Burst Before Lunch!

A review of the use of weekly Creative, Therapeutic Arts group sessions in a hospice day service setting.

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**Abbreviated abstract:** As part of a 10-week programme, Kilbryde Hospice incorporates a weekly, 30 minute “Creative Therapy Burst” for hospice day-service patients facilitated by the hospice music therapist together with the day service team. Although there is nothing particularly new about using the creative arts in this setting (there is a wealth of research into the use of arts in palliative care) it is felt that this particular approach is different and innovative for this environment.

**Ref: The Creative Arts in Palliative Care, Ed. Hartley/Payne 2008**

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# Background

“Use of the arts in palliative care settings is a powerful and effective way of addressing the practical, psychological, social and spiritual issues faced by service users in end-of-life care”. Hartley/Payne 2008

At Kilbryde Hospice we utilise an enablement, rehabilitative model of care in our Day Services programme. We achieve a baseline measure of the patient’s current symptoms by completing an IPOS (Integrated Palliative care Outcome Scale) and asking the patients to set themselves SMART goals. As well as delivering nurse led sessions to address these goals, many of the goals can be met in a therapeutic arts group setting, working in harmony with the day service , person-centred programme to give our patients the best possible outcomes. Subjects cover things such as anxiety, pain, shortness of breath, mobility, sharing feelings and social isolation.

Due to time constraints and prior to the Covid pandemic, music therapy was the only arts therapy offered to patients, usually on a one to one basis with the occasional, ad hoc, group. By incorporating the 30 minute, weekly Creative Therapy Bursts all patients can now benefit from different arts interventions delivered by an experienced HCPC registered Arts Therapist.

# Creative Therapy Bursts can include the following:

- Music & the Emotions
- Creative, improvised, music making
- Air drying clay “Pinch Pots”
- The Lost Words – Acrostic Poetry\*
- Japanese Haiku
- Seated Dance
- Music & Memories

\* **M**y head hurts,  
**U**nderstandably!  
**C**an't make it stop  
**K**eept trying to understand, to ken,  
**L**isten to your thoughts, listen to your pain  
**E**veryone is there for you, even though you  
don't realise it.



Japanese Haiku  
I sense peacefulness  
I smell the water and grass  
Hear it on the rocks



“People do deep emotional, spiritual and psychological work when they create art products, especially when they are supported by an experienced arts therapist”. (Bolton 2008).

# Feedback and Conclusions

## Feedback from patients and staff:

“writing a short poem as a group can evoke memory sharing”.

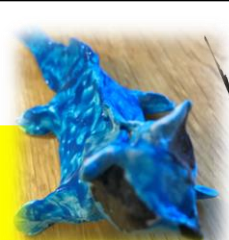
“ expression of emotions and feelings-laughter and tears in the one sentence.”

Making and painting clay pots “focuses on manual dexterity/hand eye coordination, discovers hidden talents and spontaneously generates conversations and a shared sense of achievement!”

The seated -cha-cha-cha (dance) “assists with deeper breathing; gentle exercise can improve the mood and reduce anxiety by the release of serotonin (feel good hormones)”.

## Conclusion:

Evaluation of these sessions is on-going but, due to the wide benefits shown and the positive response from all patients these sessions will continue to be part of the programme.



“High point of the day!”

“Re-living good memories”

“Excellent & well delivered”.

“Pure joy”