Arts for Health’s Sake
Evidence, examples and inspiration for supporting healthcare design and the patient experience
Willis Newson

The UK’s leading arts and wellbeing development agency

Projects that
  • improve the patient experience
  • create excellent health environments
  • promote mental wellbeing
Willis Newson

Ongoing arts programmes:
Arts in Trust and Fresh Arts

Artists, musicians and writers in residence

Concerts and music at the bedside

Musician Training Programme

Gallery spaces in health settings

Staff Arts Clubs

Creative consultation

Fundraising, research and evaluation
Willis Newson

Developing arts strategies and public art plans
• Bristol Heart Institute
• Avon & Wiltshire Mental Health Partnership NHS Trust
• Gloucestershire Hospitals NHS Foundation Trust
• University Hospitals Bristol Oncology Centre

Commissioning site specific public art
• Kingston Hospital
• Stoke Mandeville Hospital

Research and guidance
• Public Art Toolkit for Macmillan Cancer Support
• Public Art and Healthcare Procurement Guidance

Walnut Tree Bench by Angus Ross, printed panels by Lucy Turner and textile workshop by June Heap at Callington Road Hospital, part of the Moving On Programme by Willis Newson; Photo Paul Highnam
Arts for Health’s Sake

• Explore how arts can contribute to the patient experience and improved health and wellbeing

• Support this with examples of research and evidence

• Use Achieving Excellence in Design Evaluation Toolkit (AEDET) to show how art can be integral to achieving design quality

• Demonstrate that art is not just decoration, it can be powerful medicine

Figures by Lucy Casson at Aberdeen Children’s Hospital
An Historical Tradition

• The Good Samaritan by William Hogarth at St Bartholomew’s Hospital, 1737

“Little as we know about the way in which we are affected by form, by color, and light, we do know this, that they have an actual physical effect. Variety of form and brilliancy of color in the objects presented to patients, are actual means of recovery.” Florence Nightingale 1860

• Increasing recognition of the ability of art to reduce impersonal nature of hospital buildings

• Recognition of the benefits to patients in terms of improved health and wellbeing

• An integrated approach to design incorporating art into architecture at design stage
Arts Council of Wales Arts in Health Strategy

• Arts Council of Wales Arts in Health Strategy

• WAG recommendations include:
  – The remit of Design Champions for NHS Trusts and Local Health Boards to be expanded to include arts;
  – All major capital projects within the health sector to have a ring fenced sum for arts;
  – All major capital projects to engage arts expertise as part of the development team at the earliest possible opportunity.

• The strategy is due to be launched later this year
What do we mean by health?

Good health not just an absence of disease

"a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity", used by World Health Organization since 1948.

Causes of ill health can be social, psychological, emotional as well as physical

The healing process can be supported by addressing the emotional, spiritual and social as well as physical needs of patients
How can art support health?

If people feel positive, calm and relaxed they are likely to get better more quickly than if they feel stressed, depressed or isolated and lonely.

For patients deprived of pleasures of a walk in the woods or a home cooked meal, art can provide colour, light, interest and beauty, evoking positive thoughts.

Music can take you somewhere else, relax and soothe a troubled mind.

Tree of Light by Kate Munro at Fromeside Forensic Unit, part of the Moving On project by Willis Newson.
How can art support health?

There is now reliable quantifiable evidence as well as qualitative and anecdotal evidence that the integration of the visual and performing arts in healthcare has been proven to:

- Induce significant differences in clinical outcomes
- Reduce amount of drug consumption
- Shorten length of stay in hospital
- Improve patient management
- Contribute towards increased job satisfaction
- Enhance the quality of service
A Study of the Effects of Visual and Performing Arts in Health Care
Dr Rosalia Lelchuk Staricoff

• The first ever scientific, clinical evaluation into arts in health to be carried out

• The results of this research at Chelsea and Westminster Hospital, London, provide the evidence that the integration of visual and performing arts into the health care environment induce psychological, physiological and biological outcomes which could have clinical significance.

• A protocol was designed after extensive consultation with medical, nursing and managerial staff of each selected area of research.

• The appropriate measurements were identified for each clinic, the size of the sample predicted, and the characteristics for both control and study group established.
Arts in health: a review of the medical literature  
Dr Rosalia Lelchuk Staricoff

• This review includes 385 references from medical literature related to the effect of the arts and humanities in healthcare.

• It offers strong evidence of the influence of the arts and humanities in achieving effective approaches to patient management and to the education and training of health practitioners.

• It identifies the relative contribution of different artforms to the final aim of creating a therapeutic healthcare environment.
Arts in health: a review of the medical literature
Dr Rosalia Lelchuk Staricoff

- It highlights the crucial importance of the arts and humanities in:
  - inducing positive physiological and psychological changes in clinical outcomes
  - reducing drug consumption
  - shortening length of stay in hospital
  - increasing job satisfaction
  - promoting better doctor-patient relationships
  - improving mental healthcare
  - developing health practitioners’ empathy across gender and cultural diversity
Building on the Evidence: Qualitative Research on the impact of Arts in Mental Health Care

• University of the West of England, in collaboration with Avon and Wiltshire Partnership Mental Health NHS Trust

• Two year study funded by the Estates and Facilities Division of the Department of Health

• Used qualitative methods to explore participants’ experiences of commissioned and participatory arts in mental healthcare settings

• Identified specific benefits of arts in these settings and pinpointed aspects of arts that are viewed by service users and staff as enhancing care

• Explored the challenges facing those seeking to enhance mental healthcare settings using arts based approaches

• Identified prerequisites for the successful delivery of arts projects in these settings
Building on the Evidence: Qualitative Research on the impact of Arts in Mental Health Care

Summary of key findings

Four pathways were identified through which arts enhanced mental healthcare environments:

1. Artworks helped to create modern, ‘fit for purpose’ environments, adding brightness, ambience, space and identity

2. Artworks enhanced valued aspects of healthcare environments, using carefully chosen materials and evoking popular themes such as nature and locality

3. Artworks minimised negative associations such as institutionalisation and stigma by introducing colour, light and shape and by reinforcing aspects such as privacy and relaxation

4. Arts provided a range of opportunities for service users and staff, including recreation, stimulation, and alternatives to TV. For service users, participation in arts offered the opportunity to reengage with identities other than that of ‘patient’
What kind of art is appropriate?

Reassuring, sensory, accessible?

Uplifting?

Not alienating or intimidating?

High quality?

How the Crow Flies photographic panorama by Heinrich and Palmer at the Gloucestershire Royal Hospital, part of Leading the Way by Willis Newson; Photo Paul Avery
Using AEDET to demonstrate the impact of art
Using AEDET to demonstrate the therapeutic impact of art

1. Character and Innovation
   • Interesting building
   • Caring and reassuring atmosphere
   • Expresses the values of the NHS

2. Form and Materials
   • Human scale and welcoming
   • High quality materials
   • Colour and texture

3. Staff and Patient Environment
   • Privacy and dignity
   • Views inside and out
   • Access to outdoors
   • Attractive interior
   • Responding to the specific needs of care groups

4. Urban and social integration
   • References to local landmarks or landscape
   • Landmark buildings that are easy to locate
   • Celebrating local history, culture and traditions

Café furniture by Angus Ross for Callington Road Hospital, part of the Moving On project by Willis Newson; Photo Paul Highnam
Character and Innovation

Locally grown timber bench at Royal Devon and Exeter Hospital by Nigel Ross
Character and Innovation
Character and Innovation

“Timewalk” by Matilda Moreton, Wendover Wing, Stoke Mandeville Hospital NHS Trust, Willis Newson
Using AEDET to demonstrate the therapeutic impact of art

1. Character and Innovation
   - Interesting building
   - Caring and reassuring atmosphere
   - Expresses the values of the NHS

2. Form and Materials
   - Human scale and welcoming
   - High quality materials
   - Colour and texture

3. Staff and Patient Environment
   - Privacy and dignity
   - Views inside and out
   - Access to outdoors
   - Attractive interior
   - Good wayfinding
   - Responding to the specific needs of care groups

4. Urban and social integration
   - References to local landmarks or landscape
   - Landmark buildings that are easy to locate
   - Celebrating local history, culture and traditions

Café furniture by Angus Ross for Callington Road Hospital, part of the Moving On project by Willis Newson; Photo Paul Highnam
Form and Materials

Stained glass by Stuart Low, Callington Road Hospital, part of the Moving On project, Willis Newson
Form and Materials

Ceramic wall work by Marion Brandis, Callington Road Hospital, part of the Moving On project, Willis Newson
Form and Materials
Form and Materials
Using AEDET to demonstrate the therapeutic impact of art

1. Character and Innovation
   • Interesting building
   • Caring and reassuring atmosphere
   • Expresses the values of the NHS

2. Form and Materials
   • Human scale and welcoming
   • High quality materials
   • Colour and texture

3. Staff and Patient Environment
   • Privacy and dignity
   • Views inside and out
   • Access to outdoors
   • Attractive interior
   • Responding to the specific needs of care groups

4. Urban and social integration
   • References to local landmarks or landscape
   • Landmark buildings that are easy to locate
   • Celebrating local history, culture and traditions

Café furniture by Angus Ross for Callington Road Hospital, part of the Moving On project by Willis Newson; Photo Paul Highnam
Staff and Patient Environment

Friendly Skeleton by Natasha Rampley as part of the Grasp Project, Gloucestershire Royal Hospital, Willis Newson
Staff and Patient Environment

Dementia wandering trail by Fit Design at Callington Road Hospital for Avon & Wiltshire Mental Health Partnership NHS Trust. Photo: Paul Highnam
Staff and Patient Environment: Public Spaces

Banners by Phil Morsman
Starslide by Liliane Lijn for the Evalina Children’s Hospital, funded by Guy’s and St Thomas’ Charity; Photo Richard Bailey
Staff and Patient Environment: Waiting Spaces
Staff and Patient Environment: Wayfinding
Staff and Patient Environment: Views and Therapeutic Gardens

Walnut Tree Bench by Angus Ross, Callington Road Hospital, Avon & Wiltshire Mental Health Partnership NHS Trust; Willis Newson.
Photo: Paul Highnam
Staff and Patient Environment: Views and Therapeutic Gardens
Using AEDET to demonstrate the therapeutic impact of art

1. Character and Innovation
   • Interesting building
   • Caring and reassuring atmosphere
   • Expresses the values of the NHS

2. Form and Materials
   • Human scale and welcoming
   • High quality materials
   • Colour and texture

3. Staff and Patient Environment
   • Privacy and dignity
   • Views inside and out
   • Access to outdoors
   • Attractive interior
   • Responding to the specific needs of care groups

4. Urban and social integration
   • References to local landmarks or landscape
   • Landmark buildings that are easy to locate
   • Celebrating local history, culture and traditions

Café furniture by Angus Ross for Callington Road Hospital, part of the Moving On project by Willis Newson; Photo Paul Highnam
Landmark buildings that are easy to locate

Moorfields Eye Hospital façade louvres by Alison Turnbull and Penoyre and Prasad
Moorfields Eye Hospital
Art for Health’s Sake

Art in healthcare is not art for art’s sake, but art for health’s sake.

Art is not just about decoration.

Art has inherent value, but research has proved that it also has instrumental value.

It can welcome and reassure, help people feel a sense of place and belonging, raise the spirits, alleviate boredom and depression, aid communication and encourage social interaction, boost staff morale, deter vandalism and encourage greater care for the environment…..

Art can provide powerful medicine.

GRASP: Gloucestershire Royal Artists in Schools Programme