



# Thrive with Mindful Moments

## Background

To promote resilience and create more joy at work, the SingHealth Duke-NUS Institute for Patient Safety & Quality (IPSQ) adopted a collaborative approach and garnered a pool of experienced and dedicated healthcare professionals to co-create a series of cluster-wide initiatives, such as iTHRIVE and the SingHealth Duke-NUS Webinar Series.

## Aim

To outline a health and wellness programme, iTHRIVE, that introduces art appreciation and mindful practices to promote self-care and reduce burnout among SingHealth staff.

## Methodology

The iTHRIVE initiative adopted an organic model in planning and implementation of two program: Mindful Hour and ARTpreciate.

The iTHRIVE mindful hour, organized by 3 healthcare professionals and supported by IPSQ was introduced in October 2019 (Fig.1). This programme was delivered weekly during lunchtime. During each session, participants were guided through a self-care practice, and invited to share and discuss their experience of it. Participants also provided their feedback on its impact and their interests for similar practices after each session.



Fig.1 Faculty and participants of iTHRIVE Mindful Hour Pilot Run in October 2019

iTHRIVE faculty art therapist, in collaboration with the National Gallery Singapore and Singapore Art Museum, later introduced ARTpreciate. Incorporating mindfulness practice with art appreciation, they encouraged mindful reflection around a theme (e.g. "connection") using curated art pieces (Fig.2).

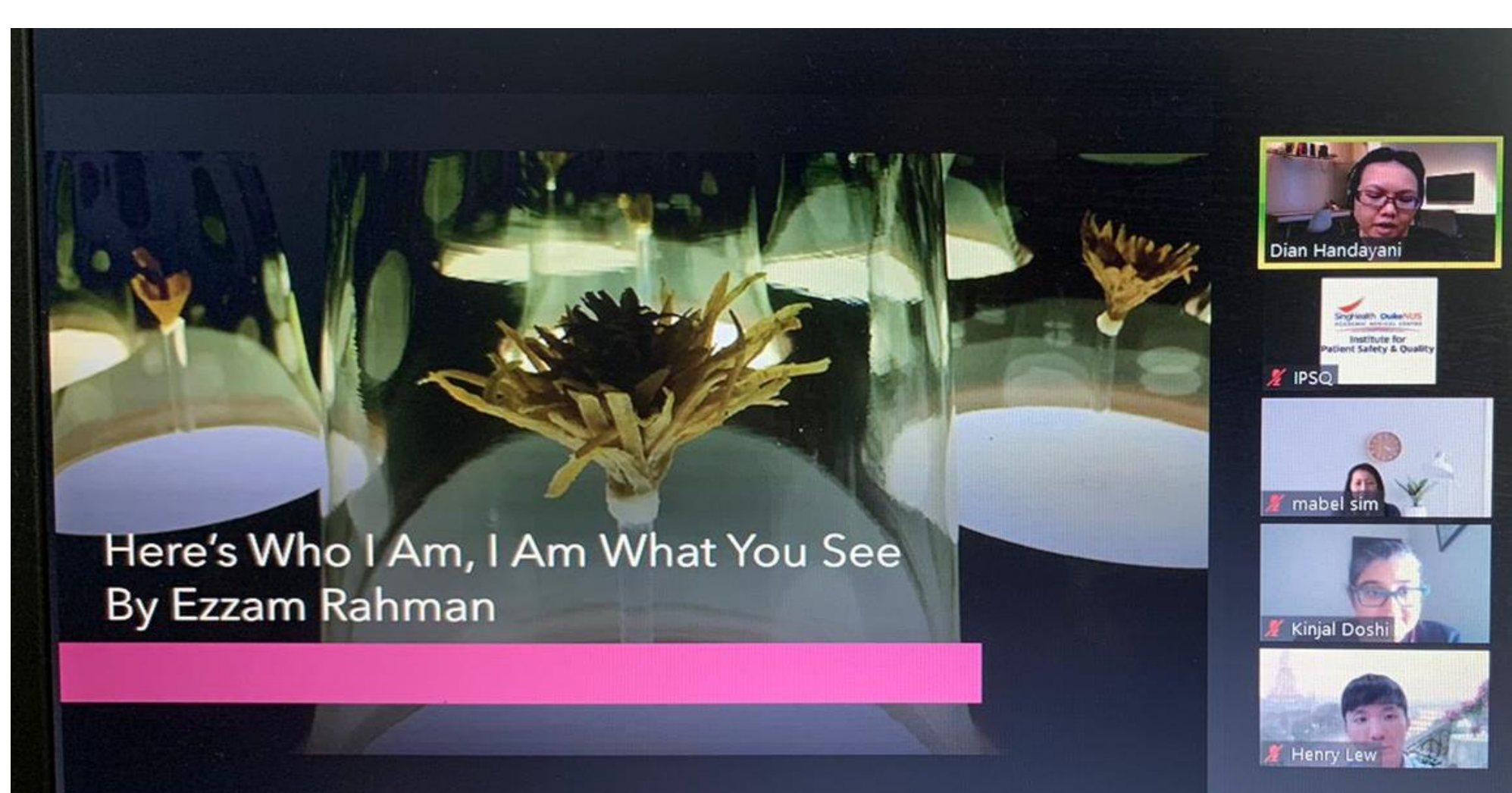


Fig.2 Faculty and participants of ARTpreciate Pilot Run (via Zoom) in June 2020

To garner greater awareness and outreach, IPSQ organized lunchtime webinars on self-care, resilience and empathy. Shared resources such as mindfulness audio recordings and calendar of mindfulness activities were also curated.

## Result

From October 2019 to March 2021, 109 Mindful hour sessions were conducted and attended by 1,408 participants. 60.8% felt more calm and relaxed, 15.6% felt more grateful, and 13.8% learned new practice (Fig.3).

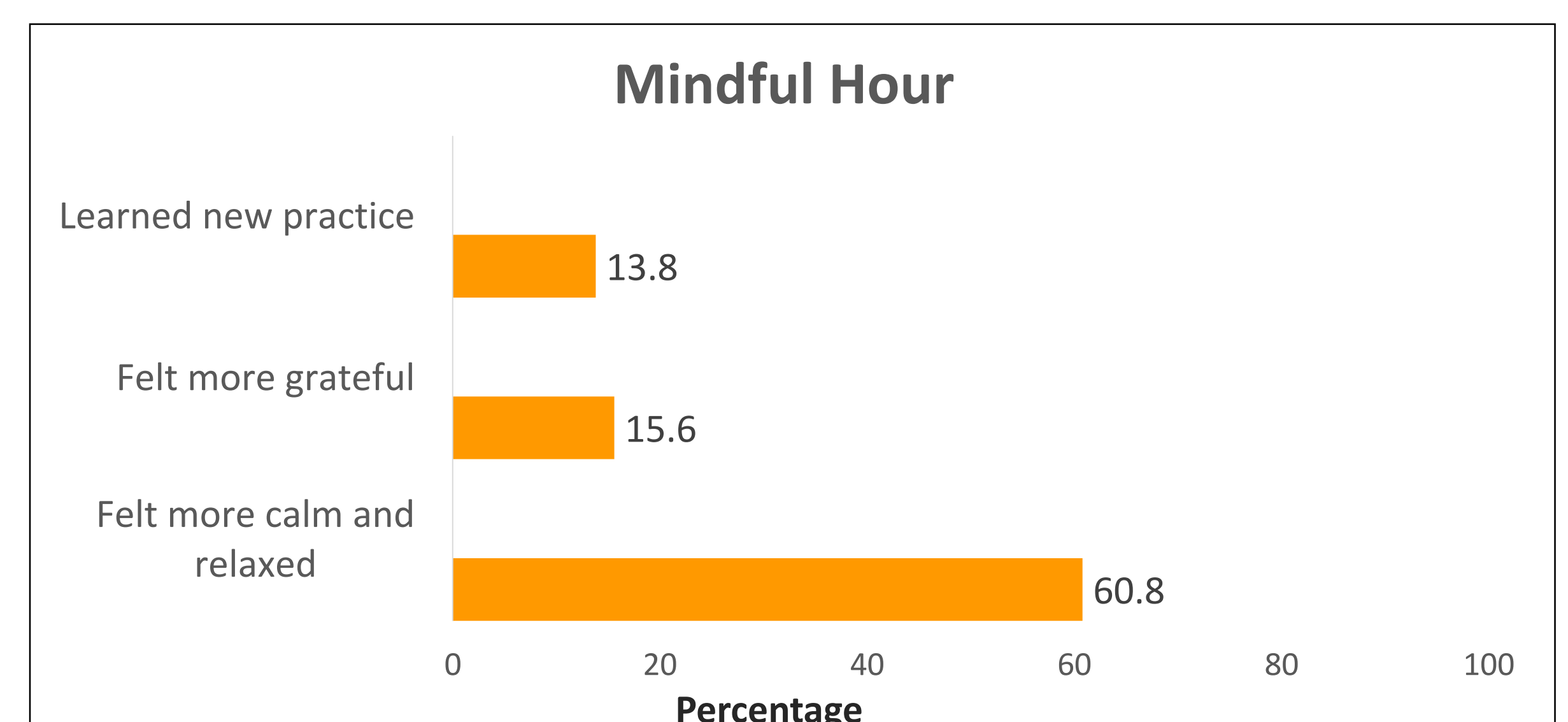


Fig.3 Mindful Hour Evaluation Result

From June 2020 to March 2021, 36 ARTpreciate sessions were attended by 153 staff via Zoom due to the COVID-19 Situation. 26.3% learned something new, 32.9% felt more self-aware, 23.7% were more inspired and 17.1% felt more self-compassionate (Fig.4). Overall, 92% participants rated "Very satisfied" and "Satisfied".

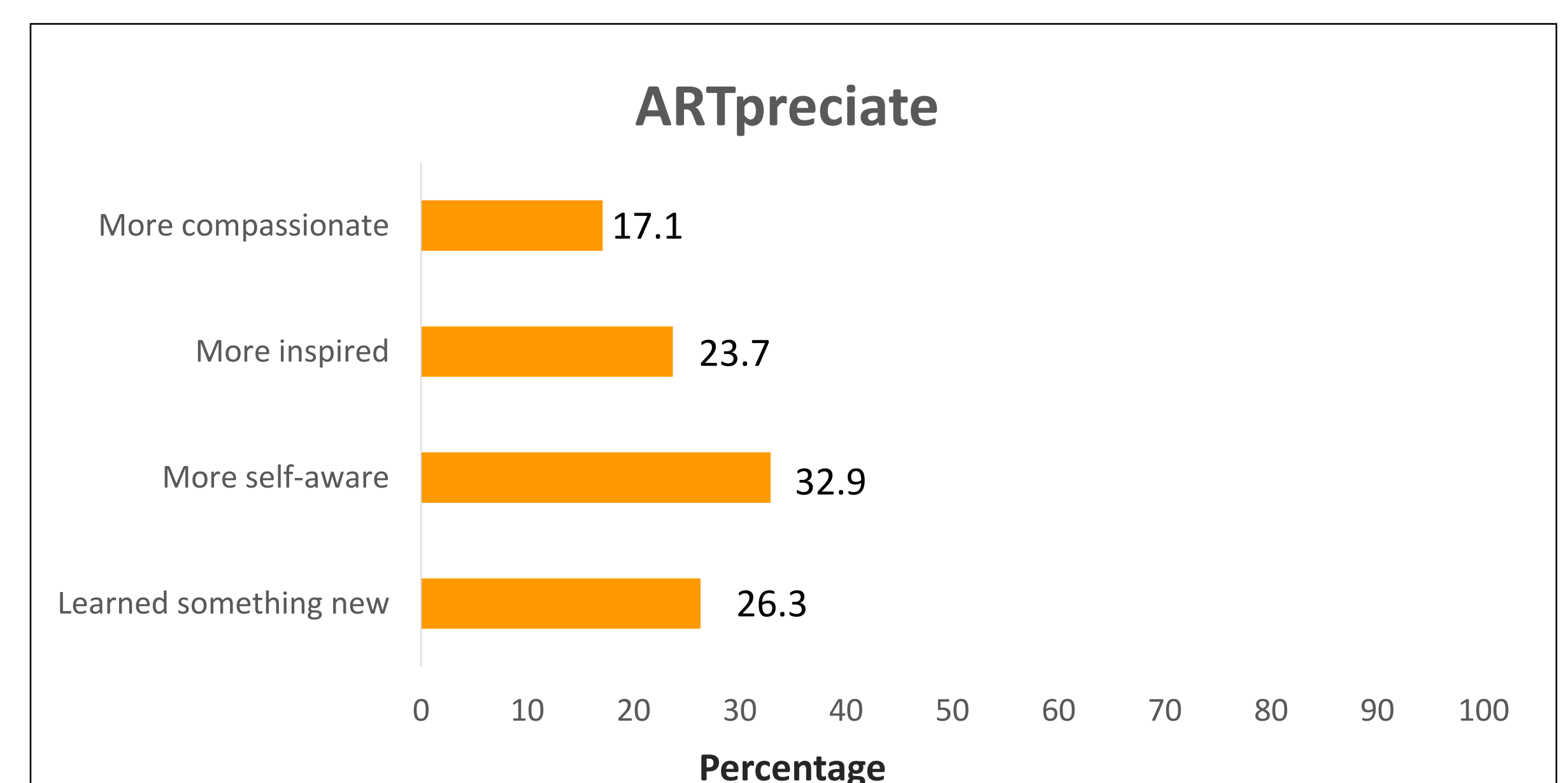


Fig.4 ARTpreciate Evaluation Result

4 webinars in self-care, resilience and empathy drew 1133 participants. 99.0% felt useful and 95.4% felt duration was just nice (Fig.5).

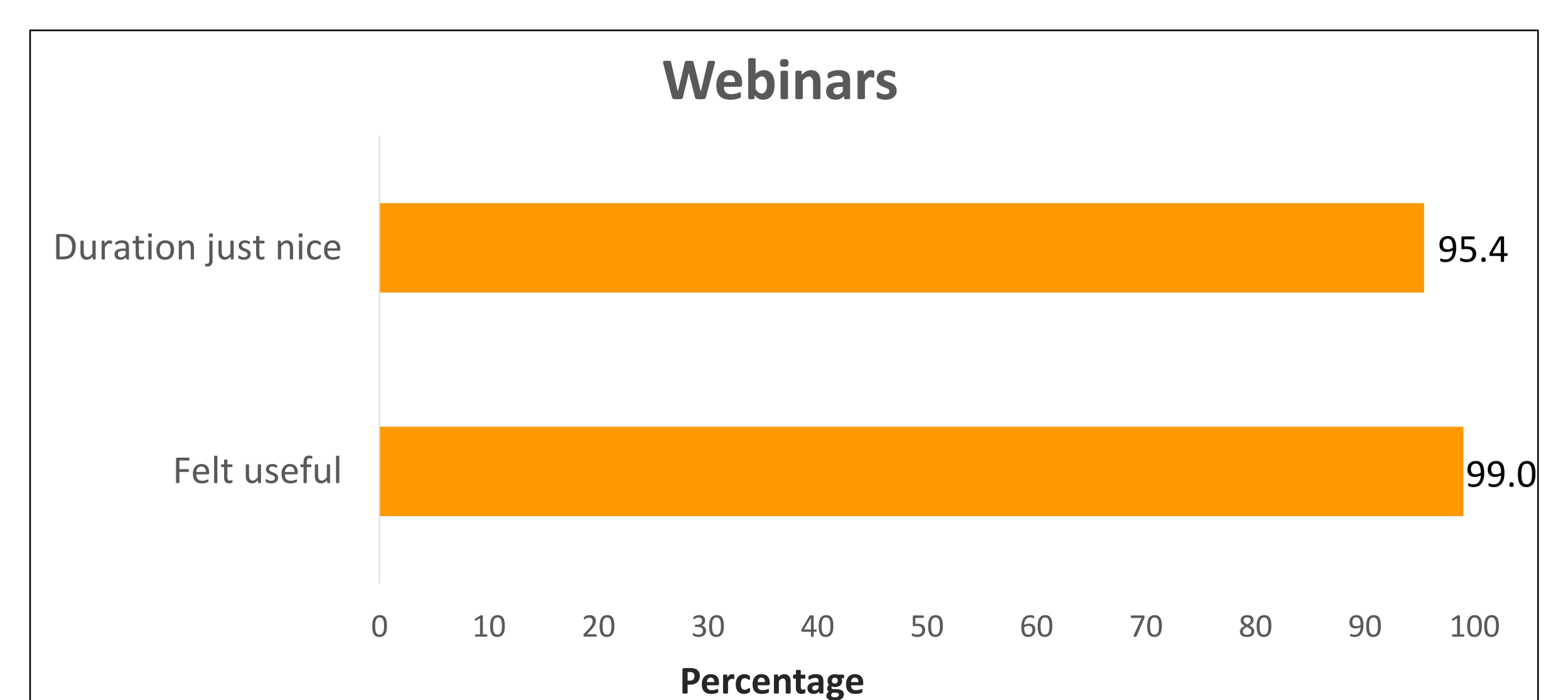


Fig.5 Webinar Evaluation Result

## Conclusion

With its organic support and collaborations, iTHRIVE initiative was well-received. IPSQ, together with its faculty, aim to constantly review and improve the programmes under iTHRIVE to achieve psychological wellbeing through mindfulness practices for better staff and patient care as its ultimate goal.