

ART-THERAPY : AN INNOVATIVE TOOL TO SUPPORT PATIENTS AND CAREGIVERS



Ghislain Promonet ¹, Corinne Petibon ²,
Fatima Laradji ³, Marc Poterre ⁴

Fondation Santé Service, Levallois-Perret, France

1-CEO 2- Head of social department 3- Senior nurse 4- M.D.

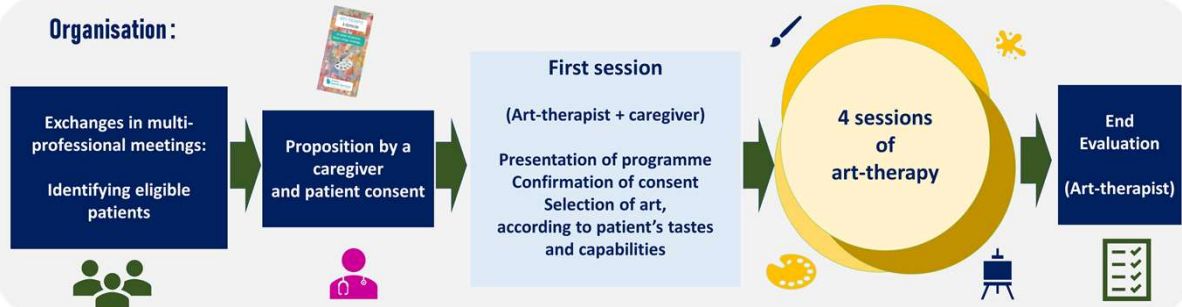


Background and Aims:

Art therapy is a discipline of using the creative process for therapeutic purposes. It is suitable for all audiences. It facilitates the expression of emotions through the creative process. There are many publications on art-therapy. A recent review¹ shows various benefits from art-therapy in cancer, such as improved emotional and spiritual condition, symptom relief, perception of well-being, satisfaction, and helpfulness. Art therapy is rarely developed at home. Fondation Santé Service, associated with the association DOM 'art-therapy, has been offering it to patients through plastic workshops at home since 2019.

¹ Collette N, Sola I, Bonfill X, Pascual A. Art Therapy in Advanced Cancer. A Mapping Review of the Evidence. Curr Oncol Rep. 2022 Dec;24(12):1883. doi: 10.1007/s11912-022-01325-w

Organisation :



Examples of the artistic offer :

KAPLA HOUSE
 Japanese bookbinding
 PATCHWORK
 Acrylic paintings
 CLAY CREATION
 COLLAGE
 Watercolor paintings
 Weaving
 Pastel drawings



Conclusions :

By opening up to the world of the home, art therapy responds to the conjunctural needs of society: keeping sick people at home, aging of the population, isolation, social ties. On the strength of this positive experience, and in order to objectify the results observed, our HAH decided to launch a study of the effect of art therapy on the pain and quality of life of patients suffering from metastatic breast cancer.

Our experience :

- First patient in 2019 ; 43 patients participated in the programme (women 87 %)
- Median age 51 years (min 4 – max 83)
- Average number of sessions per patient : 4.18 (min 1 – max 8)
- Interruption before the end of the programme : 18.4 % (mainly death or alteration of health status ; 1 stop by lack of interest)

Disease of patients :

