

Moving Essence Nature Art Therapy Installations (MENAT)

*Promoting Therapeutic Support and Wellbeing
along the Patient Journey, including Family, Carers and Staff*

Moving and Still Image Nature Art and Sound Therapy

Treatment - Assessment - Bedside – Mobile Units – Home Use

<http://vimeo.com/markcameronminard> www.movingessence.net



86% -89% of patients and carers reported deep relaxation Ref ⁶

33% - 52% increase in pain threshold without side effects Ref ¹

12% shorter hospital stays for patients with nature connection Ref ²

Fewer strong doses of pain medication needed with nature connection Ref ²

77% reported a reduction in anxiety_- critical care cancer patients and

60% reported help with sleeping -NHS MENAT study- The Christie Critical Care Unit Ref ³

24% longer for wound healing if patients are stressed-DH WellbeingHealthPolicy2014Ref⁴

110% increase in care cost if cancer patients suffer from anxiety-Kings Fund see pg 2



*“We’re seeing that by having this visual art,
it calms them. We’ve had a lot of positive
feedback from the patients and their relatives.”*

Is it money well spent? “Most definitely!”

Linda Mitchell - Countess of Chester Breast Unit Ref ⁵

Promoting Compassionate Care

*“Really enjoyed the experience-helped me relax
when going through stressful treatment.”*

- Oncology Patient

“Peace-giving, meditative, calming, magical”

- Pammy - Social worker/Therapist



Other Researched Benefits of Nature Interventions Ref ²

From Reference 38 of the A&E redesign toolkit by the Design Council and Department of Health - 2011

- **Anger and fear diminished;** pleasant feelings increased.
- **Stress reduced within 3 to 5 minutes.**
- **Fewer negative reactions to treatment** logged in the medical records by nursing staff.

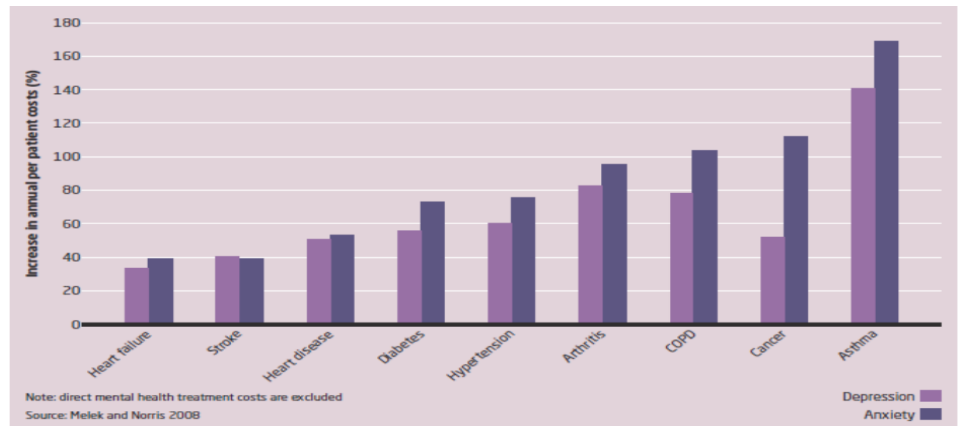
Anxiety and Depression Increase Care Costs for Long Term Conditions Patients

This table from the Kings Fund shows how care costs are increased due to anxiety and depression in patients with long term conditions - "Mental Health Raises Costs of Care in Other Conditions" Kings Fund study by Chris Naylor et al. 2012- The Table came from Melek and Norris 2008 study of 9 million people.

The Kings Fund suggests this could equate to a conservative average of 45% extra cost but this could be as high as 75%. A 45% average increase equates to £1760/year/patient with Long Term Conditions due to anxiety and/or depression. (Excluding mental health treatment costs)

Specific conditions when coupled with anxiety result in greater than the 45% average cost increase:

- Diabetes + 70%
- COPD + 105%
- Cancer + 110%
- Asthma + 170%



These costs can be reduced using MENAT Therapy.

What is Moving Essence Nature Art Therapy? - <http://vimeo.com/markcameronminard>

"Mark's beautiful and well observed photography has helped re-open my eyes to the world I live in and helped me to savour each living moment." Richard



These unique "Visual Art Therapy" installations are specially created by the UK based, New Zealand Nature Artist Mark Cameron Minard who specializes in soulful moving image nature art works for health and wellbeing. He has worked in mental health and the arts and has spent more than 9 years filming this expanding Nature Art collection - uniquely designed in response to feedback from patients and staff.

"Making a connection with Nature has the ability to bring us back into balance."

- It consists of **uniquely filmed contemplative HD nature moving or still images** works.
- **Specially created soundscape options: nature - music - silent.**
- **A deep calming atmosphere** is created through Mark's inspired artistic connection with nature and its cycles and rhythms.
- **Sleep Support – special new works to support sleeping** -images and/ or soundscapes options.
- **Patient Nature Support Unit** connects to a HDTV display or plays on a computer or network.
- **Patient Choice-** remote control allows selection of moving image nature art works.
- **Universal appeal across cultures, languages, beliefs, ages, gender and those less able.**
- **Lifts and improves mood** in low natural light areas, grey wet weather - especially winter months.

Nature Art Promotes Support and Recovery

The King's Fund's "Enhancing the Healing Environment Programme 2008-10" highlights the importance of nature, the inclusion of spiritual spaces and artworks that lift the spirit and create a healing atmosphere, thus improving not only patient experience but supporting family, carers and staff health and wellbeing.



Hospital Examples

- **Countess of Chester Breast Unit** - x-ray biopsy and screening, ultrasound and all waiting areas
- **The Christie Critical Care Unit** - bedside for cancer patients and waiting area
- **Royal Oldham Haematology Ward** - isolation side rooms and ward area
- **Linda McCartney Centre Liverpool - new Broadgreen Site** - breast screening and waiting areas
- **Royal Preston Hospital Birthing Unit**- birthing pool rooms delivery and sands support rooms

Example Installation - Film of Chester Breast Unit <https://vimeo.com/49390357>

The 5 minute film was made 3 years ago at the launch. Linda Mitchell of Countess of Chester Breast Unit currently reports "We're seeing that by having this visual art, it calms them. We've had a lot of positive feedback from the patients and their relatives." Is it money well spent? "Most definitely! - Ref⁵

To discuss their installation, contact Linda Mitchell at bscreening@nhs.net

Note: The film is intended for clinical viewers rather than patients.

Samples - Short HD Nature Moving Images Online

<http://vimeo.com/markcameronminard> and www.movingessence.net

(If you can't access these, samples can be sent on a USB stick or Data disc - please let us know).



Simple Installation with HD Patient Nature Support Unit

- Small HD Media unit with MENAT nature image menus and help options
- Specially developed for patient, family and staff to operate
- Easy navigation with remote control
- Easily connects to current or new HDTV displays (or add files to a network)



Many Areas of Use and Application Options

- **Maternity, Burns, Spinal, Surgery and Anaesthesia, Oncology, Radiology, Stents, Fractures...**
- **Assessment and screening - A&E, Mammography, Biopsy, Ultrasound, Endoscopy, Scanning ...**
- **Waiting areas - including A&E (as per Design Council- Dept. Health A&E Design Toolkit) Ref²**
- **Therapeutic rooms and spaces - mental health and wellbeing support- ref dementia & delirium**
- **Mobile Nature Therapy Display Units** - versatile - take to patient treatment area or patient rooms. For patient-family who need extra support. Compact - tucks under end or over beds or in corners
- **Patient bedside screens, wall screens or projection options, mobile devices – tablets, phones**

- **Minimising Sensory Deprivation** - For areas that have little connection to daylight due to design restrictions, orientating patients to time of day or night as installed in The Christie Critical Care.
- **Home use – supports recovery as patient’s and carers access MENAT** for anxiety, pain support, relaxation, promotes awareness and appreciation of nature, inspiring outdoor nature activities promoting connection and learning when shared with others as part of the 5 ways to wellbeing.

Presentation and Sharing of Best Practice

A **presentation of this work** on a full size HD screen will allow you to experience for yourself the real depth of these nature works and hear about the latest experiences and developments of this therapeutic work. You can also see installation options such as the Patient Nature Support Unit and have an opportunity for questions and discussion.

Please contact - Mark Cameron Minard - Moving Essence

*Nature Arts in Health Specialist
Member of Design in Mental Health Network*

Nature for Health and Wellbeing

www.movingessence.net

mark@movingessence.net

<http://vimeo.com/markcameronminard>

Mobile: 0044(0)7849 450 375



Other Useful MENAT documents available on request:

- *MENAT and Mental Health*
- *MENAT Support for People with Dementia and Their Carers*
- *Details of Patient Nature Support Unit and Mobile MENAT Unit options*

Appendix

Ref 1 “The effect of visual stimulation via the eyeglass display and the perception of pain” Author(s) Tse, MMY; Ng, JKF; Chung, JWY; Wong, TKS, *Cyber Psychology & Behavior*, 2002, v. 5 n. 1, p. 65-75.

Ref 2 “Ulrich, Roger, et al. The role of the physical environment in the hospital of the 21st century; A once-in-a-lifetime opportunity. Martinez, C.A.: Centre for Health Design, 2004”

(Reference 38: Reducing Violence and Aggression in A&E through a Better Experience by the Design Council and Department of Health- 2011)

Ref 3 Moving Images in Critical Care by A Kelly 2011, Ward Manager, The Christie, NHS Foundation Trust
Note: The study was extended and data remains consistent with original findings.

Case study summary available: “*Moving Essence Nature Art Therapy: The Christie Case Study*”

Ref 4 Kiecolt-Glaser, Marucha, Malarkey, Mercado & Glaser (1995). “*Slowing of wound healing by psychological stress.*” as referenced on page 10 “*DH Wellbeing -health policy Feb 2014*”

Ref 5 “The Power of Nature” by E Abbott, page 20 Synergy News, Society of Radiographers, March 2014

Ref 6 PhD Study E Chan, Manchester Metropolitan University Manchester 2015