CultureCase

Using art to develop a workforce

This research was conducted by **Simona Karpavičiūtė** and **Jūratė Macijauskienė** at the **Lithuanian University of Health Sciences**

Summary

The purpose of this study was to examine the effect of silk painting activities on the wellbeing of nursing staff. The results indicate that participation in an arts activity had a positive impact on emotional wellbeing and increasing a sense of community at work, while reducing general fatigue.

Nursing staff expressed a range of positive emotions

A large majority of the staff who took part in the silk painting activities reported they enjoyed it and 75 per cent said they would continue it in the future. The nursing staff described taking part in the silk painting activity as ‘inspiring’, ‘enjoying’, ‘exciting’ and ‘community building’. They also reported that their life was meaningful more often than nursing staff that did not take part in the silk painting.

Participation in arts activity has a positive impact on nursing staff’s mood, communication and energy

Nurses reported they had more energy; were able to relax at work and felt their health was better compared to nurses who did not take part in the silk painting. They also reported that taking part in the silk painting activity had a positive impact on improving communication and relationships; improving mood, sense of happiness and reducing work-related stress.

Arts activities in the workplace are supported by a wealth of evidence

The study results are supported by previous evidence showing a positive relationship between arts activities and wellbeing. The authors argue that arts-based workplace interventions can be used to promote nursing staff health and wellbeing at work, manage occupational stress and strengthen relationships within large organisations such as hospitals and healthcare centres where nurses work.

This summary is by **Tanya Graham, King's Knowledge Exchange Associate**

Keywords

nursing **workplace** **experiment** **art** **Lithuania**

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Author email	**simonalkka@gmail.com**

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