

A CLINICAL PRACTICE COMMITTED TO ART

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Follow the journey of creating a “Caritas” based arts program using concepts and doctrine of nurse theorist Dr. Jean Watson.

Steps to combine art interventions with a nursing practice through exploration of proven research and reliance on evidence based practices. Patients will connect with healing at the bedside from both the patient and artist experience and perspective. Extending and incorporating the therapeutic benefits of art to patients, caregivers, medical staff, families and community through individual and structured art interventions. Travelers who are taking the route of The Caring Arts Program will find a pathway to healing and stress reduction.

The Caring Art Program’s mission presents another way to care for patients, staff and community. The full restoration of patient humanity requires more than just healing chemical reactions; we’ve learned that using creativity is a venue for healing also.

Beginning with evaluations of bedside art interventions for comfort and identification of the patient’s best method of response, the care giver has a direct impact on the patient. Learning stress reduction techniques using art enables a better connection for the caregiver to care for the patient. Outpatient elder citizens may express their feelings and socialization by working with art.

This Clinical Practice of Arts in Healthcare addresses Caring for the Caregiver, Patients and Community Health. The practice consists of art interventions with patients, workshops for staff and outpatient seniors at Baptist Health. A new perspective incorporating art in the healthcare setting through the eyes of a clinical practitioner for the purpose of restoration of humanity to those associated with illness and providing optimal conditions for the body to heal.

PATIENT

Identify new methods to select the best patient candidates for art intervention and presentation to those hospitalized patients. Sometimes the patients that you think may be the least likely to participate are the ones that need it the most. This patients’ length of stay was extremely long. When approached for this photo the patient beamed with joy. For months the only wardrobe she knew was a hospital gown. The therapeutic effect was evident when she orchestrated street clothes over a hospital gown. The clothes were brought in by family. A turning point for her as she chose celebrity over months of isolation and depression as she diligently works on her daily journal.



The collage of animals at right was created by a woman who was coupled to a respirator needed to sustain her life in the ICU.

This patient lost her desire to live and refused to sit up in the chair for her nurses. This activity of getting out of bed was vital for the patient to regain her strength.

The only passion she had in reserve was her love for animals. With this in mind many issues of National Geographic were obtained for the purpose of stimulating her visual associations. With these colorful photographs the hope was that she would tear out the pictures for a collage and glue to a plastic tray used in her isolation room. The goal was to increase patient’s sitting up time on a daily basis. The first day was barely 30 seconds, but each day increased very

slowly with some setbacks. Eventually this patient was discharged; the role of art in healing played an enormous part in stimulating reasons for her to want to live again.

A study of supportive care using art revealed the following significant results. “The results suggest that referral to art therapy from the team might be helpful and appropriate (1) when patients are anxious; (2) when they are uncommunicative and hide their feelings; and (3) when they feel disconnected from their loved ones at home.” (Agnese 2012).

CAREGIVER

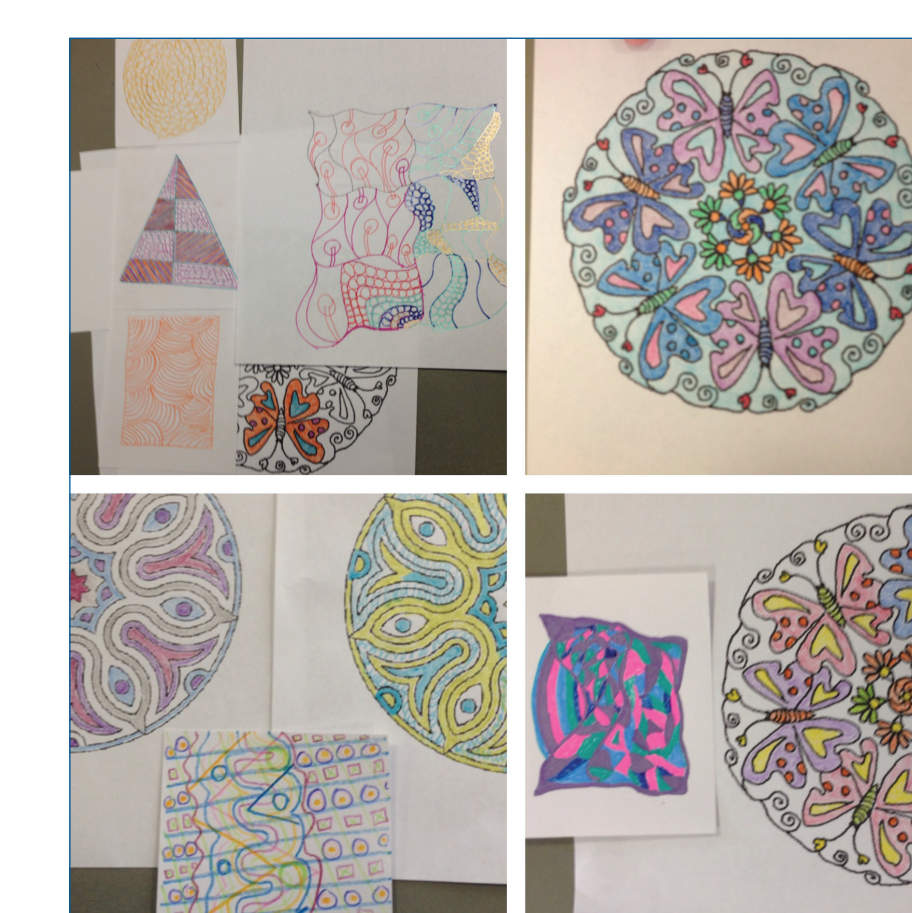


Integrate caring for the hospital staff by offering workshops for stress reduction using creativity. Taking care of ourselves first enables us to successfully care for others.

This example of work is from the Oncology staff art workshop with a focus on “End of Life” conversations regarding caring.

This piece was created by the Palliative Care staff. Each member of the medical team produced a candle to represent a loss.

“Art as therapy is an effective tool for helping staff process their grief and other emotions, as well as build team morale.” (Nainis 2005).



A collection of colored pencil drawings by medical staff during an art intervention workshop.

COMMUNITY

Age Well Institute was developed as an outpatient community facility to meet the medical needs of the aging population. Tapping into the creative side of each individual is an effective method used to open the door to healthy emotions and increase socialization which enhances the healing of the senior population. Often accompanying the patient is the caregiver who drives them to the weekly workshop.

Together both patient and caregiver meet with the group to present stories and experiences from the previous week. The hour is designed to be a positive opportunity to highlight the week with emphasis on forward thinking and enjoying the moment while making art.



“Benefits of a community art therapy program may

- ♦ foster artistic identity
- ♦ activate a sense of purpose and motivation
- ♦ use art as a bridge to connect with others
- ♦ support movement toward the attainment of gerotranscendence.” (Chapin 2013).

REFERENCES

Agnese A, et al., Palliative and Support Care, 2012,10(2).
Chapin S, Raquel, Journal of American Art Therapy Association, 2013;30(4).
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