

Tea and Music

Project aims

- 1) To create a community feel for a ward with many long-term patients, helping them escape the isolation of their individual rooms. If patients become depressed or lonely, their psychological wellbeing decreases which can have a negative effect on their recovery. But communal activities can help provide a support network for patients and create a more communal feel on a ward.
- 2) To support the recovery of patients with long-term illnesses. Research has shown that live performance can increase the number of CD8T lymphocyte cells in patients with HIV. Good CD8T level has been linked to slower disease progression and a better prognosis. It is thought that this is because music diminishes patients' stress and fear, as well as improving emotional responses and mental health, which increases the chances of a better immune response.
- 3) To provide additional support for relatives of patients, either through allowing them time off caring duties, or helping them to relax in the company of the patients.

Research

In 2002, a research project carried out at Chelsea and Westminster hospital revealed that music can increase the number of lymphocyte cells in patients with HIV. Good lymphocyte level has been linked to slower disease progression and a better prognosis. It is thought that music causes this effect by diminishing patients' stress and fear, as well as improving emotional responses and mental health, which increases the chances of a better immune response.

Results

- Patients' mood scores have increased from 6.7/10 to 9.4/10 (a 27% increase)
- 100% of patients and relatives have been relaxed by the music
- 97.3% of patients have been completely distracted from the hospital
- 79.3% of patients have engaged with the music, either by singing along, performing themselves or telling stories prompted by the music

Tea and Music (continued)

Feedback

"It just doesn't feel like I am in hospital, having just a short relief from the television is fantastic" *Patient on the ward*

"I love to see the happiness it brings people. Even one hour a week helps people relax and think about things other than being unwell. These activities also provide friends and family with a fun, engaging and entertaining environment." *Alan Wheeler, ward volunteer*

"Many of our patients are facing life-changing conditions and challenging treatments at all stages of their lives. Creative activities such as music can help our patients connect with their experiences at a very personal level and contribute to the promotion of a sense of wellbeing in a way which powerfully compliments the treatment and care they are receiving." *Christina Casley, ward manager*

"The sessions encourage social engagement, mobility, psychological enrichment and cognitive stimulation. Patients tell us how much they value it". *Darren Brown, physio-therapist*