



**Singapore Healthcare Management 2017**



## Sengkang General Hospital's Arts in Healing Programme

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### Introduction

Arts offer a calming, restorative and recuperative effect on patients, staff and members of the community. It has the power to heal the mind and soul, just as science has the power to heal the body. Participation in the Arts also provides a means to exercise mindfulness and conversely, that mindfulness is required to perform great Art. Exposing our employees to this virtuous cycle results in a powerful corporate culture that benefits our patients.

### Results

Together with like-minded partners, we have embarked on several ground-breaking projects in each of the structural elements mentioned above.

### Methodology

We envision a program that goes deeper than just a series of performances. We hope it will be part of our ethos, our culture and our habits. We have identified five 'pillars' around which to organize our initiatives:

Art in Medicine	Art in Fundraising	Art in Caregiving	Art in Wellness	Art in Community
Championing 'patient centered' care by conducting weekly Mindfulness Forums, led by CEO. When caregivers and healthcare professionals are mindful, they take a more holistic view of healing that considers social, spiritual and mental well-being of patients which includes their intent/wishes and hopes/aspirations.	Since the inception of our Arts in Healing Program in Nov 2015, we have raised approximately \$100,000 through fundraising concerts and sales of paintings. The hospital itself is a recipient of a Steinway Lang-Lang Baby Grand Piano from the SG50 Fund, in recognition of our dedication to Arts in Healing.	A "Music with Patients" workshop for patient-facing staff was organised and many who attended have already been incorporating lessons learnt into patient care, supporting the physical, mental and emotional recovery of patients. Staff themselves also benefited by having an opportunity for self-expression during these sessions.	Harnessing the recuperative power of art and music. For the sick and the well, involving patients, staff, and community, Co-composed a "Healing CD" with YST, that comprises relaxing tunes to sooth the mind and body. This CD is currently being played in our MRI wards. Having an average of 3 performances a month in the hospital helps create an ambience which enhances patient moods. Specially arranged ward performances distract our patients from pain and helps elevate low mood levels.	Involving the community & staff in meaningful, joint projects for the community's health and fulfilment (eg hospital mural paintings, musical performance). Word of our meaningful Arts programme has been spreading and many like minded partners have approached us so that through arts, we can achieve Better Health Together. We have a wide base of partners which includes residents from the community, schools, budding musicians and even Yong Siew Toh.

Art in Wellness – Launch of Arts in Healing Programme



Art in Wellness – Staff Caroling to patients



Art in Community – Singing Lotus 2015



Art in Wellness – Healing CD composition with YST



Art in Wellness – AH Community Day



Art in Community – Causeway Exchange



Art in Fundraising – A Viennese Gala



Art in Community – Co-creation with Prof Cheng



Art in Caregiving – Music with patients workshop

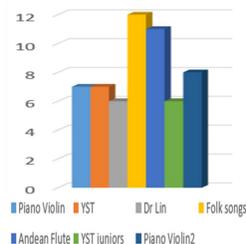
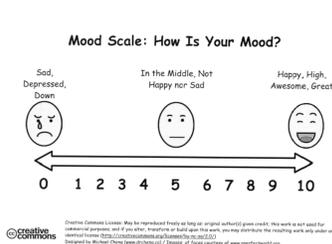


Art in Medicine – Weekly Mindfulness sessions with CEO



### Effectiveness of the programme

To measure the positive effects that the Arts have on our patients, SKGH's Psychologist conducted a 5 month long study that surveyed the moods of 51 inpatients before and after music performances. Results from the survey indicated a significant improvement in mood!



Statistic	Pre	Post
Mean (SD)	6.06 (3.13)	7.67 (3.13)
Mode (n)	5 (25) 10 (15)	10 (28) 5 (10)
ANOVA (Analysis of variance)	Post: 29.7% variance Mean diff: 1.608 p = .001 (Sig @ .05)	

### Survey results

- 1) Arts performance significantly contributed to positive mood change in the patients.
- 2) About 30% of the change was attributed to arts performances.
- 3) Qualitative feedback indicated that patients enjoyed the performances.

### Quotes

"Thank you for singing to me, I'm so touched that you're doing this. Thank you" – Ward 11 patient

"It was truly an impressive performance by Prof Ng Yee Sien! He walked us through his musical journey from childhood till the present. I hope to attend more of his concerts." – Dr Wijaya Martanto

"Was wonderful how it all got together in the end. Great fun and I hope we can record another CD in the future ☺" – Qian Hui

### Conclusion

SKGH's Arts in Healing Program has been recognised as being unique in its depth and concept, as an integral pillar of culture-building within the hospital. Participants are not paid – they perform pro-bono out of goodwill and their passion to share the Arts with others. Apart from our own staff, performers have included MOE schools, tertiary institutions, music schools, doctors/healthcare professionals and even musicians from the famed Yong Siew Toh and Singapore Chinese Orchestra. Well-known artists from Chile, Sarawak and Malaysia have also flown in to perform for our patients.

### Moving Forward

With big dreams to incorporate arts into the daily care routine for patients, we have started small by piloting the arts program at Alexandra Hospital and acted fast by establishing valuable partnerships which have helped us to conduct a rich program of performances, activities and sponsorships, involving staff, patients and members of the community. More studies on the co-relation between Arts & patients' mood will be carried out and we hope that many more will embrace our vision and join us on this journey as we settle down into our new home in the Northeast.