

Bedside art therapy decreases pain and anxiety in patients with cancer

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A brief bedside visual art intervention (BVAI) facilitated by art educators improved mood and reduced pain and anxiety in a study of inpatients with haematological cancers.

In the *European Journal of Cancer Care* study, 21 female and 10 male patients admitted to the inpatient bone marrow transplant and haematologic services at Mayo Clinic-Rochester were invited to participate in a BVAI where the goal of the session was to teach art technique for approximately 30 minutes. A total of 19 female and 2 [male patients](#) participated.

Significant improvements in [positive mood](#) and pain scores, as well as decreases in [negative mood](#) and anxiety, were observed. Patients perceived BVAI as overall positive (95%) and wished to participate in future art-based interventions (85%).

The findings indicate that experiences provided by artists within the community may be an adjunct to conventional treatments in patients with cancer-related mood symptoms and pain.

More information: J.J. Saw et al, A brief bedside visual art intervention decreases anxiety and improves pain and mood in patients with haematologic malignancies, *European Journal of Cancer Care* (2018). [DOI: 10.1111/ecc.12852](https://doi.org/10.1111/ecc.12852)

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