

IMPROVING WELLBEING FOR OUTPATIENTS WITH LONG TERM CONDITIONS

Art Prescription Link Worker (LW) & Community Artist based in
hospital settings

AT A GLANCE

The Approach

- **Project aim:** A short term project aiming to connect outpatients to a portfolio of activities to **improve wellbeing**.
- **Cohort:** UCLH outpatients with long term conditions (LTC) who had recently completed treatment at Royal London Hospital for Integrated Medicine (RLHIM).
- **Personalised Care Team:** Art Prescription Link Worker (LW) & Community Artist based in the hospital setting.
- **Referral:** Patients received a letter of invitation and the Art Prescription Link Worker contacted clinicians to encourage referral.
- **Who:** University College London Hospital (UCLH) NHS Foundation Trust.

FUNDING

- Funding granted through a successful application for transformation funding in the hospital.

LEAD: Guy Noble, University College London Hospital (UCLH) Art Curator.

THE CHALLENGE

- In response to challenges exacerbated by COVID19 and social health inequalities highlighted in the acute healthcare context.
- Outpatients with LTCs are suffering lower levels of health and wellbeing leading to poorer outcomes.



THE ACTION PLAN

- The community Artist led a mindful drawing course, involving 6 weekly 90 min sessions on Zoom.
- Six patients were referred to the programme and five participated (aged 20-50).
- The average attendance was **2.8/4 (max attendance)**.
- The evaluation method involved a common outcomes framework to explore the impact on different stakeholders, ONS4, EPIC & MyCare questionnaires for patients, a short survey for the LW, artist and clinician, and Gibbs' Reflective cycle & reflective journal for the LW.

IMPACT

- **70%** of self-reported concerns related to **wellbeing** and **30%** to **psycho-emotional wellbeing**.
- The greatest mean change was for wellbeing and the second mean change was for psycho-emotional wellbeing but there was no mean change for practical physical concerns.
- Physical concerns related to energy and practical concerns related to finance.
- There was a **positive change in MyCare scores** at follow-up but they were not statistically significant.
- Thematic analysis of the online survey, LW reflective journal & artist reflections outlined three main themes: positive relationships, engagement, and managing pain & emotions.
- Positive relationships developed between the patient, LW and artist.

BARRIERS

- **Time to demonstrate the benefits** of an art prescription to clinical staff & patients. This was exacerbated by challenges **sourcing funding**, having no access to internal **patient data records** and only having 6 months to deliver the project, raise awareness, develop referral pathways and demonstrate meaningful impact & benefits of the programme.