

**PWYLLGOR CRONFA ELUSENNOL
CHARITABLE FUNDS COMMITTEE**

DYDDIAD Y CYFARFOD: DATE OF MEETING:	21 June 2024
TEITL YR ADRODDIAD: TITLE OF REPORT:	Charitable expenditure request: Therapeutic Live Music Programme for Critical Care 2024/25
CYFARWYDDWR ARWEINIOL: LEAD DIRECTOR:	Alex Walsby, Head of Nursing
SWYDDOG ADRODD: REPORTING OFFICER:	Abbi Daniel Thomas, Senior Nurse Manager Critical Care Kathryn Lambert, Arts in Health Co-ordinator

Pwrpas yr Adroddiad (dewiswch fel yn addas)

Purpose of the Report (select as appropriate)

Ar Gyfer Penderfyniad/For Decision

ADRODDIAD SCAA

SBAR REPORT

Sefyllfa / Situation

The purpose of this report is to request approval of charitable funds to extend our live music provision for our patients in all four intensive care settings across Hywel Dda University Health Board (HDdUHB) for 12 months, based on the success of the charitably funded programme to date.

The request is to fund monthly live music sessions in each of our Intensive Care Units (ICU) over one year, from September 2024 to September 2025.

Cefndir / Background

Since April 2023 we have been able to bring live music into our ICU settings across HDdUHB for the benefit of our patients, families and staff with thanks to charitable donations received made by patients, their families and our local communities to Hywel Dda Health Charities (HDdHC).

Until May 2024, we have delivered 36 hours of live music to 163 ICU patients and 328 ICU staff, totalling 491 people. There are 12 additional hours to be delivered before the end of August 2024.

Feedback has been overwhelmingly positive with:

- 100% of patients who fed back saying "I felt calmer after listening to the music"
- 100% "I enjoyed the music"
- 94.5% "It improved my emotional wellbeing"
- 95.8% of staff either strongly agree or agree with the statement "I felt calmer after listening to the music"
- 91.3% of staff of staff either strongly agree or agree with the statement "Sessions like this make my ward a better place to work"

According to patients:

- On behalf of the patient – *“unable to verbalise, but seemed to be looking around and calmer”*
- *“I enjoy harp music and this session made me feel happy”*
- *“The music brightened up my day and made me feel happy inside”*
- *“Listening to the harp was very calming, very enjoyable - the harpist was also very nice.”*
- *“Beautiful, love to hear more, very relaxing.”*
- *“Unable to communicate effectively due to tracheostomy but appeared to enjoy the experience, smiling whilst music was being played and appeared calm/relaxed.”*
- *“Brings memories back, became emotional.”*
- *“Patient would like to listen to the music again”*
- *“Lovely thing for patients to break up the monotony of the day”*

According to staff:

- *“The music filled the silence on the unit”*
- *“Patient seemed calmer according to staff”*
- *“All staff stated how relaxing it was and much calmer”*

The proposed 2024/25 programme is based on feedback and findings from the current programme and growing research on the impact of live music in the intensive care environment which shows that live music helps to heal and has shown promising benefits in improving patient outcomes and experiences and staff wellbeing.

Asesiad / Assessment

This request is to enable the continuation of the therapeutic live music programme in ITU settings across HDdUHB for another year, from September 2024 to September 2025 following the success of the provision over the last year.

The proposal will enable 48 live music sessions to take place across all 4 ITU settings in HDdUHB. Based on current figures, with an average of 5 patients benefiting from each session, this will reach approximately 240 patients in intensive care.

The 2024/25 programme has been designed to improve the patient experience and improve outcomes for our critically ill patients based on the success of our recent charitably funded pilot programme and the growing body of evidence that shows that utilising the arts in our care for critically ill patients has positive benefits.

Studies have indicated that live music can help to reduce stress and anxiety, helping people feel relaxed and calmer¹. Music can bring back memories and help create new ones. Carefully chosen songs and calming melodies can provide the sometimes loud, busy and stressful critical care environment with a more calming, relaxed and quieter environment.

Our successful pilot programme has begun to show that live music can:

- reduce stress and anxiety in patients, staff, family and friends
- improve patient outcomes and experiences (both physiological and psychological)
- alleviate loneliness and boredom and lead to enhanced emotional wellbeing
- reduce the perception of pain – with the potential to lead to reduction in the requirement of pain relief and/or ventilation.

¹ [icu-v17-1-taylor-icu-hear.pdf \(healthmanagement.org\)](https://www.healthmanagement.org/icu-v17-1-taylor-icu-hear.pdf)

- improve patients vital signs
- improve morale for staff, helping them to provide support for the patients they care for.
- comfort and soothe friends and families at a very stressful time

The proposed programme is based on a financial model of £150 per session for a musician from West Wales to attend and play for up to one hour.

Musicians, instruments and musical choices will be selected in liaison with the clinical team to ensure the music is appropriate and suitable for an intensive care environment. Live music and performance (in contrast to recorded music) enables the musicians to observe and monitor any small changes in the patient, so that they may alter the tone and pace of the music accordingly.

This provision is in line with the promise made within HDdUHB's Arts and Health Charter and will help us to achieve HDdUHB's vision for person-centred, safe and kind care.

Feedback from the last 12 months of provision has shown the introduction of live music to be positive and beneficial to patients, relatives and staff.

"An extremely moving experience we witnessed today. The last visit by the harpist, when I had my family around my bed. Today, I received news that I would be able to leave hospital. So, so emotional. What could have been an upsetting experience turned out to be an amazing experience."

"I told Dad that he missed out on the harp, he is touched that such a lovely service is available. I agree!"

"Last year, the lady in the photograph played for my husband in intensive care during visiting hours. It was a privilege to hear such beautiful playing and we both experienced a calming sense of peace during a stressful time. ❤️"

Provider:

Following a successful year of programming with leaders in the field and national arts charity 'Music in Hospitals and Care', the ITU and Arts & Health teams wish to offer the provider a further 12 months of Live Music in ICU (Intensive Care Units).

In 2023, the provider was originally selected via a multi-quote tender process which had an option to extend built in. This approach is in line with our procurement policies and has been approved by our procurement team.

If approved, the 2024/25 programme will be delivered with the same provider, Music in Hospitals and Care who:

- Contract, train and support musicians from the area local to each hospital wherever possible
- Are experienced providers of live music in an ITU setting and national leaders in the field with a 75 year history
- Will deliver within Hywel Dda policies and procedures and within Music in Hospitals Safeguarding and Data protection policies, which we have on file
- Will deliver in line with our agreed Standard Operating Procedure for 'Bringing Live music into ITU settings across Hywel Dda;
- In line with settings risk assessments for this provision in ITU

Evaluation and Impact:

We will work closely with our Value Based Healthcare (VBHC) Team and Music In Hospitals Impact and Insights Manager to monitor the impact of this provision on our patients, staff and visitors.

We will work with guidance from our VBHC Team to capture, measure and track PROMs (Patient Reports Outcome Measures) and PREMS (Patient Reported Experience Measures) for our patients.

We will also work closely with Music In Hospitals Impact and Insights Manager to utilise some creative evaluation techniques, and conduct interviews with staff and patients in recovery and/or family members.

Exit Strategy: 6-month Value Business Care Pilot project

Although, we are confident that the proposed programme is valuable for our patients, we feel that it is difficult to truly measure the full potential of the benefits of live music on our patients in intensive care as the monthly provision is not regular enough to benefit all of our patients (as average patient stay in ITU is 1-2 nights) and a patient will often only experience the music once for 1 hour during their stay. So as part of this work we plan to dovetail the provision with a 6-month daily pilot programme in one setting namely, Glangwili Hospital Intensive Care Unit with funding from the Welsh Government Value Delivery Fund in partnership with the VBHC Team. This will help us to realistically measure the potential of live music to positively impact upon the outcomes of our patients in our busiest intensive care unit, and help us to understand the wider value such as reduced length of stay in intensive care beds and improvements in patients' vital signs.

The findings from this value-based pilot and the one year charitably funded provision will help us to provide sufficient evidence to mainstream the provision into core budgets if the Health Board's financial position improves.

The requested charitable funding will therefore enable us to maintain an equitable and inclusive monthly provision across all four acute sites which will provide the perfect control trial to measure the impact of more regular provision against.

Why is this a charitable request?

With ongoing financial constraints across HDdUHB, the costs of delivering this service cannot be met. This application would support the expenditure. It clearly demonstrates the benefits to both patients and staff, and meets the eligibility criteria for charitable funding.

Indicative costs for a 12-month period would be £150 per session, 12 sessions to each unit per year, £7,200 commencing in August 2024 until August 2025.

Please note that this is to cover all four hospital sites, therefore as requested all appropriate fund codes have been listed below to be split four ways £1,800 each.

The additional Value Business Case Pilot will be funded from Welsh Government Value Delivery Fund for circa £54,000 based on a daily provision of £150 per day.

Availability of Charitable Funding

There are sufficient charitable funds available within the critical care service to support this charitable funds request.

The proposal has been supported by the Head of Nursing Scheduled Care and Intensive Care Management Team.

It is proposed that the funding contributions are as follows:

Fund code	Fund name	Setting	Value of contribution £
T467	PDT - WGH ICU Fund	Withybush Hospital	£1,800
T156	CAR - Intensive Care Unit	Glangwili Hospital	£1,800
T342 & T856	BGH - CMW – ICU (S) & Ceredigion – Theatres & Critical Care	Bronglais Hospital	£1,800
T725	Anaesthetics	Prince Philip Hospital	£1,800
Total			£7,200

Argymhelliad / Recommendation

The Charitable Funds Committee is asked to **CONSIDER** and **APPROVE** an application for £7,200 of charitable funding to support the Therapeutic Live Music Programme in critical care across Hywel Dda.

Amcanion: (rhaid cwblhau)

Objectives: (must be completed)

Committee ToR Reference: Cyfeirnod Cylch Gorchwyl y Pwyllgor:	4.21 In addition, the following expenditure types regardless of value require Charitable Funds Committee consideration and approval: <ul style="list-style-type: none"> ▪ Research & development expenditure. ▪ Pay expenditure. ▪ Requests of any nature resulting in ongoing charitable funds commitment.
Cyfeirnod Cofrestr Risg Datix a Sgôr Cyfredol: Datix Risk Register Reference and Score:	Not applicable
Parthau Ansawdd: Domains of Quality Quality and Engagement Act (sharepoint.com)	7. All apply
Galluogwyr Ansawdd: Enablers of Quality: Quality and Engagement Act (sharepoint.com)	6. All Apply

Amcanion Strategol y BIP: UHB Strategic Objectives:	All Strategic Objectives are applicable
Amcanion Cynllunio Planning Objectives	6 Clinical services plan 5 Mental health and CAHMS
Amcanion Llesiant BIP: UHB Well-being Objectives: Hyperlink to HDdUHB Well-being Objectives Annual Report 2021-2022	7. Plan and deliver services to enable people to participate in social and green solutions for health

Gwybodaeth Ychwanegol: Further Information:	
Ar sail tystiolaeth: Evidence Base:	<p>The Arts & Health work is built on a growing body of evidence which shows the benefits of the arts in healthcare.</p> <p>Hywel Dda have commissioned a film for health professionals which tells this story here https://heiw.nhs.wales/news/the-benefits-of-art-in-healthcare/</p> <p>There is a growing body of local, national and global evidence.</p> <p>Studies have indicated that live music can help to reduce stress and anxiety, helping people feel relaxed and calmer. icu-v17-1-taylor-icu-hear.pdf (healthmanagement.org).</p>
Rhestr Termiau: Glossary of Terms:	Contained within the body of the report
Partion / Pwyllgorau â ymgynhorwyd ymlaen llaw y Pwyllgor Cronfa Elusennol: Parties / Committees consulted prior to Charitable Funds Committee:	<p>Critical Care Team</p> <p>Arts and Health Team</p> <p>Value Based Healthcare Team</p>

Effaith: (rhaid cwblhau) Impact: (must be completed)	
Ariannol / Gwerth am Arian: Financial / Service:	No current funds available to support a project of this nature hence a submission being made to the Charitable Funds Committee.
Ansawdd / Gofal Claf: Quality / Patient Care:	Patient experience will be enhanced as a result of the programme with overall care improved based on the growing evidence base that demonstrates that live music has a powerful role to play in care for critically ill patients.

Gweithlu: Workforce:	Staff wellbeing will be improved through an improved and less stressful working environment. Staff have reported enjoying witnessing their patients respond, be comforted and enjoy the provision.
Risg: Risk:	Risk assessments will be undertaken to ensure that any potential risks are mitigated before the establishment of the project and lessons learnt from the pilot programmes.
Cyfreithiol: Legal:	Not applicable
Enw Da: Reputational:	Not applicable - As the programme directly benefits patients and NHS staff there is no likelihood of public/patient opposition.
Gyfrinachedd: Privacy:	We will follow Hywel Dda Privacy Policy to ensure that we protect all data and identities at all times. We will not share any data with any external agencies without express permission. We will always ensure that we gain informed consent from all involved for any photography/video or documentation and feedback.
Cydraddoldeb: Equality:	The programme will ensure that access is appropriate and equitable for all, through working closely with Hywel Dda Diversity and Inclusion Team and Welsh language teams.