Hypnosis Articles


The arts have a history of relaxing and calming patients in the hospital setting, yet research is limited on how arts may aid in the healing process. DooR to DooR was established to bring comfort, respite, and healing to hospitalized patients, family members, and health care staff. DooR to DooR is located in the University of North Carolina Hospitals at Chapel Hill, North Carolina; professional performing artists visit there, spending 5 to 10 minutes with each patient, family member, and health care staff.

The purpose of this qualitative study is to understand performers’ experiences and of how arts-based programs can facilitate improved patient outcomes in the hospitalized setting to help nurses better use the arts in their care of patients and families. Three overarching themes were identified: (a) the arts are therapeutic for all involved, (b) the arts transforms the hospital environment, and (c) nurses and the other medical staff play an important role. The significance of this study for nursing practice is that the arts are a plausible intervention for the hospital because they may help improve patient outcomes by reducing pain and depression and by relieving stress among staff and family members. More research is needed to determine the level of arts-as-an-intervention knowledge among nurses.

*This paper received the first annual best paper award in Nursing Science Quarterly. Dr. Larkin is an association professor at the College of New Rochelle Master’s Program in Holistic Nursing and a clinical nurse specialist is psychiatric and mental health nursing. She is a consultant and a trainer for the conflict resolution and peer mediation program at Daniel Webster Elementary School in New Rochelle, NY.*