

# Vibrant Art: A Catalyst for Enhancing Patient Recovery in Hospitals

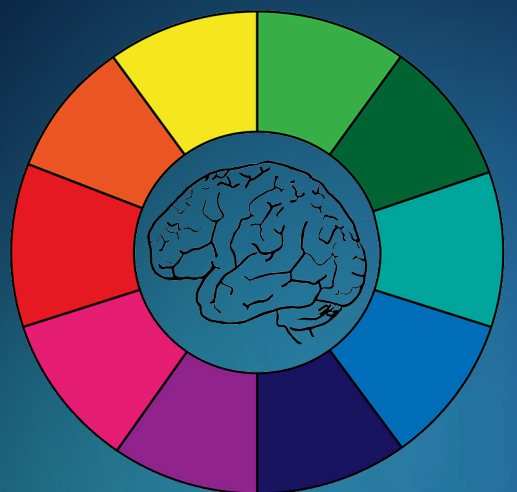
## Art Therapy and Patient Outcomes

As Florence Nightingale said 'the effects of beautiful objects are actual means to recovery.'

### A Cleveland Clinic survey revealed:

- 73% of patients felt art improved their mood.
- 61% experienced reduced stress.

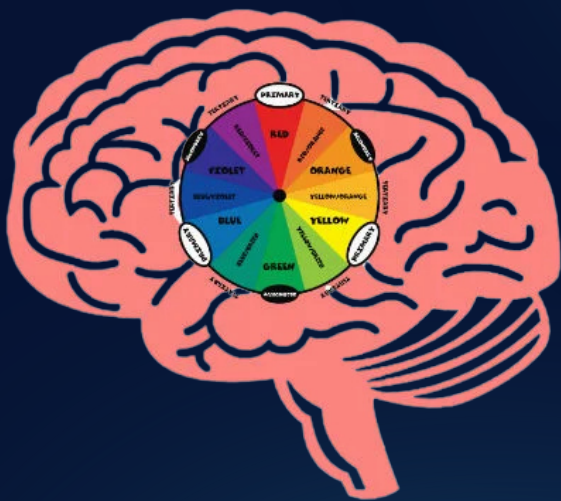
Studies also suggest that art can help alleviate pain!



## Physical Health Impact

- **Lower Blood Pressure:** by up to 10%.
- **Reduced Pain Medication:** post-surgical patients required less analgesic.
- **Calmer Heart Rates:** Nature-inspired environments helped lower pulse rates.

*Active visual art therapy led to improvement in 18% of patient outcomes.*



## Brain Responses to Art and Colour

Colour and visual patterning affects not just the cortex, but the entire **central nervous system** too.

When colour is transmitted through the eye – the **hypothalamus hormone** is released which affects –

- moods
- mental clarity
- energy levels



When we see images we enjoy – our brain releases **dopamine** and **endorphins** that help us feel at ease.



When patients are relaxed, they are in the best possible state of mind for the medicine to work. Colour therapy can stimulate different areas of the nervous system to improve its functioning.



Colour affects the **autonomic nervous system**, which controls involuntary bodily functions.

**e.g. respiration** and **heart rate**.

Colour also helps to reduce effects of stress by stimulating calming hormones such as **oxytocin** and **serotonin**.

## Healing Through Art: Colors, Nature, and Humor

Psychiatrists found that 49.1% of patients prefer cooler colours, while 29.1% prefer warmer tones.

Chromotherapy has also been shown to positively effect healing outcomes in patients.

Patients often prefer nature scenes with calming blues and greens as these evoke comfort and distraction from stress.

Studies show surgical patients with natural views had shorter hospital stays and needed less pain medication.



Children's psychological and physical well-being is vital for healing, making stress-reducing art essential in healthcare settings.

