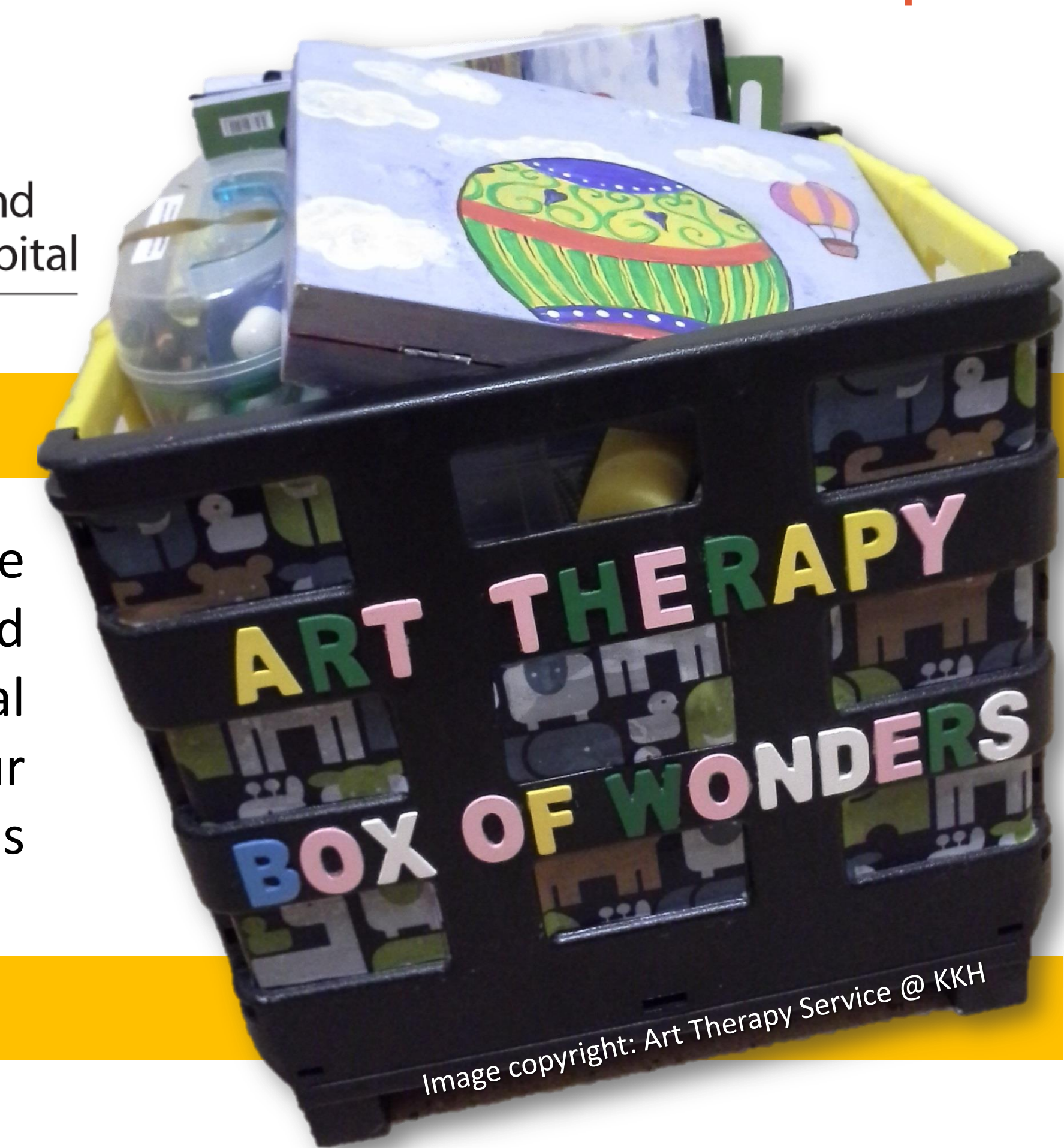




Singapore Healthcare Management 2017

# Art Therapy in an Acute Tertiary Hospital – Perceptions of the service four years on

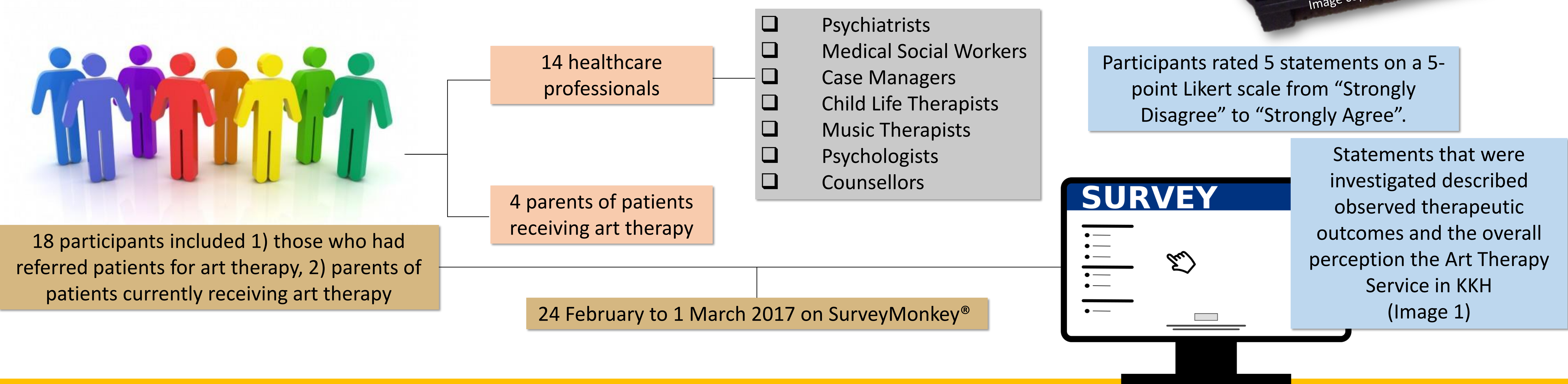
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## Introduction

The Art Therapy Service was introduced to KK Women's and Children's Hospital (KKH) in 2013 to provide psychosocial and emotional support to paediatric patients. As it evolved, the Art Therapy Service established itself as a psychotherapeutic service that worked primarily with children exposed to abuse and trauma, mental wellness concerns and other psychosocial and emotional needs arising from various medical conditions. Four years later, a survey was initiated to understand both healthcare professionals' and parental current perceptions of the efficacy of the Art Therapy Service in KKH.

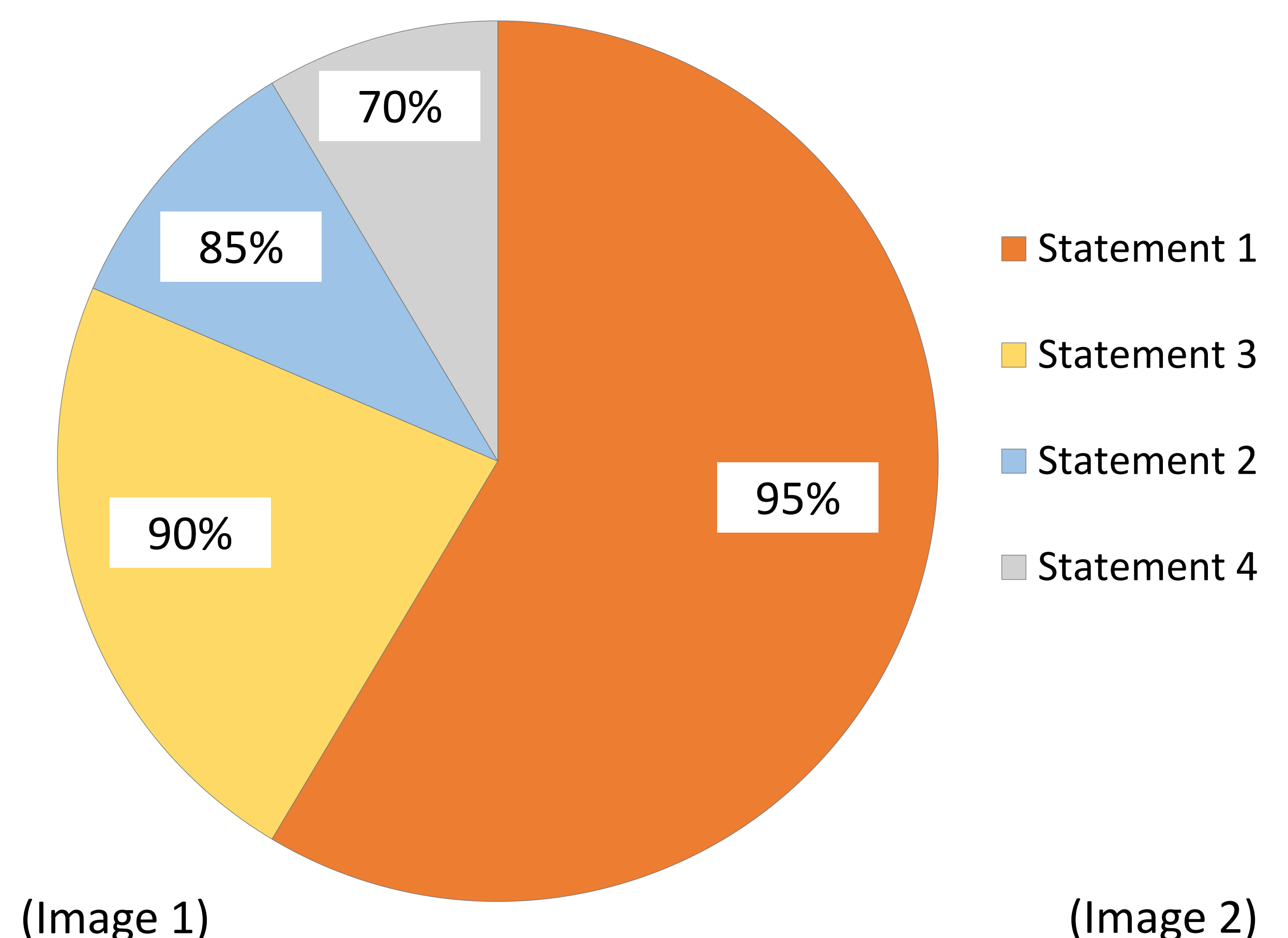
## Methodology



## Results

S/N	Statements	Likert Rating Scale	Overall Score Rating ("4" and more), n=18
1	Art Therapy intervention has increased this patient's ability to verbalize his/her thoughts and feelings.	1. Strongly Disagree 2. Disagree 3. Neutral	95%
2	Art Therapy intervention has helped this patient become more compliant and display less challenging behaviors.	4. Agree 5. Strongly Agree	85%
3	Art Therapy intervention for this patient has helped me to gain a better understanding of this patient and attain more insights into his/her concerns.		90%
4	I feel that the inclusion of Art Therapy intervention for this patient has improved the therapeutic relationship between him/her and other clinicians .		70%
5	<b>Overall, I would advocate for the provision of Art Therapy services to pediatric / women's patients.</b>		<b>100%</b>

Responses to Statements 1-4 (with a rating score of "4" or more)



## Conclusion

- ✓ Both healthcare professionals and parents surveyed **viewed the Art Therapy Service positively**
- ✓ Results are **consistent with current research** on the value and strength of art therapy in helping patients manage psychosocial and emotional difficulties within the medical setting.
- ✓ Most respondents reported a noticeable increase in the child's ability to express their thoughts and feelings appropriately. This **lays the foundation for increasing the child's ability for self-regulation and willingness to seek support from trusted individuals.**
- ✓ Many reported that art therapy intervention had resulted in a decrease in observed challenging behaviours and helped carers understand the child better. This empowered them to **modify their responses and approaches towards the child's psychosocial and emotional challenges to encourage positive coping abilities.**

### Future considerations:

- Target sample population testing to study the impact and efficacy of Art Therapy on a specific population.
- Engage with non-active users of art therapy.

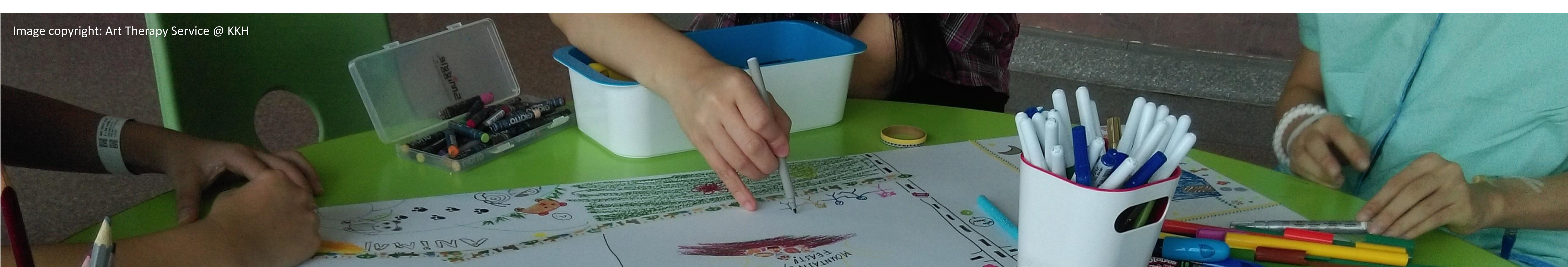


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