



Creative sessions

For the past 10 years, once a week adult patients in oncology in UCH have been offered creative sessions with objects and ideas to stimulate conversation and creativity. Over 2,000 sessions have taken place with patients being encouraged to provide honest feedback to help me learn and improve. The following summary comes from analysing 513 questionnaires to reveal overall impact for our patients.

Q1. How would you score this session on a scale from 1 to 5, where 1 is poor, 3 is average and 5 is excellent? (n=483) **Average 4.75**

Q2. Would you be interested in another session? (n=484) **93% Yes** 2% No 5% Maybe

Q3. Did you find this helpful? (n=507) **99% Yes** 1% No

If so, in what way? (n=487)

50% Mental stimulation	19% Relaxation
22% Connected to others	15% Boredom/break
21% Lift mood	11% Art/creativity

Q4. How did this session make you feel? (n=501)

62% Joy	9% Focus away situation
24% Relaxed	9% Interested
11% Achievement	8% Connected with others

Q5. Is there anything you would change? (n=457) 10% Yes **87% No**

For those answering yes, in what way? (n=46)

28% More materials	15% Planned
24% More often	13% Group
17% More time	7% More space

Q6. Do you think other patients might benefit from this and whether this should continue in future? (n=382) **91% Yes - definitely** 9% Yes - gratitude



"Definitely continue it's a fantastic service"
 "Keep up the good work Lizzie – there is something for everyone"
 "Don't stop – this is an extremely valuable session that has helped me tremendously" "Please do continue. This is truly an asset and blessing"

Evidence - Dr Lizzie Burns, Creative Specialist



Q. Did you find this helpful? If so, in what way?

made me forget my cancer problems

got my mind working

Mental stimulation

absorbing, meditative and takes you out of physicality of moment and associated worry

keep our minds off the grim reality

took me away from my illness

very helpful for mental stimulation

you can forget where you are and become focussed

good brain stimulation

took our minds off thinking

nice to see someone and do something

Connected to others

good to sit with you - helped me so much

I was feeling low

Lift mood

great change from the gloom of the day

I laughed and I reminisced

takes away boredom

help people feel normal

relieves the boredom of a long hospital stay

helped me so much

cure boredom

was feeling sad and this cheered me up

got more strength

I started remembering things I like to do or I wanted to do



Q. How did this session make you feel?

put a smile on my face happy, smiley, joyful and grateful

Joy

a bit excited

felt young again

alive + well

very excited and inspired

focus my mind against pain & cheered me up

given me considerable recovery and strength mentally – now come alive

happy and I enjoyed myself so much

happy all over and like excited little kids

happy – I forgot I was in hospital

when you entered I was down – you brought me life

felt better mentally – uplifted and more balanced

Relaxed

relaxed, curious

took my mind off the pain

more humanised than medicalised

Achievement

very happy and pleased I could learn something new

lot less bored and more focused

enjoyed look at new things, discovery

a fun experience

entered I had no inspiration – gave a sense of self and rediscovery

more positive and energetic

thanks so much for helping with this and the idea, it has provided a great deal of happiness to a family under siege