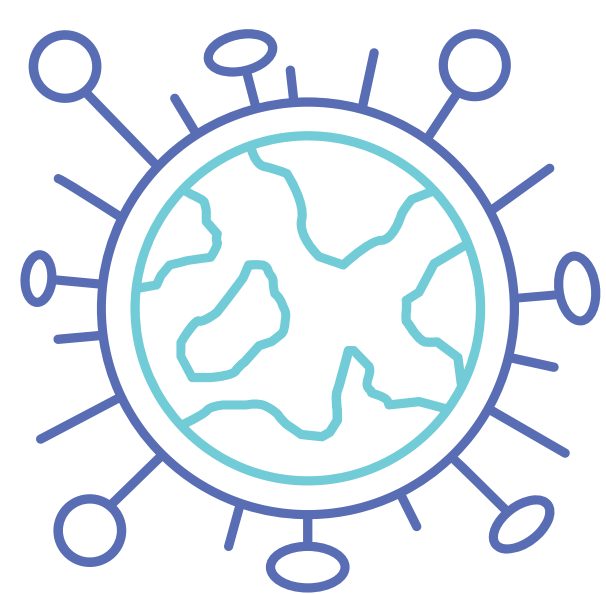




Introduction



The World Health organization declared COVID-19 as a global pandemic on 11th March 2020.

An Art and Music Therapy group programme was designed to facilitate self-care for doctors.

This programme was part of the Medical Humanities in Continuing Professional Development (CDP).



Health systems were overwhelmed across the world due to the pandemic, leading to increased interest in the mental health of healthcare workers.¹



Reduced contact between people to minimize the spread of the virus.

Telehealth became a preferred option for mental health services.²

Aim

To observe and compare the impact of Art and Music Therapy group Face-to-face (F2F) versus Telehealth.

Method

- Conducted between April to June 2021.
- Started as a F2F programme, but later adopted to a Telehealth format due to heightened restrictions during the pandemic.
- Each participant attended a single session - either F2F or Telehealth.
- Feedback questionnaire survey completed at the end of the session.

F2F Programme Outline

1. Music improvisation
2. Imaging through music & art-making
3. Discussions and reflections
4. Mindfulness

Telehealth Programme Outline

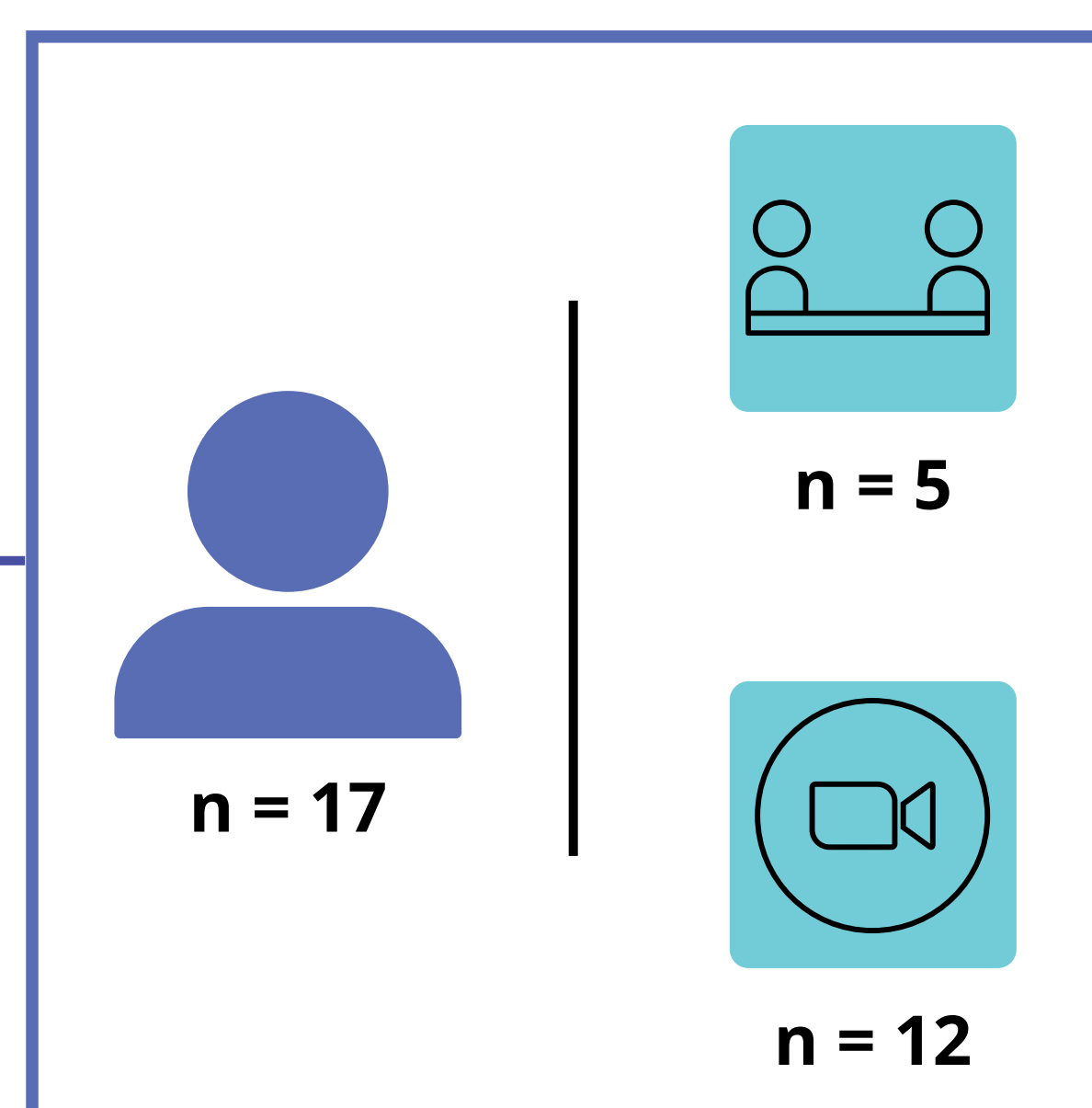
1. Mindfulness
2. Imaging through music & art-making
3. Discussions and reflections
4. Song mantra

Results

Survey questions

All participants from both F2F and Telehealth groups rated 4 or 5 on a 5-point Likert scale, with a 5-rating being 'Completely Agree'

1. I enjoyed the art and music therapy programme
2. I felt heard and understood by the facilitators
3. The programme was valuable in contributing to my self-care



F2F participants reported that they found the following component most impactful to their self-care: (in order of ranking)

1. Imaging through the music and art-making
2. Discussions and reflections

Telehealth participants reported that they found the following component most impactful to their self-care: (in order of ranking)

1. Imaging through the music and art-making
2. Mindfulness

Most meaningful takeaways

That I can take time for myself / make time for yourself.

Being lost in art and music makes more sense now.



Figure 1. Art pieces created in the sessions

Learning to take care of ourselves! Self compassion.

The music (song mantra) was amazing! Will use this song.

Qualitative feedback (Telehealth Group)

Additional feedback of the session was sought from the Telehealth group. Overall, participants reported that:

1. The programme was a "fruitful experience" and "refreshing and peaceful."
2. "Hearing different perspectives" (in the context of a group therapy session) was beneficial.
3. The most meaningful takeaways were the "importance of practicing self-care" and to "be kind to self."
4. Despite not having a F2F experience, participants still found the programme beneficial, e.g. "For an online session, this was awesome"; "(Prefer) in person session when the pandemic allows, but this was still good!"

Conclusion

F2F sessions have commonly been valued for mental health services, especially for sensory-stimulating disciplines such as art and music therapy. Survey results from this programme suggests that Art and Music Therapy can achieve similar therapeutic value through a telehealth medium, especially in facilitating self-care for healthcare workers.

References

1. Svold, L. E., Naslund, J. A., Kousoulis, A. A., Saxena, S., Qoronfleh, M. W., Grobler, C. & Minter, L. (2021). Prioritizing the mental health and well-being of healthcare workers: An urgent global public health priority. *Frontiers in Public Health*, 9. <https://doi.org/10.3389/fpubh.2021.679397>
2. Monaghesh, E., & Hajizadeh, A. (2020). The role of telehealth during COVID-19 outbreak: A systematic review based on current evidence. <https://doi.org/10.21203/rs-23906/v3>