



"ARTS" on mind

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BACKGROUND

2020 was a challenging year as COVID-19 pandemic reached our shores and the world. As there are worldwide travel restrictions, most cannot travel whether for leisure or travelling home to visit their loved ones especially our foreign staff. Some nurses due to this restrictions, started to display low moods and even signs of burnout at work.

AIM

Numerous studies has shown that restoring joy is vital in workplace. A happy staff is more productive and more willing to work together and more likely to encourage loyalty which is vital to company's progress. A focus group was formed to brainstorm for ideas to restore joy at work.

The focus group developed aims to restore joy at work:

- **Acceptance of one another:** To enhance teamwork
- **Resilience:** Improve sense of control over life events and sense of purpose in life.
- **Thoughtfulness:** A simple act of kindness creates another act of kindness like a domino effect
- **Solidarity:** Unity of feelings or action, especially among individuals with a common interest; mutual support within a group to connect with one another.

ARTS on mind is a concept of keeping all the above factors in mind at all times, ensuring joyfulness and enjoyment of our nurses during this pandemic. Through ARTS on mind, we aim to strengthen camaraderie among staff and create a relaxing and joyful activity for our nurses.

METHODOLOGY

The structured quality improvement (QI) method is used.

Identify the problems	<ul style="list-style-type: none"> • Ward nurses were observed to experience and expressed low moods.
Identify the root causes of the problems	<ul style="list-style-type: none"> • This pandemic spanned more than a year; affected the foreign nurses unable to return to their hometown due to world wide travel restrictions imposed. • Local nurses were unable to travel overseas for leisure.
Develop solutions to address root causes of the problems	<ul style="list-style-type: none"> • Art therapy uses art as means of communication. It allows an individual to explore emotions and thoughts. It is a great way to overcome difficulty to express feelings verbally and helps open up emotions thru this activity. • Art therapy is versatile and perfect for all ages. When conducted in small group settings, it assists an individual to better understand and value each other.

INTERVENTION



- The art sessions consisted of small groups of 2-3 nurses and they met up on a weekly basis over a year.
- A plain tote bag and fabric markers were issued to them to create their artwork. The nurses were also encouraged to use other material when designing the tote bag.
- Voting was carried out to select the top 10 most favourite tote bags after completion and prizes were awarded. A prize will be awarded to the creators of the tote bag. After the voting, the nurses exchanged their tote bag with one another as an expression for their efforts and to encourage each other for their resilience in this pandemic.

RESULTS



To date, 50 pieces of arts were created by nurses using the tote bags. Nurses displayed happiness with these art sessions as they showcased their hand drawn tote bags. During the art sessions, the nurses felt teamwork and comradery were enhanced as they guided one another with ideas and to complete the drawings.

Each nurse was also given air time to express their feeling and thoughts through the art piece which she have drawn. The team were delighted to be able to vote for the top 10 favorite tote bags as well.

CONCLUSION

This project was awarded Joyful Workplace Award by SingHealth Staff Care Centre (S2C2). With this award we are able to extend *ARTS on mind* to other O&G wards who will definitely benefit from this activity!



HAPPY NURSES, HAPPY PATIENTS!