

Creative Ireland
CIGSIAG TIGSIUQ

in partnership
with

Mercer's Institute for Successful Ageing,
St James's Hospital

A Hospital's Creative Response in Ireland

**A successful collaboration of Arts and Health
making a difference as a COVID-19 response.**

Report: Behind the Frontlines: 2020

CREATIVE IRELAND

ARTISTS IN RESIDENCE PROGRAMME

IN PARTNERSHIP WITH,

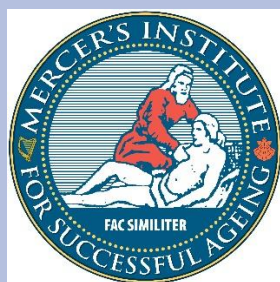
MERCER'S INSTITUTE FOR SUCCESSFUL AGEING

ST JAMES'S HOSPITAL

DUBLIN 8

IRELAND

Clár Éire Ildánach
Creative Ireland
Programme
2017–2022



Report by,

Professor Rose Anne Kenny

Roisin Nevin

Dr Francesca Farina



St James's Hospital is steeped in a long and rich history. The hospital has been at the vanguard of the great famine, past pandemics, and civil unrests. St James's Hospital's values and principals are built on this historic past coupled with a deep embedding in our local community and a strong national presence. Our resilience strengthens when faced with major adversity as evidenced by the collective St James response to the current pandemic.

St James's Hospital has in the past had the privilege to care for patients from various art forms - artists, writers, musicians and storytellers who have collectively shaped our hospital's place in history. Arts and health are interwoven into the fabric of the institution. The hospital's heritage is a tapestry of memories, words, stories and innovative discovery and solutions echoed in the local community's rhetoric.

Today, St James's Hospital is the principal academic hospital of Trinity College and Ireland's largest academic hospital. We are committed to reconnect our values, history, education, innovation and creativity to align with our ambition of provision of the highest quality of health care, rooted in cutting edge research and benchmarked to the best international practice.

The hospital is energized to employ creativity into our routines from acute and ambulatory care through to community engagement and to involve patients, carers, health care workers and on site scientists together with community outreach in combining creativity with the experience of delivery and reception of our high standards.

The extant collaboration with Creative Ireland and St James's Hospital is a working exemplar of this united approach to maximise our capacity in dealing with the current pandemic in 2020.

Today, artists, musicians have paved the way and created a space in time to share experiences, learning, and meaning, which has contributed to and enhanced wellbeing throughout the hospital in a most challenging period. This response has been embraced and welcomed as part of our hospital's vision for the future which underpins our legacy and will inspire further generations.

Health workforces will learn and share what can be achieved by a creative response to a global pandemic in a busy health care setting, thanks to Creative Ireland's partnership and the consequent success of the funded artist- in -residence programme detailed in this report.

Mary Day,
Chief Executive Officer,
St James's Hospital,
Dublin 8.

**Director of Mercer's Institute for Successful Ageing,
Professor Rose Anne Kenny.**

Mercers Institute for Successful Ageing was established in 2016. It is a unique state of the art facility on these islands, dedicated to promote the highest quality health care services, innovation and creativity. It has four pillars of equal import – clinical, research, education and training and creative life. This emphasizes the weight and value that is placed on creativity, to enhance health and wellbeing for all who engage with MISA, from patients to health care workers and through to citizens and out patients in our catchment area. This collaboration with Creative Ireland has enabled MISA to determine the feasibility of a creativity platform under rigorous infection control circumstances and at a time when staff could arguably be too stretched and disinclined to participate in anything other than traditional work related practices. At the same time patients were under rigorous lock down and access was challenging and limited and arguably was not practical. In essence, the reverse was the case and the creativity programme described below was a resounding success, warmly embraced by all participants and perceived to be of much added benefit by all. In fact, many commented on the necessity of access to such creative opportunities to enhance work output. We look forward to future growth and development of this initial partnership.

Integrating Arts and Health:

In May 2020, the World Health Organization (WHO) reported, from global evidence, an increase in depression and anxiety in certain groups, such as health care workers and older persons (WHO, 2020). Since the pandemic started, hospital staff have experienced an increase in stress, depression and anxiety over past 10 months exacerbated by multi factorial reasons including from increased workloads. Furthermore, older people have been the most affected by policy changes due to the pandemic including 'cocooning,' whereby social isolation, worry and loneliness lead to a negative physical and mental health consequences.

In November 2019, the Health Evidence Network European Region and WHO published a timely and comprehensive evidence-based collection of evidence that acknowledged the role of the arts in sustaining health and wellbeing, (WHO, 2019).

In response, the Mercer's Institute for Successful Ageing (MISA) redesigned and adapted the Creative Life programme to address some of these challenges of the pandemic and to align with WHO recommendations. By this proactive creative response, and through a framework of 'artists in residence' programmes, we enabled access for both a hospital workforce and for vulnerable patients to engage in creativity as a means of enhancing wellbeing, using art and music participation. The programme ran from September to December 2020.

Creativity provided opportunities to reflect, engage and bond in a safe manner. Artists provided art and music learning and collaborations that reflected meaningful experiences in the hospital during one of its most challenging periods this century.

Designing, developing and managing an artist in residence programme in an acute hospital during a pandemic was a unique learning experience and at many levels, a challenge. However, the rewarding feedback and productivity generated by the programme exceeded expectations. Overall, the programme enhanced both the patients' and hospital staff experience and wellbeing. Some of the challenges and learnings are presented here so that others can derive education from the process.

This artist in residence programme connected with patients and staff through educational talks, workshops and bi-directional conversations, to create a COVID-19 creativity response working across disciplinary boundaries within the hospital in 2020.

The artists attended contextual lectures, to share with them the role of pertinent hospital guidelines and infection control policies. This facilitated the team to synchronised a dynamic creative programme for participation with the arts, bringing people safely together within hospital guidelines.

As part of the programme we additionally provided a space for artists, health care and patient participants to express, reflect, create and relax while learning to engage with various art forms.

Feedback from staff has been very positive. Learning and improving this process are important steps in contributing further to arts and health in the future and sharing experiences for others to adopt.

The programme has established in a time of crisis, demonstrating we can enable creative opportunities, with the appropriate enthusiasm, supports and structures in place, and that these opportunities are welcomed and valued by staff and patients alike. This may be an important milestone for creativity in health care and should accelerate further collaborations between the creative and health care sectors.

Thanks to Creative Ireland for funding this programme in our hospital.

Roisin Nevin,
Creative Life Co-ordinator,
MISA,
St James's Hospital.

Contents:

1. Executive Summary.....	6
2. Introduction.....	7
3. Background.....	8
4. Outline of team and key participants....	14
5. Outcomes and outputs.....	16
6. Public Engagement outcomes.....	20
7. Any relevant findings.....	22
8. Highlights.....	30
9. Gallery.....	39
10. Conclusion.....	45
11. References.....	48



Executive Summary

The term “arts and health” was coined in the 1980’s in the UK and has developed distinct components in art practices. In Ireland in the late 1990’s, the Arts Council of Ireland published an “Arts and Health Policy and Strategy”. “Arts and Health” is a generic term that welcomes a variety of art practices which bring together the skills and practices of both health and arts professionals. The aim of arts and health practice is to access arts in order to improve health and wellbeing in healthcare settings (Arts Council, 2010).

In 2020, according to The Irish Longitudinal Study in Ageing (TILDA) over the previous 12 months, 93% of older adults reported visiting their GP, 46% visited a hospital outpatient clinic, 1 in 5 visited the ED, 16% had an overnight hospital admission and 8% had a day case procedure. Advancing age increased utilization of hospital services, including the number of nights an older adult spent in hospital in the previous 12 months (1.2 nights aged 58-64 years, to 3.6 nights aged 75 years or older), (TILDA Report Study, doi/10.38018/TildaRe.2020-10).

During COVID-19, unprecedented transformation took place within St James’s Hospital to cater for enhanced demands on staff to deliver care in a safe manner and environment to preserve life, minimize disability and care for all patients needs in a pandemic. Hospital staff and patients are fatigued from the work pressures and uncertainties of COVID-19. Arts activities were advanced to support the staff and patients psychologically and to enhance wellbeing and build resilience.

This report will outline an arts and health programme as a support intervention in an acute hospital during a pandemic. A team of artists and musicians attended contextual learning, in response to requirements imposed by the pandemic on their working environment. The programme resulted in many enriching quality arts experiences that may inspire and advocate future art practices nationally in similar contexts. The aim of this programme was to demonstrate the impact that an arts and music integration activity in a hospital, can bring to health care workers and patients inclusive of all ages. A proactive arts and health framework was designed to support resilience of hospital staff and older patients to meet some of their needs during this time.

Creative Life designed, developed, trialed, established, supervised, delivered, integrated and managed this artist in residence programme from September – December 2020, in St James’s Hospital, enabled by and thanks to Creative Ireland funding.

Introduction

In 2020, Creative Ireland and the Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media, partnered with the Mercer's Institute for Successful Ageing (MISA), St James's Hospital to deliver an artist in residency programme in collaboration with the Creative Life Pillar within MISA. This arts and health model of integration took the format of an artists in residence programme for older people. Hospital staff care for an increasing older population in hospitals. Older patients and persons were particularly susceptible to the challenges and severe outcomes from COVID 19. Artists received infection control training and thereafter worked safely within hospital guidelines, providing a valuable rapid creative response within a three-month period through the medium of music, print and colour.



Background:

COVID-19 has magnified stressful experiences of older people and those who provide care for them in the hospital setting. COVID-19 has generated new creative thinking, concepts, ideas and new approaches to how we work. This programme explores how impactful an art participatory programme could be when integrated into a hospital service under challenging circumstances but arguably, at a time when creativity was most needed.

Could an artist in residence programme enhance healing, wellbeing and our humanity at this time of challenge? We achieved this through conversations, meaningful dialogue and by engaging both older patients and health care workers in art and music.

According to the WHO, Department of Mental Health, older people living with multimorbidities and frailty are a vulnerable group and require specific supports for their mental health. This is corroborated by evidence in Ireland from the TILDA study which reports that 64% of adults aged 75 years and older have the presence of three or more chronic conditions (TILDA Study, 2020, WAVE 5, Key findings, Chapter 4, P.2) This population's physical health is more at risk of COVID-19 fatality, and present with poor outcomes (WHO, 2020). In St James's Hospital, 32.2% of patients admitted to critical care were aged > 65 years, and 46.6% > 70 years (Critical Care department, St James's Hospital, 2020) with expected high prevalence of multi morbidity.

Creative Ireland

Creative Communities are supported by each local authority, under the guidance and leadership of a local Creative Ireland Co-ordinator. The Creative Ireland Programme is led by the Minister for Tourism, Culture, Arts, Gaeltacht, Sports and Media. The national programme office is based within this Department in Dublin, under the directorship of Tania Banotti. For this programme funding supports derived from Creative Ireland, in partnership with MISA, St James's Hospital.



St James's Hospital: The human side to COVID-19.

St James's Hospital is Ireland's largest acute academic teaching hospital and is based in Dublin's south inner city. Our fundamental purpose is the delivery of health treatment, care and diagnosis as well as health promotion and preventative services at local, regional and national levels. St James's Hospital's academic partner is Trinity College Dublin. By international standards, St James's hospital is a substantial acute hospital service provider. This hospital occupies a prominent position in the public eye and is recognised as prioritising innovation and excellence of delivery.

From February 2020, St James's hospital staff planned and adapted services as part of a national response plan to prepare for COVID-19. Staff rapidly responded to care for patients under challenging and unique circumstances for the health care environment. Hospital staff employed innovative approaches to react and problem-solved an unfamiliar fast changing landscape.

Many hospital staff are now fatigued, anxious and emotionally exhausted reacting to life threatening circumstances, over hours, days and months. On the other hand, older patients in the hospital have suffered most, as COVID -19 predominantly affected this age group both in severity of illness but also in the restrictions which were necessary to enable infection control, including spells of isolation and short, intermittent, remote communication with family and carers. Therefore, the programme focused on these two cohorts.



MARINA CASSIDY – HARPIST IN MISA

Mercer's Institute for Successful Ageing: Creative Life.

Mercer's Institute for Successful Ageing (MISA) at St James's Hospital is a state-of-the-art- facility for integrated clinical services and a hub for world-leading research in ageing.

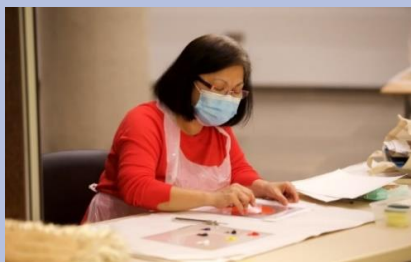
Creative Life is one of four pillars, a designed space within MISA, and the others pillars are clinical, education/training and research. Since 2017, Creative Life has tested and developed an arts and health programme at the intersection of our hospital and community in collaboration with national cultural organisations, museums, universities, artists and community groups in creating a unique arts programme that provides a novel workable framework. This arts programme has been designed within resources, to coordinate and manage an inclusive arts programme accessible to older adults, patients, and hospital staff through educational talks, choirs, print making workshops, art collections and events both onsite and offsite pre-COVID -19. This model embodies an integrated programme that explores how to embed an arts and health programme in a healthcare setting. The Creative Life framework has been built on successful relationships and partnerships which has been developed on a community and national level incrementally over time.

COVID-19 Creative Response in Healthcare- to foster resilience:

The Creative Life Coordinator, employed by MISA, St James's Hospital, manages the Creative Life pillar in MISA. This role advocates and delivers an intergenerational arts and health programme with cross site and cross disciplinary collaborations.

The programme reshaped resources to respond to recommendations outlined in international policy and practice outlining psychosocial support for healthcare workers in hospital environments. The Creative Life coordinator worked with hospital colleagues to establish an artist/music in residence programme within a five-month period from concept to delivery. This aligned an arts and health programme to be reframed and reimaged to help hospital staff and patients at this challenging time. All artists and musicians had connected with MISA previously, and having these prior relationships in place, facilitated the rapid turnaround of the COVID-19 creative response. This team of artists understood the importance and value of working in this context.

This artist in residence programme is titled, "*Behind the frontlines*".



Hospital Staff – print workshop

“Behind the Frontlines: 2020”

The artists in residence programme consisted of seven artists, including visual and oral artists and musicians, from areas of creative expression such as storytelling, design and neuroscience.

Artists /Musicians provided:

- Education and engagement – talks onsite and online
- Participatory workshop series and showcases – onsite and online
- Co-create projects
- Creativity to environments



Marina Cassidy – music workshops with hospital staff for wellbeing.

Context Learning – Process for Artists in Residence Programme (AIRP) 2020.

All artists in residence attended context learning, lectures provided by St James's Hospital staff.

Included in this programme were an induction morning, contextual learning lectures provided by the hospital staff on site and on zoom, to incorporate infection control, patient confidentiality, communications, logistics, risk assessments, and hospital staff who care for older people on the frontline.

This was valuable learning for artists that provided insight into their proposals from the start. Lectures were presented from a number of disciplines, including allied health professionals, clinical nurse specialists, consultants and experts in gerontology, from dementia services to healthy ageing, to help supports discussions on experiences working in a hospital.

Contextual learning provided the necessary awareness, a grounding in essential precautionary measures that was required to be adhered to when delivering workshops onsite.

Each artist had weekly meetings to update the Creative Life Coordinator onsite or on zoom and to reflect and revise their programmes within the complexities of a changing working environment.

The Creative Life Coordinator ensured this programme worked within hospital guidelines and was delivered within timelines.

Artists in Residence created proposals as a response to context learning and adapted to deliver as part of their residency programmes that integrated arts education and participation.



Workshops series:

Artists attended infection control talks, communications and relevant policies lectures.

Learning:

- Logistics and set up within a busy healthcare environment.
- Building relationships with staff and networks.
- Reflections and responses during a pandemic.



Infection control and hospital guidelines incorporated into programme-Image by Emma Finucane.

Hospital – AIRP guidelines maintained:

- Physical distancing
- Maximum of 5 people per group
- Registers
- Hand hygiene
- PPE adherence
- Detergent approved wipes before and after use of tools/instruments
- Ventilation - open windows within rooms
- Individual packs – art packs
- No wind instruments/ no group singing indoors to mitigate transmissions
- Adaptability to move lectures workshops online or onsite as required
- GDPR adherence



Emma Finucane – print workshop series for ICU staff – Image by Anthony Edwards

Outline of team and key participants:

Behind the Frontlines: 2020 – Artist in Residencies

- Karen Meenan – Creative expression and reflections
- Francesca Farina – Art and the brain /neuroscience
- Marina Cassidy – musician/music therapist
- Roisin Hayes – musician/music therapist
- Megan Quirey – Design and architecture
- Kate Mac Donagh – Visual artists - print
- Emma Finucane –Visual artists - print

Roisin Nevin –Creative Life Coordinator – Programme Development with Professor Rose Anne Kenny – Director of MISA.



Participants:

This arts and health programme included education and participation components collaborating and engaging with many disciplines and departments in St James's Hospital.

These key interdependencies of arts and health in this environment were,

- Education
- Participation
- Reflection
- Engagement
- Learning

Artists in residence worked with many hospital staff in a process of learning.

Hospital staff involvement in arts and health programme were:

- ICU nurses
- QSID managers
- HOPe nurse managers/oncology
- ED staff
- MedEl- nurse managers
- Multidisciplinary teams
- Palliative Care Team
- Clinical photographer
- End of Life Coordinator
- Security and patient support
- Clinical Nurse Managers
- Speech and Language Therapists
- SCOPE team – Physiotherapists, social workers and occupational therapists
- Social prescribing – link nurse

Included in-patients /out-patients from St James's Hospital/ with guidelines adhered to.

Patients accessed arts via referrals framework from:

- ICU unit
- Palliative Care team
- Speech and Language therapists – MISA wards
- Clinical Nurse Managers – MISA wards
- Social prescribing link – with MISA outpatients – ZOOM creative conversations
"Take 5" series.

Outcomes and outputs:

Outcomes:

Increased strategic engagement within the creative and health sectors via meeting with Dublin City Council, Arts Director.

Building relationships, developing learning, evolving arts, staying well, health and wellbeing approaches as a proactive response to a pandemic.

Working with strengths and understanding limitations within the process. Developing networks of learning and reflecting in a hospital environment. Enable creativity to reach patients, their families, staff and communities.

Co-create, participate and shape what creativity brings to people's experiences within a hospital, to inspire and empower an intergenerational approach to ageing through an arts and health model.

An original collection of music, lyrics, reflections and art created by staff during a pandemic.

An artist in residencies programme- design framework, process, development and delivery of arts for patients and hospital, over an expansive life course approach.

Zoom - review showcase - programme interim update.

Outputs:

- Development of a new programme/new approach to arts integration into health.
- Creative response to a pandemic as a solution-based approach
- Design and co-creation of programmes actioned within a health system
- Delivery of an arts and health programme in an acute hospital
- Contribution to new learning.
- Several Artists in Residency programmes:

Programme 1 - Visual Artists in residence

Programme 2 - Musicians/Composer in residence

Programme 3 – Creative arts / design /creative consultants in residence



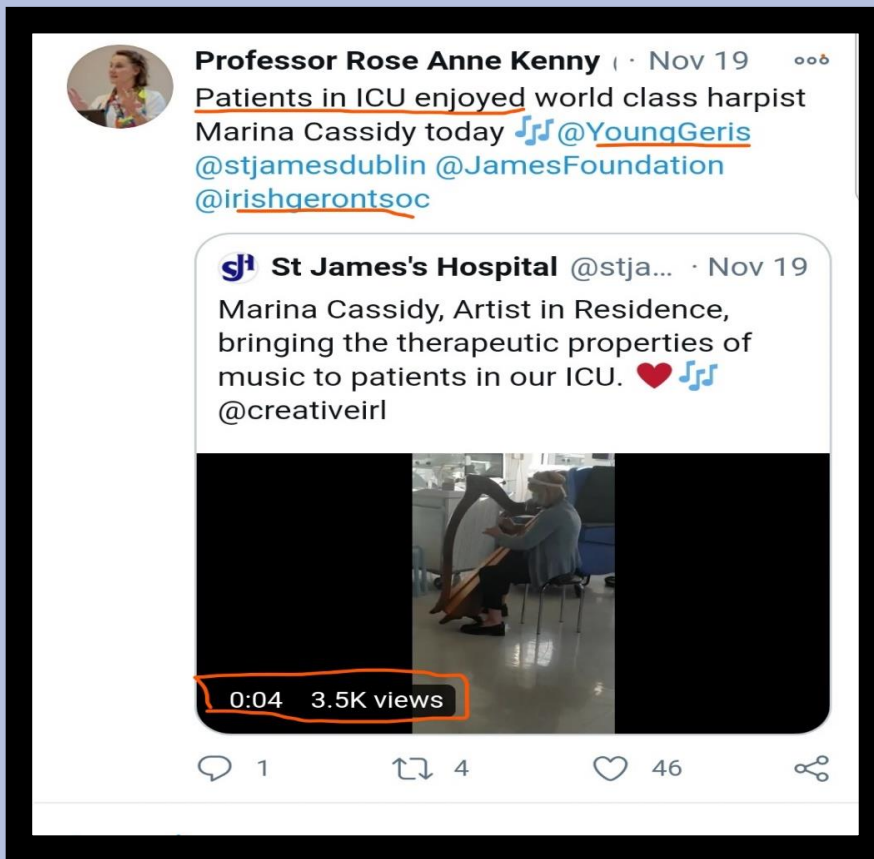
Outline of artists in residencies and key participants:

Artists in residence program – Creative Ireland - September – December 2020

Name	Art practice	Process Delivered	Co-created with
Kate Mac Donagh	Visual artist Japanese woodblock printing Mixing colours	Workshop print making series Oncology, ICU, Quality improvement managers Engagement with art collection- viewings. Co create project – print	Nurses/Managers/ Older and Younger patients.
Emma Finucane	Visual Artist Print Arts Educator Artists and tech support	Workshop print making series ICU Staff Participation Artist Support Online/Onsite lectures Co create project – print Staff Wellbeing App	Nurses, Nurse managers, hospital management.
Marina Cassidy	Musician and music Therapist Composing music and lyrics Education Music in environments Reflections	Workshops series for staff access. Lectures onsite Music taster workshops Co create series, with staff and patients Created original music compositions and lyrics Played music in ICU unit and MISA Wards. Jamming sessions. MISA morning sessions Staff Wellbeing App	Older patients living with stroke or dementia and end of life. Hospital staff who experienced COVID wards MISA Nurse managers Palliative Care Team Multi-disciplinary teams Creative Consultants

Roisin Hayes	<p>Music Therapist</p> <p>Music online /onsite Composed music and lyrics. Composed choral piece Education</p>	<p>Workshop series. Themed playlist for tablet devices for patients on MISA wards. Lectures onsite and on zoom. Co create series- staff, patients. Jamming sessions. SJH Staff wellbeing App.</p>	<p>Older patients living with stroke or dementia Speech and language therapists Occupational therapists Physiotherapists MISA nurse managers Multi-disciplinary teams Creative Consultants</p>
Karen Meenan	<p>Creative Artist</p> <p>Tech support</p> <p>Creative positive environment</p>	<p>TAKE 5 series</p> <p>Workshop series on site and on zoom.</p>	<p>Emergency Department staff</p> <p>Security Staff</p> <p>Patient Support Staff</p> <p>Social prescribing link nurse</p> <p>Outpatients and families</p>
Francesca Farina	<p>Neuroscience - TCD</p> <p>Education – Arts and the Brain Life-long learning tools Evaluation support, planning and assimilating feedback</p>	<p>Arts and Science Educator</p> <p>Online lecture series Participant Survey- QSID advice Gathering feedback Written report- assistance SJH Staff Wellbeing App</p>	<p>Artists.</p> <p>Hospital Staff.</p> <p>Creative Life resources.</p>

Megan Quirey	<p>Architecture/Design Space</p> <p>Design research</p> <p>Structure: Memory Box</p> <p>Enhancing creativity in an environment age friendly.</p>	<p>Designing posters and project / structure to support the arts and health space which is age inclusive.</p> <p>Boost staff morale and wellbeing</p>	<p>Artists</p> <p>Musicians</p> <p>Neuroscientists</p> <p>Hospital staff</p> <p>Older people</p>
Street Artists	Mural	Hospital Walls	<p>Staff input into design</p> <p>Understanding relationships</p>
Creative Consultants			
Barry Devlin	<p>Interviewed experts in ageing and brain health</p> <p>Co Create -Music</p> <p>Collection of music/lyrics</p>	<p>Written piece</p> <p>Composed an original songs and music on ageing and covid-19</p>	<p>Musicians in residence</p> <p>Multi-disciplinary team</p>
Jim Lockhart	<p>Interviewed experts in ageing and brain health</p> <p>Co Create –Music</p> <p>Collection of music/lyrics</p>	<p>Written piece</p> <p>Create montage of staff music and lyric compositions</p>	<p>Musicians in residence</p> <p>Multi-disciplinary team</p>



TWITTER PROFESSOR KENNY – VIEWS 3.5 K – VIEWS – SOCIAL MEDIA PLATFORMS AND REACH.

Public Engagement outcomes:

Phase 1:
Project delivery.

St James's Hospital Communications

Social Media – Facebook and Twitter.

St James's Hospital Communications.

Phase 1 - Onsite.

Hospital Staff: 4, 600 staff reach.

- Hospital Intranet
- Pulse Online News – staff.
- St James's Hospital Times – magazine – Winter issue
- St James's Hospital Staff Wellbeing App – Creative Life section
- Emails lists – groups.
- Posters
- Information leaflets on workshops and projects.
- Photography – with permissions.
- Film footage – with permissions.

Phase 2: 2021 planning/communication strategy:

St James's Hospital, MISA, Creative Ireland.

- St James's Hospital Communications.
- Creative Ireland Communication.
- Creative Ireland Website.
- Growing partnerships.

Relevant findings:

September – December 2020:

Workshop series-

- 1 series = 4 sessions
- Tasters sessions =1-2 sessions
- Onsite/Online
- 5 people per group with guidelines in place.

Co Create Projects

Overview:

Artists Delivered	Education and engagement talks Online/onsite	Hospital Depart/ Disciplines groups involved	Workshops completed
	19 sessions	11 groups	53 sessions
Artists	Staff Participation	In-Patients One to One (O) Access (A) ---- Outpatients (Op)	Online platforms reach: <ul style="list-style-type: none"> · App · Intranet · SM Internal Comms
Art, music and creativity access by,	81 staff- workshops 12 staff- co create projects	(O) 14 patients (A) 96 patients (Op) 8 patients	4,600 staff /reach

Staff experiences:

Table 1: Feedback from workshops

	Total number of attendees	Percentage who were satisfied	Percentage whose mood improved	Percentage who would recommend to a colleague
Music workshops	31	100%	100%	100%
Art workshops	31	100%	100%	100%
Reminiscence workshops	19	100%	100%	100%



Benefits of a COVID -19 Creative response: Quality arts programme.

Shared benefits for patients and hospital staff.

Bringing a different meaning and purpose into a hospital,

- Empowerment
- Learning something new
- Having their stories heard
- Relaxation
- Safe Space
- In the moment experiences
- Positive feelings
- Calmness
- Bonding
- Enriching creative participation
- Person Centered Care
- Engagement in arts and creativity
- Exploring new ways of reflecting
- Reminisce
- Sense of achievement
- Experiment with art and music making
- Having Fun
- Trying something different
- Taking time out to create
- Imagination
- Hope



What participants say from their experiences....

Enjoyed being challenged in a new way and reflecting in a different way.

Freedom of expression, no judgement through experiencing music.

Safe space to relax.
Soothing.

Balancing clinical commitment of workload with finding time to enjoy and experience a music workshop.

Peace, quiet, and colour.

Very relaxing experience, so different from everyday life.

I thoroughly enjoyed this, a great outlet and an escape for a time from my busy work day.

Changes everyone's mood, its positive experience.
All good!

I looked forward to these workshops each week, it was not pressurised, just fun and relaxing.

It was enjoyable learning new skill, easy to do without any previous artistic ability

I was so nervous at the start as I'm not musical, however, I loved this experience.

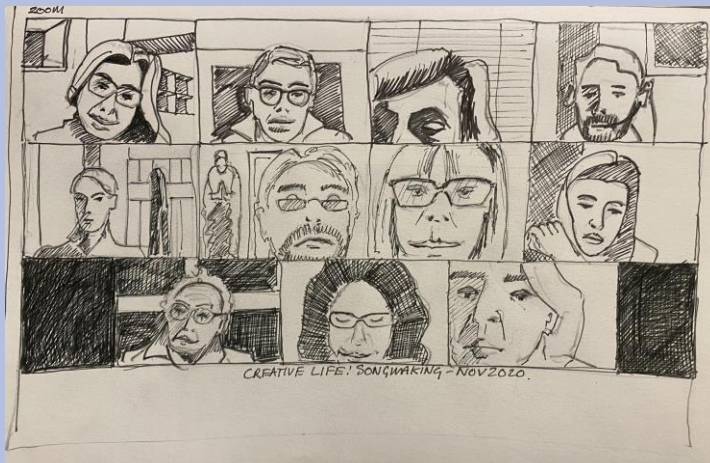
Breath of fresh air.

CO - CREATE PROJECTS

MUSIC & ART

COLLABORATIONS

Co-create Music series:



CO CREATE MUSIC /SKETCH BY PROFESSOR COLIN DOHERTY

Co Create / Music series: Project

- Barry Devlin – Creative Consultant
- Jim Lockhart – Creative Consultant
- Roisin Hayes – Musician in residence
- Marina Cassidy – Musician in Residence

Musicians connected with St James's Hospital multidisciplinary team for six zoom sessions each Friday.

- A collection of original works developed in the form of poetry, music, lyrics, wrap and choral pieces.
- Musicians worked with patient's creative input in this process.
- Song's lyrics developed and ready to be produced.

Theme – selected: Face Masks in COVID-19 times and ageing.

Feedback from staff,

“enjoyed the process”

“loved the freedom to express, to be creative”

“this project made me think in a different way”

“It was a challenge”

Co- create from patient's perspective.

Roisin Hayes and Marina Cassidy worked with patients to include their words and voice, for example this piece as follows,

Did we ever think we'd see it?

Did we ever think we'd see it? A time where we can't get up and go. But I'll be heading back soon to my home in the west. Is there a job yet? Oh the things I've been through, the hills and the valleys, in villages and cities. What does local mean anymore? The things hospitals can do now that could never be done before. I trust what they say even with the fear that's all around. Sure that's it, there's nothing we can do. How are you these days?

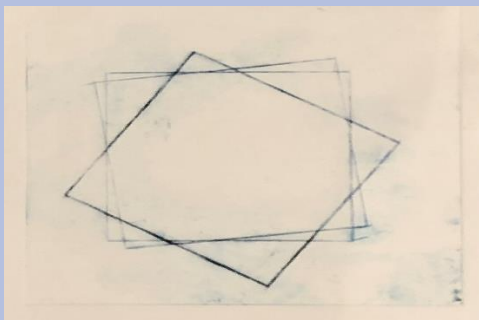
Co Create - Art:

This is a project involving **two artists from** the MISA team (Kate Mac Donagh and Emma Finucane) and **one staff member** (Anthony Edwards, Clinical Photography)

All three have a common interest in printmaking and made the decision to work together looking at the hospital and the **experience of the older person** through the medium of print. A starting point for the work was to examine the hospital space not only a physical one, but an intangible, metaphorical, and psychological one. All three worked together in exchanging skills, ideas and knowledge in this collaboration.



Print 1 – Emma Finucane
Print 2- Anthony Edwards
Print 3 – Kate Mac Donagh



Creative Consultants:

Thanks to the expertise and experiences of Barry Devlin and Jim Lockhart (Horslips) involvement in this programme on two projects.

1. Reflections- “Creativity is a funny old thing...”

Connecting conversations with,

- Professor Rose Anne Kenny
- Professor Anne Marie O'Dwyer
- Dr Francesca Farina
- Professor Roman Romero-Ortuno

Exploring learning through a series of conversations and reflections under the themes of ageing and creativity.

Output: written pieces.

2. Co-Create music project series.

Series: 6 weeks – zoom sessions

Barry and Jim facilitated workshops supporting musicians in residence and connecting with hospital staff.

Output: This collaboration was a creative process which developed a collection of original music, lyrics and poetry works with older patient's input into this enriching experience, where future collaborations may take place.

HIGHLIGHTS 2020:

Artists in Residence.

Meet the team...

Megan Quirey:

Design /architecture/ collection of memories/lived experiences.



“Memory Box”



The **‘Memory Box’** is a design concept in response to the issues and needs within the Creative Life Centre within MISA St James’s. The box acts as a room divider, creating safe spaces for members of staff to use, acoustic properties to help dampen the hospital environment’s noise pollution. The multifunctional structure creates a person-centred art display unit for staff and patient’s art work exhibitions.

The concept for creating the **‘Memory Box’** was to create a spatial brain or mind as a physical place where memories made and created are stored and displayed.

The **‘Memory Box’** stores the moments, the creations and the happenings in creating identity, assisting in orientation and wayfinding, and encouraging reminiscence of the staff and patients within the Mercer’s Institute for Successful Ageing, St James’s Hospital.

Art participation:

Emma Finucane:

Visual Artist/ educator

Print Workshops series.
Art participation onsite and online.
Showcase.
Educational talks online and onsite.
Exploring the clinical environment.
Co Create – Art project.
Support for artist's online tech and zoom.



Print Workshops series:

Over all they have worked very well.

Outdoor studio space: Starting in September enabled us to deliver the workshop outdoors in the courtyard beside Creative Life. This was a wonderful opportunity and felt like it added to the whole experience to transform the clinical space to a creative, social space. It was also ideal in terms of infection control.

Indoor studio space: The Creative Life space was a good space to run workshops when the doors were opened up and we could move out into the foyer. This enabled social distancing. We also had the windows open. Good equipment and materials are essential to delivering a good workshop experience.

Online: This is something I have never done before when running workshops. But it is definitely something I will continue to do (COVID or no COVID!) as I found it complimented the practical sessions and maintained a relationship between the group. I found that having the first session online with an introduction to myself and then the workshops worked very well. One of the practical sessions had to go online and this worked surprisingly well. I did a live demo that was recorded and then uploaded to classroom. This gave the participants the opportunity to see in advance the process, ask questions and consider what way to approach the work in the workshop space. The uploaded material was there to watch again if and when required. Materials to prepare were sent in individual envelopes to prepare at home for the following week when back onsite. Having a relationship online also made it easier to organise the sessions. If for some reason a participant missed a session, I could fit them in when a place came free in the next groups sessions. We were in contact by email and on classroom.

Keeping in touch by email with CNM of ICU helped when getting the details of participants and making sure they were informed of when and where workshops would take place.

Emma

Emma's workshop series.



Emma's workshops



Art Processes Used

- *Monoprint* is a single impression of an image made from a reprintable plate. Participants will explore monoprint through a combination of techniques e.g. drawing materials and fabric, collage and frottage, combining the spontaneity of printed inks and paper, creating a surface that is unlike any other art.
- *Drypoint* is one of the simplest forms of Intaglio printing, the artist works directly on to the plate to create scratched surface that can then be printed multiple times. Participants will create their own plate and learn how to print on a small Etching press.

Emma



Print by an ICU Nurse 2020.

Kate MacDonagh

Visual Artist:



Print and colour workshop series with teams
Art engagement and reflections
with art collections
Art participation and learning
One to One experiences with patients
Co Create Art project
Showcasing works



Another patient I worked with is an older woman who is recovering from a stroke. She loved the feeling of painting onto the wood and said it felt relaxing and peaceful.

She told me it was the first time in her life that she held a paint brush in her hand. I placed her work on the windows in her room.

She loved to see how the light came through.

Kate

Japanese Woodblock printing

Workshop series:

The workshops have been a great success. Everyone was very surprised and happy to receive an art pack. They really loved the tools and materials in their box. It meant that people could work at home between the workshops which meant that the new skills that were introduced in the workshop were revised during the week. Another big plus was that quite a few people shared their new creative processes with their families. Some working with their children and others with older parents.

One woman brought her mum's paintings in to show me which she made with the little Japanese brushes and watercolours. Many realized that they could be creative with very little effort and I could see they gained confidence quickly.

All of the groups were different but there was a lovely feeling in the space while people worked. There has been laughter, quietness, and chat and a great appreciation of each other's creations. When my first group finished I suggested I could frame one piece of each person's work to hang in their workspace. They loved the idea so I arranged to visit the following week to choose a spot. I had a lovely visit. We decided together where we would place them.

Kate

Music:

Marina Cassidy:
Musician /Music Therapist



Music –One to One with patients
Workshop series with teams
Education and Taster sessions
Music – exploring
clinical environments
Building a framework
Music accessibility to patients
and staff
Co Create – Music series
Composing music and lyrics
Reflections

Music in the ICU unit

My very first visit to ICU has made a lasting impression on me and I feel both privileged and grateful to have had the opportunity to possibly make a difference, for both patients and staff in bringing music and its healing qualities to this environment. Here, I appreciated anew the preciousness and fragility of life.

Mindful of carrying out infection control checks all the time; I played the harp for 15 minutes in each ICU unit.

I was very aware and sensitive to the atmosphere in both units and wanted to strike a balance between more reflective music and slightly more energetic music.

Staff communicated to me that the music helped them feel more relaxed as “the only sound they hear” are beeps going off.

One patient turned his head and smiled, and the music created a connection.

My motivation was that the music would provide a sense of comfort and hope and relieve some anxiety during a major challenge to one’s health. It was very satisfying, as a musician and artist to hear that music, appropriate to the setting in volume and texture could support both patients and staff in ICU and the lifesaving work that happens there.

Marina

Music - Palliative Patient

I set up quietly in her room with patient M, who looked so frail, weakening before my eyes, with myself, and the music. I could momentarily identify with the frontline staff and all of the staff who, because of Covid-19, provide this end of life holding and support on a daily basis, on behalf of family. The dignified silence that the sound of the harp and the music created in the ward created moments of real connection with everybody present.

In those moments it felt like the world stopped to show respect to patient M.

Saying goodbye to M and feeling enriched by having met her, brought an emotional countertransference of my own experiences with grief in life.

Marina



Roisin Hayes:

Music Therapist

Music One to One with patients
 Music Workshop series with teams
 Education onsite and online
 Building a framework
 Co Create Music series-participation
 Playlists accessible for patients
 Composing music and coral piece

Róisín's initial passion for music has meant she can play multiple instruments such as the piano, flute, guitar and singing. She also has a background in conducting and composing for both vocal and instrumental ensembles and has worked with several well know composers and conductors.

Music workshops series:

From the verbal and written feedback provided by the participants it is clear that the music sessions provided a unique support system for the participants through active and mutual participation. I observed, as the weeks' progress, the discussions becoming more open and honest amongst the group, individuals coming out of their shells in order to play or interact with the group through music. I observed the groups bonding and communicating and getting to know each other and feeling free to express themselves in the session. It was expressed that the group felt more bonded outside of the sessions also.

I was struck by the pure need for supporting staff especially during this time and the themes of stress, pressure, tiredness and work became important discussion topics that must be handled with care. The group expressed that they haven't had an outlet to express some feelings especially not as a group through a creative medium of music.

Roisin



Collecting stories:

Karen Meenan:

**Creative Artist
GBHI fellow**

**Stories/Memories/Expression
Take 5 Series.**



Facilitating Creative expression
and reflections.

Workshop participation series
on site with hospital staff.

Accessibility to workshops/
working with older people/
outpatients via zoom sessions
with family involvement.

Workshop series:

1. Security Staff: a wonderful bunch of people, taking time out of their day to experience the joy of learning more about each other and celebrating the work they have done with their contribution helping older patients in St James's in 2020.

2. Social Prescribing- connecting to Creative Life AIRP – outpatients.

Zoom out-patients: an excellent series co-facilitated by a Social Prescribing coordinator. This was their first time to communicate with outpatients using zoom so this has been an invaluable experience for two reasons:

They now have a new way to communicate, they have learned new skills about how to connect, mute, unmute, use the chat box, use reaction buttons and talk to each other using the zoom room. These workshops happened on a Saturday morning so they have support from children and grandchildren to connect.

These people have not met before as a group and already they are starting to make connections and starting to bond.

They are starting to recognise each other from the community and make conversations with each other while on the zoom call.

They have been collecting favourite songs, poems and comedy shows.

I have been creating a playlist tailored to include every participant, every person who attends the workshop is included as both audience and contributor.

Karen



Your Brain on Art

Presented by Francesca Farina, PhD
Neuroscientist and author of '*Why Science Needs Art*'
Trinity College Dublin

Dr Francesca Farina

**Neuroscientist TCD
GBHI fellow**

Education:

Lifelong learning.
Zoom Discussions with
Creative Consultants.

Online resource-
Recorded four lectures series
Arts and the brain

Evaluation:

Support, collate feedback.

Education:

Francesca provided four part online talk series on the art and brain for staff to access within our hospital online platforms to learn how art and music affects our brains.

E.g. Hospital Staff Wellbeing App.

Evaluation: Francesca collated feedback from artists and worked with SJH QSID on feedback surveys to discover people's experiences with workshops.

Creativity, brain health & well-being

Presented by Francesca Farina, PhD
Neuroscientist and author of '*Why Science Needs Art*'
Trinity College Dublin

Gallery view –

Behind the Frontlines 2020:

Selection of images:



Kate Mac Donagh – facilitating workshops and preparation in studio space

Karen Meenan “Take 5 series” each Saturday on zoom



The title of this workshop is **‘TAKE 5’** this is a series of five stimuli which all offer a break – hence the name – ‘Take 5’ is also five things to prepare in advance of the workshop:

1. A favourite song or piece of music
2. A favourite poem
3. A childhood memory
4. A funny moment, a meme or joke that they would like to share with the group
5. Something they learned about themselves in 2020

Karen.



Emma leading a workshop series with hospital staff in Creative Life area in MISA.



MARINA WORKING WITH MUSIC IN THE ICU UNIT.



Emma and Kate collaborating on Co Create Art project

Roisin Hayes –information leaflet

Supporting Staff Through Music

*'Music has the power to make us smile,
bring us to all types of tears,
bring us back in time and
inspire us to dance in the moment.
For all types of days, there is music.'*

What might happen in a workshop.
Each workshop is individually designed for the groups needs, wants, preferences and thoughts in the sessions we might:

- Listen to some music
- Share some of our favourite music
- Talk about music or memories/ emotions associated with music.
- Play some instruments together
- Make up some music together
- Write a song
- Relax to music
- Sing to music
- Dance to music
- Get to know each other in a different way

Meet Róisín.
Hello, My name is Róisín, I am a qualified music therapist, musician, composer and experienced healthcare assistant. I am passionate about using music therapy to support patients, families and staff in the hospital environment. I am here to invite staff members to be involved in a **four session workshop** which aims to provide a non-pressured, confidential space in which staff can come and relax, have some fun with colleagues, explore and/or express themselves through music, be creative in work and learn about how music can benefit your health and wellbeing.

Workshops will take place in MISA 6th floor seminar room @ 5.30-6.30pm
Thursday 12th (Rescheduled), Mon 16th, Mon 23rd, Mon 30th.

For more information contact:
roisinhayesmusictherapy@gmail.com

Aim of the staff workshops.

Additional support for staff.	A break within your week.
Creative outlet	Staff bonding
Try something new	Expression through music

How can music support me?
Engaging in musical activities has been proven to have positive effects on self esteem, confidence, motivation, fatigue, stress, anxiety, low mood, cognition, social interaction, group bonding and much more.



ANTHONY EDWARDS – PRINT – CO CREATE – ART



**Staff exploring colours at Kate's workshops.
Individual packs provided.**

Kates workshop series:

Japanese woodblock printing:

Workshop 1: Exploring colour using Japanese woodblocks, brushes, washi (paper) and watercolour.

Workshop 2: Developing techniques in colour.

Workshop 3: Covering boxes with the prints made in the previous workshops.

Workshop 4: Looking at different ways of presenting the prints.

Example: designing and making greeting cards.



Karen's "Take 5 series" with hospital security team, workshop in session.



Marina preparing for music workshop series.

Printing press – used by staff at Emma's workshop.



Kate connecting with Hospital Staff, exploring Japanese woodblock printing practices.



Kate Mac Donagh – St James’s Hospital – presenting QSID staff their framed work - **Showcases**

Kate Mac Donagh and Roisin Nevin with Nurse Managers in the HOPE Directorate, St James’s Hospital.



Conclusion:

Creative Life within St James's Hospital responded in a reflective reconnaissance way to redesign an arts and health programme in response to COVID-19. This programme involved artists in residence providing educational talks online, and onsite. Simultaneously this team delivered workshops, creative projects in music and art, with the capacity to pivot between delivery of workshops on site or online also. This formula mapped out the important foundations in mastering the integration of art and music to key stakeholders within St James's Hospital during COVID-19 in 2020.

Artists have learned and experienced a unique perspective during this time which may enrich their future practices. Contextual learning provided shared knowledge from hospital staff, which immersed artist's practices and proposals working within this hospital.

The key component of support of this programme was hospital senior management's engagement which brought about a diversity of staff involvement. Supporting staff to take time, to relax, to reflect, to respond through creativity, and by self-expression was key to success of the programme.

The enjoyment of creating something new in a safe space while accessing various art forms, stories and music was described as "a breath of fresh air" which creativity brought into an intense work environment. Hospital staff were furthermore in a position to communicate to patients the value that engagement in arts brings because they had experienced same during their participation.

In 2020, the Creative Ireland and MISA, St James's Hospital's partnership was instrumental in spearheading this artist in residencies programmes in an acute hospital setting, demonstrating what can be achieved. This programme showed how valuable this learning can be in a healthcare setting once preparatory strategies and structures are in place.

A national approach to recovery from COVID 19 should engage with creativity to secure positive outcomes for fractured citizens and this programme is an exemplar of a wider vision for creativity in staying well, health and wellbeing.

We anticipate that our shared experiences will generate and contribute to new knowledge and learning to improve educational platforms, health services, workforce operations, and at the same time support healthy ageing in an acute hospital in different ways such as through lifelong and intergenerational learning.

Thanks to Creative Ireland's for financial support for this programme.



Within St James's Hospital a collection of art, music, writings have been created by artists, musicians, hospital staff, and patients during COVID-19. This programme has demonstrated the impact of arts integration into health, which is a positive outcome that has occurred during COVID-19, behind the frontlines in 2020.

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St James's Hospital communications team.

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St James's Hospital Foundation.

Artists in Residence Team.

Professor Roman Romero-Ortuno - MISA

#Creative Life

MISA, St James's Hospital in partnership with Creative Ireland

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PROFESSOR KENNY WITH THE ARTISTS IN RESIDENCE TEAM CREATIVE LIFE MISA, ST JAMES'S HOSPITAL, DUBLIN.

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