

Dance & Creative Movement Workshop



Barts Health
NHS Trust



Occupational Therapy team in collaboration with Dance Well Akademi Organisation

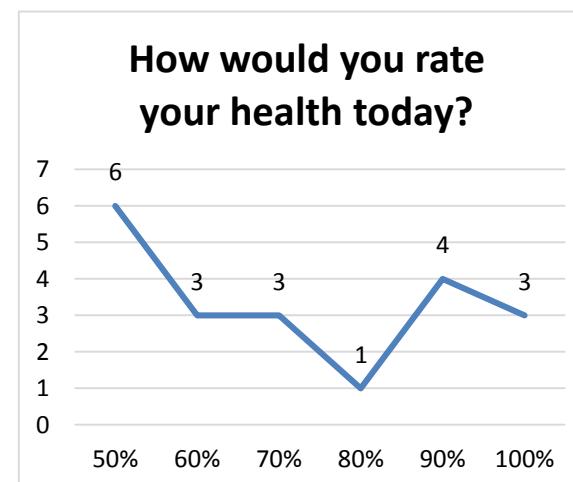
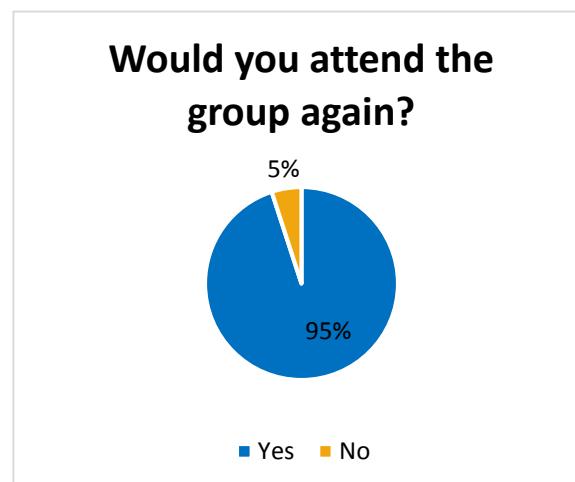
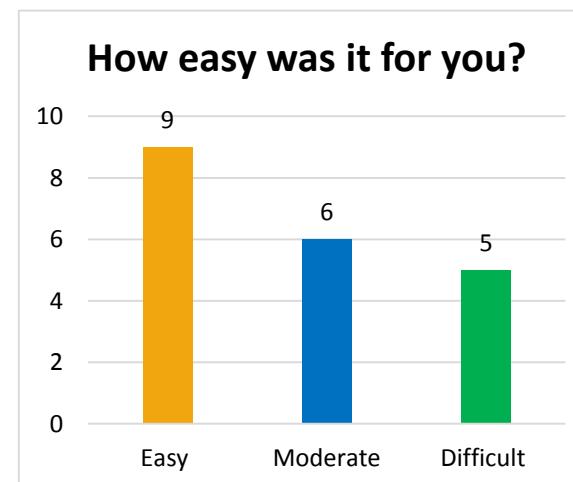
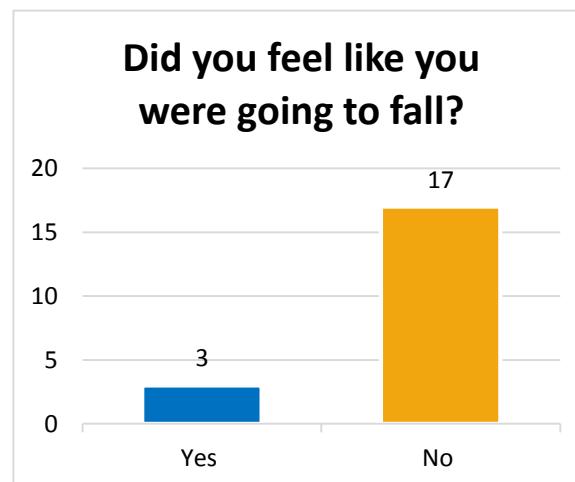
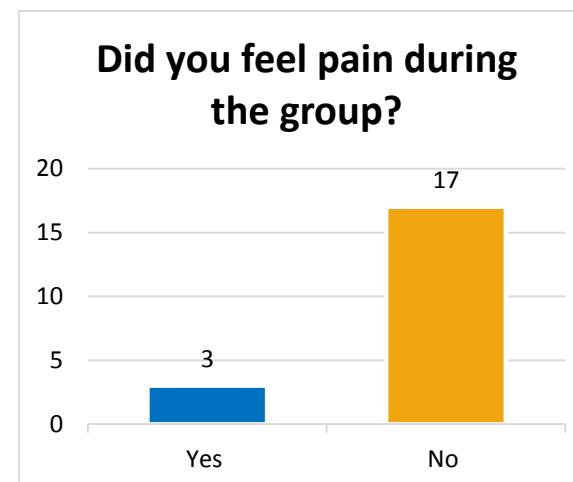
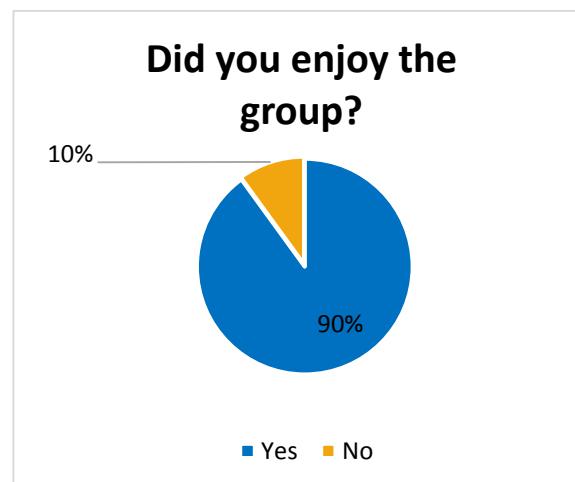
Susan Atkinson, Esther Bissett, Jennifer Bolas & Alex Burrows.

Background

- Music therapy is a therapeutic medium proven to be effective in Occupational Therapy interventions (Granacher et al, 2010, Rochat et al 2008).
- There is a myriad of evidence to suggest that physical activity through music is one way to improve physical abilities, balance and coordination (Granacher et al, 2010, Rochat et al 2008).
- Music can assist an older adult in becoming more aware of their body within space while contributing to their general wellbeing (Juntunen 2004).
- Music therapy effectively combines rhythm, order and sequencing.

Method

- The Older People's Services (OPS) Therapy Team at the RLH met with Dance Well Akademi Organisation to collaboratively deliver a dance workshop for patients in OPS.
- The team met to identify the groups aims, objectives, risk assessment and session content.
- Groups were planned to take place on the ward for one hour, every Tuesday for eight weeks, starting in June.
- Dance Well Akademi led each session, with therapists assistance from therapists to facilitate and manage risk.
- We developed a patient subjective outcome measure that patients completed immediately after each session.
- Therapists completed objective clinical notes of patient's participation following each group.



Results

- Please refer to the graphs to detail the patient subjective outcome measures.
- The team successfully delivered seven weeks of group dance sessions.
- One week consisted of 1:1 dance sessions due to therapy staff capacity.
- Over the eight weeks, 21 participants attended the workshops, with an average of three participants per session.
- Patients verbally reported the enjoyment and positive social engagement the group provided.
- No falls occurred during the sessions.
- 20/21 completed full 60 minute sessions.

Conclusion

- The workshop enhanced patient engagement, proving dance to be an effective therapeutic medium.
- The workshop had a positive impact on social engagement and interaction.
- Given the high risk of falls in this client group, there were no falls throughout the 8 weeks
- To facilitate the analysis of the program the team would ask question six before and after each workshop.
- The team would modify how the workshops are communicated to increase attendance eg – informing patients & families in advance.

Recommendations

- This type of workshop should be made available to OPS more frequently.
- Therapy teams should utilise external agencies such as Dance Well Akademi to enhance service delivery.