



Service Priorities and Programmes
Electronic Presentations

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**Promote patient wellness by musical instrument performance program for
Clinical Oncology Department & mixed specialties unit of QMH**

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Introduction

According to Hong Kong Cancer Registry, the number of new cancer cases rose at an average annual rate of 2.9% in the past decade. Chemotherapy is one of the cancer treatment which could induced side effects, uncontrolled symptoms, they may feel anxiety especially when waiting for treatment, sometimes despair and bad mood may arise, that were not a pleasant experience for cancer patients; Worse then, they may quit the treatment and default follow up. From literature, Horne-Thompson and Grocke (2008) stated that music plays an important part in allay fear and provide relaxation effect on anxiety patients and improve mood.

Objectives

In this regard, we invite musician to perform Chinese musical instrument performance with an aim to enlighten mood of these cancer patients to promote relaxation, cheer them up, and enhancing their experiences during hospitalization.

Methodology

We collaborate with the Leisure and Cultural Services Department to invite Hong Kong Ning Nan Orchestra to deliver a Chinese Orchestra performance to cancer patients in May 2016 and 2017 at Chemotherapy Day Center, bedside performance at Oncology especially for terminal ill patients and Mixed specialties ward of Queen Mary Hospital.

Result

An anonymous survey with 9 questions concerning the atmosphere, emotion, happiness, enjoyment and arrangement of the event was designed to evaluate patient satisfaction towards the event. Total 85 patients participated in this event in 2016 and 2017. Of which 78 surveys returned. All patients (100%) agreed that the event atmosphere was great, relaxing and happy. They enjoyed very much. All of them agreed that the Chinese musician played a high standard performance and it made hospital environment became more joyful. Overall, 100% of patients were satisfied with the event.

All patients were highly praised the performance by Chinese musicians. Survey showed that the event helped to promote patient wellness, in terms of improving emotion, enhancing comfort, delivering positive energy and decreasing anxiety, and hence cancer patients can have a better mental preparation to confront cancer treatments.