

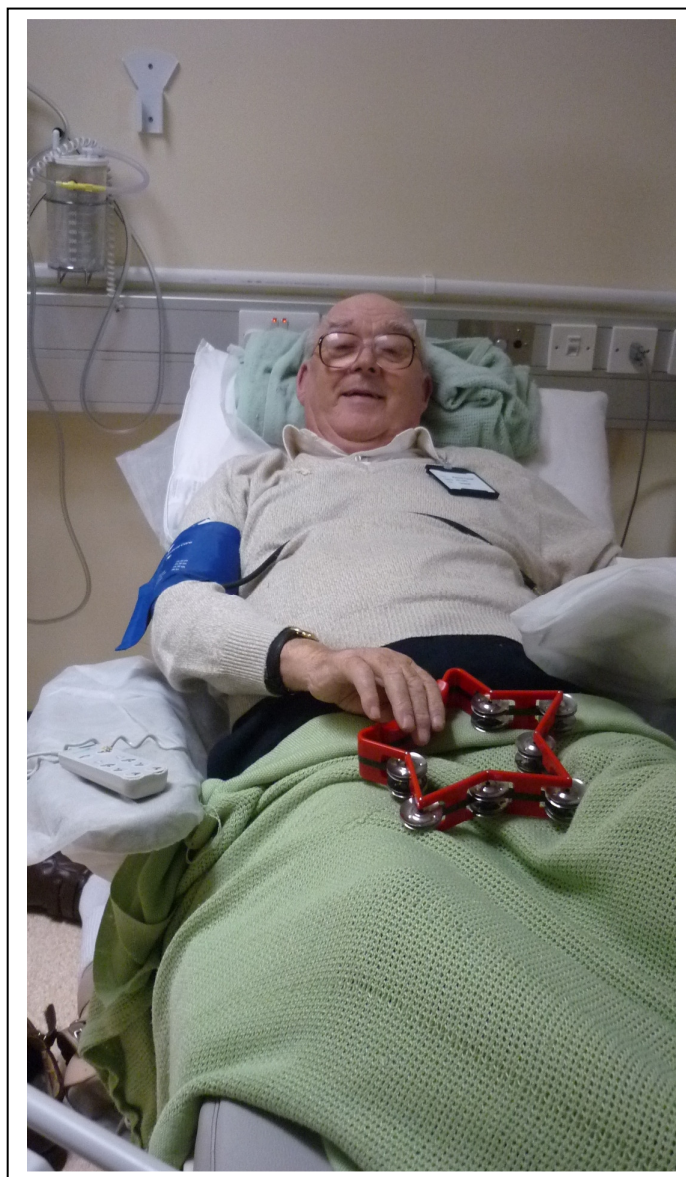


Waterford Healing Arts Trust

Evaluation of Music in Renal Dialysis programme 2009 / 09

Written by Mary Grehan

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THE NATIONAL CONCERT HALL
AN CIOLÁRAS NAISIÚNTA



Introduction



The Waterford Healing Arts Trust ran a programme of twelve participatory music sessions in the Renal Dialysis Unit of WRH from September 2009 until July 2010. Each session ran for two hours and engaged on average 14-15 patients per session and over 30 patients in total (see Appendix A). The programme,

which was facilitated by Liam Merriman, Mary Prendergast and Jane O'Brien Moran, engaged patients in singing and playing along on hand-held percussion instruments to familiar songs.

A short study was carried out which aimed:

- To evaluate the impact of the participatory music sessions on patients attending Renal Dialysis
- To investigate the shift in mood among patients in the Renal Dialysis Unit as a direct result of engaging in participatory music sessions
- To explore how the participatory music sessions changed patients' experience of Renal Dialysis
- To explore to what extent that the programme engaged people who might not otherwise make music in music making

Target Group

The programme engaged patients attending Renal Dialysis sessions in WRH. In order to maximise participation, half of the sessions took place on Monday afternoons and the other half on Tuesday afternoons (patients are scheduled for Dialysis every second day, three days per week.)

A notice with information on the programme and the study was displayed in the Unit (see Appendix B) and patients were invited to participate in the programme by the Renal Dialysis Nursing staff.

Evaluation methodology

Three one-to-one open-ended interviews were conducted by Mary Grehan, Arts Director of the Waterford Healing Arts Trust, with a sample of participants in the course of the 12 session programme. These took place prior to session one, session four and the final session. The qualitative data was analysed in the context of the evaluation aims.

Approval to carry out this study was granted by the WRH Ethical approval committee. All respondents gave their signed consent to participate in the study and those photographed for this report also gave their consent.

Over 30 patients participated in the music programme but only 18 patients participated in the study. Interviews took place prior to each music session. It was not feasible to interview patients who came onto the Dialysis machines in the course of the music session.

As illustrated by Appendix C, the number of respondents reduced over time due to the changing circumstances of these patients (change in dialysis schedule, outpatients becoming inpatients, death). Given this, it is not possible to draw conclusions from a change in responses between the second and final interviews.

The total number of participants in the programme was not reduced as vacant slots were filled by other patients.

The analysis is categorised according to themes that emerged from the qualitative data (see Appendix D) generated by the interviews.

See Appendix E for interview questions.

Funding

The programme was funded by the National Concert Hall education programme and the WRH Renal Dialysis Patient Fund. Musical instruments were provided for this programme under the Arts Council/Music Network Music Capital Scheme.

Evaluation outcomes

Shift in mood among patients

In the second interview, at the beginning of the fourth music session, when asked how did patients feel *during* the music session, 21% of patients said they felt 'lovely' or 'very good' and 11% said that their mood had improved and/or they felt 'more lively'.



When asked the same question in the final interview, at the beginning of the sixth music session, only 13% of respondents said they felt 'lovely' or 'very good' and 38% reported that their mood improved and/or they felt 'more lively'.

When asked did they notice any changes in the way they felt *after* the music session than before, in the second interview, 25% of patients said they felt 'more relaxed', 25% said their mood improved and/or they felt 'more lively' and 35% said that they felt 'happier' and/or 'light-hearted'.

In the final interview, 20% said that they felt more relaxed and 40% said they felt happier and /or more light-hearted.

One patient said 'the place is dull again once it's finished' and another said 'you would be in right old order. You would be happy. It makes the hour go quickly.'

During the music session - one patient said 'It livens up the place a bit, keeps you awake. The TV usually sends you off to sleep'. Another patient said 'I think music lifts up everybody. The old used to say 'music is the life of the soul'.'

These responses were further validated by an unsolicited letter received by a member of the staff on the Renal Dialysis Unit, Anne Dunphy (see Appendix F), in which she said 'I took time out last week when Brian [sic] and Mary were playing to them and the transformation in a lot of the patients who would normally lie there and hardly interact was uplifting. It was better than any medicine or tonic. I saw one man who was being brought out of the unit on a stretcher to back to Kilkenny and who I know is very ill, suddenly become alert when Mary went to him and he sang a song before he left. Not alone did it lift his spirits, but the spirits of the other patients, our and the ambulance crew.'

Change in patients' experience of Renal Dialysis

Prior to the beginning of the music programme, 21% of patients said that they felt 'bored' when they are on the dialysis machines and 17% said that they felt 'terrible' or 'depressed'.

When asked at the second interviews in what way had music changed their experience of dialysis, 88% of patients said that it helped to 'pass the time' and 13% reported an improvement in their mood and /or they felt 'more lively'

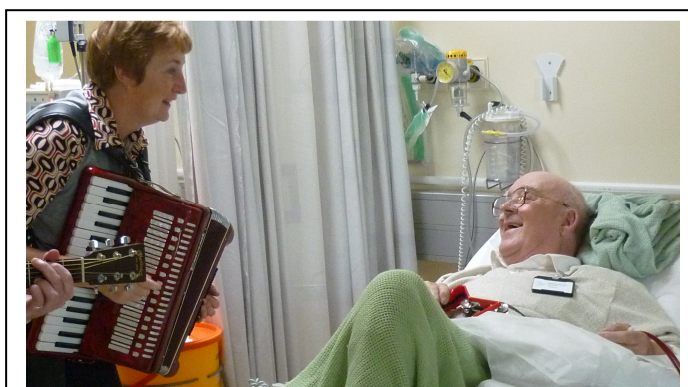
When asked the same question in the final interview part of the final session, 80% reported that music had helped pass the time and 20% said that they were now looking forward to the music.

One patient said 'you forget that you are on dialysis. The time passes quicker. I know it is the same time but it passes quicker'. Another patient said 'when the music is playing you forget about the time' and a third patient said 'It kills the time one way or the other, especially when I like the music I listen to'.

Some responses suggest that the individual patient's state of health impacted on their ability to enjoy the music. During a second interview, one patient said 'the last day I was not well, I could not sing and was down'. Another patient said 'I felt ill and I let the music pass over me'. A third patient suggested that 'if you were very sick it might not be the right thing'. These comments suggest that the patients' state of health would effect their ability to participate in the programme. However, the nature of the impact of the music on patients who are very ill and the difference between that and patients who are in generally good, needs further investigation.

To what extent that the programme engage people in music making who might not otherwise make music?

Although this study indicated that 89% of respondents listen to music on regular basis at home, only 13 % play a musical instrument and 13% sing. However, in terms of



participation in this programme, 50% of respondents said that they sang along with the musicians and 50% said they played a musical instrument.

One respondent said ‘Anyone who is musically inclined it lifts you.’ This comment suggests that the level of participation in a programme may be directly related to a participant’s love of music. However, I found no obvious relationship between participants’ previous experience of making music and their participation which suggests that the programme had the potential to engage people in music making who might not otherwise do so in their home environment.

Feedback from staff

Feedback from staff was not sought in the course of this evaluation study. However, the pilot Music in Renal Dialysis programme in 2008 comprised three two-hour sessions and the feedback from staff to this positive. In the evaluation of that programme, nursing staff said:



‘Patients are much more cheerful. Those who normally look bored became very alert.’

‘Patients were more alert, happier and good humoured.’

‘[Music is] vital for clients to uplift mood and shorten time for them [on the] machine.’

‘Patients are more delighted and happy. Even old patients trying to use the musical instruments. Anyway it was real excitement and more happiness all around the unit.’

‘Patients are so happy and love the music. It’s great that attention is paid to all patients. Good job!!’

In her letter to WHAT(see Appendix F), Ann Dunphy wrote ‘We have had a lot of music over the years in the unit but the one to one interaction is much more beneficial....To see a patient ‘smile’, ‘sing’ or shake one of the musical instruments provided is a joy.’

Conclusion

In the second interview 92% of the respondents said that they were glad to have participated in the music session and in the final interview 100% of respondents said they were glad. No patients said that they were not glad.

In the final interview 83% of patients said that they would like to participate in more music sessions, citing an appreciation of music as their primary reason.

One patient said ‘I would love to have it here every day’ and another patient said ‘it would be nice to have a big hall to go into to hear while you are waiting half an hour

before and half an hour after. 'The problem with dialysis is you don't get to walk a dozen steps a day.'

It is hoped that this report will make a case for the HSE and/or agencies engaged in the care of Renal Dialysis patients and /or promotion of music to integrate music into the care of dialysis patients on a long-term, ongoing basis.

For more information, contact:

Mary Grehan
Arts Director
Waterford Healing Arts Trust
Dunmore Road
Waterford
Tel: 051 842664
E-mail: mary.grehan@hse.ie

Appendix E

Waterford Healing Arts Trust

Evaluation of Participatory Music Programme in WRH Renal Dialysis Unit

Interview Scripts

Name: _____

Interview No. 1 to be carried out prior to the first participatory music session

1. Introduction to the music sessions
2. How long have you been attending the Renal Dialysis Unit as a patient?
3. What do you usually do during your time on the Dialysis machine?
4. Please tell me about your experience about undergoing dialysis? How do you feel when you are on the machine?
5. Do you listen to music on a regular basis at home? If yes, please expand.
6. Do you play a musical instrument or sing at home? If yes please expand.
7. What are your expectations of the sessions?
8. Any other comments/do you have any questions for me?

Interview No. 2 to be carried out prior to the fourth participatory music session

1. How many music sessions in Renal Dialysis have you participated in since this programme began?
2. Did you play an instrument /sing during the sessions?
3. How did you feel during the music sessions?
4. Did you notice any changes in the way you felt after the music than before?
5. Did the music session change your experience of Dialysis? If yes, in what way?
6. Are you glad you participated in the music sessions? If yes, why? If no, why not?
7. Any other comments/do you have any questions for me?

Interview No. 3 to be carried out prior to / after the last participatory music session

1. How many music sessions in Renal Dialysis have you participated in since this programme began?

2. Did you play an instrument /sing during the sessions?
3. How did you feel during the music sessions?
4. Did you notice any changes in the way you felt after the music than before?
5. Did the music session change your experience of Dialysis over time? If yes, in what way?
6. Are you glad you participated in the music sessions? If yes, why? If no, why not?
7. Would you like to participate in more music sessions? If yes, why? If no, why not?
8. Any other comments/do you have any questions for me?

Interview carried out by: _____ Date: _____

Time: _____