

## **Live music to promote patient, visitor and staff wellbeing in an adult oncology hospital**

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Peter Mac is Australia's only public hospital solely dedicated to cancer treatment, research and education. The Australian Government recently launched a National Arts in Health Framework which promotes a stronger integration of arts and health practise to improve outcomes for stakeholders, health service providers, artists and consumers. In response to this, the Peter Mac Music Therapy Department initiated the Music for Wellbeing (MFW) program, facilitating the provision of live music performances in various locations throughout the hospital.

There is a substantial body of evidence investigating the impact of arts, including music, on the physical environment of health facilities. Such programs are now regarded as best practise in addressing psychological and social needs of patients in a health care setting. There are many proven benefits to health and wellbeing when people are exposed to music. Live music may reduce anxiety, blood pressure, cortisol levels, experience of pain and depression whilst increasing perception of comfort, and promoting enjoyment and quality of life. Furthermore the impact of art programmes in health care facilities have been linked to improved work satisfaction amongst staff.

At Peter Mac, the MFW program aims to deliver improved hospital experience for patients, whilst reducing the likelihood of staff compassion fatigue and burnout. A research survey investigating how patients, visitors and staff experience the MFW program at Peter Mac is currently being undertaken. A wide variety of volunteer and professional musicians are delivering live music in various areas throughout the hospital. Survey data is being collected during these live performances for quantitative and qualitative analysis.

This presentation will discuss how arts in health programs may compliment allied health professions such as music therapy, indicators and considerations for developing live music programs in health care settings and the findings of the Peter Mac MFW research.