

# **AHP PrBL Recovery**



**Arts Therapies 2023**

## **AHP Practice-based Learning (PrBL) Recovery: Arts Therapies 2023**

### **Situation/Background**

This project is part of an NHS Education for Scotland (NES) programme of Allied Health Professions (AHP) Practice-Based Learning (PrBL) Recovery commissioned and funded by the Scottish Government. As detailed in the broader project context, there was a need to focus on PrBL Recovery following the COVID-19 Pandemic. Whilst the arts therapies PrBL opportunities weathered the Covid-19 pandemic in a better position than larger AHP professions in terms of number of placements allocated, the quality of learning experiences was affected as reported by trainees (students), practice educators (PEs), and potential employers.

For clarity, the arts therapies comprise a group of therapies which use different creative modalities within their therapeutic process. These are art psychotherapy, dramatherapy, dance / movement therapy, and music therapy. Using the term arts therapies applies to all of these professions and using the term art therapy refers just to one profession.

Arts therapies data on the Turas dashboard is incomplete however it should be acknowledged that NHS Lothian is documented as having the highest wholetime equivalent (WTE) arts therapies workforce (21.9 WTE documented on 31 Dec 2022), with other NHS boards documented on 31 Dec 2022 as employing a single figure WTE or no arts therapies workforce at all.

### **Task**

Scoping activities carried out by the arts therapies PEL from September 2021 – August 2022 identified two key themes which refined our objectives:

- There are benefits to developing clearer guidance and quality assurance around Arts Therapies trainees' PrBL experiences. PrBL is an essential prerequisite for workforce planning and service development.

- There is a need to increase the competence and confidence of potential PE and PrBL providers.

Original project objectives included:

- Creation of new opportunities for PrBL in new settings utilising different models, i.e., Long-Arm Supervision placements
- Development of PrBL resource package
- Collaboration with Queen Margaret University to create video advertising Arts Therapies placements to attract new PEs

Through further stakeholder engagement with a range of AHPs a key theme emerged from these discussions:

- Non-Arts Therapists were wary, feeling the arts therapies professions were very different from their own. They did not feel the one-day PE training was sufficient, and identified needing more support throughout the process
- Arts Therapists felt becoming a PE was something done later in their careers and lacked confidence in their skills
- Trainees reported feeling unprepared for placements within NHS settings and that the responsibility fell on the PrBL setting to provide additional context

There was general consensus more guidance and support was required through the creation of resources to support learner preparedness for placement, and as a source of information to enable facilitation of PrBL.

Table 1: Arts Therapies Actions

Actions	Intervention	Developments
<b>Understand PrBL needs</b>	<ul style="list-style-type: none"> <li>Created a projection of arts therapies PrBL requirements over the next 3 years to better understand projected scope for PrBL needs in the future</li> </ul>	<ul style="list-style-type: none"> <li>Projections indicate 174 places required in 2023/24; 189 places in 2024/25; and 204 places in 2025/26</li> </ul>
<b>Understand current PrBL experiences</b>	<ul style="list-style-type: none"> <li>Identified any gaps in the induction/PrBL support processes within NHS Lothian (largest arts therapies PrBL provider)</li> <li>Established opportunities upon which to focus</li> </ul>	<ul style="list-style-type: none"> <li>Results supported the identified need for a comprehensive resource package to support both PE and trainees in PrBL</li> </ul>
<b>Develop PrBL Resource Pack</b>	<ul style="list-style-type: none"> <li>Initially created to meet the needs of the sample group, i.e. trainees from NHS Lothian placements, with aim of wider dissemination following testing</li> <li>Resource package refined and confirmed for use with non-arts therapies and arts therapies PEs</li> </ul>	<ul style="list-style-type: none"> <li>Resource distributed to focus groups comprising course leads, NHS Scotland arts therapies representatives; and other AHPs including physio, OT, dieticians</li> <li>Resource package undergoing trial usage in NHS Lothian and NHS Borders</li> </ul>
<b>Stakeholder Group formation</b>	<ul style="list-style-type: none"> <li>Group established with membership composition: NES arts therapies PEL (Chair), NHS Arts Therapies Heads and Leads group representative, HEI representative, Arts Therapies PrBL provider representative, and Arts Therapies new graduate representative (maximum 2 years post-qualification).</li> </ul>	<ul style="list-style-type: none"> <li>Terms of Reference agreed</li> <li>Meetings ongoing</li> </ul>
<b>Animation development</b>	<ul style="list-style-type: none"> <li>Video created introducing potential PE to the arts therapies detailing what to expect when supporting PrBL</li> </ul>	<ul style="list-style-type: none"> <li>Animation undergoing first round focus group feedback and is in second draft</li> </ul>

Actions	Intervention	Developments
		<ul style="list-style-type: none"> <li>Animation video agreed as introduction with shorter live interview style videos answering specific questions to be developed beyond project completion</li> </ul>
<b>Long-Arm Supervision</b>	<ul style="list-style-type: none"> <li>Initial plans were made for long-arm supervision placements</li> <li>It should be noted that post graduate AHP pre-registration students are not eligible to claim travel costs for placements. This is a long-standing issue that NES continues to raise</li> </ul>	<ul style="list-style-type: none"> <li>Some resistance from the HEIs to mandate placements that require travel beyond the central belt</li> <li>Opportunity to review and widen the use of long arm supervision in the future</li> </ul>
<b>Futureproofing</b>	<ul style="list-style-type: none"> <li>Making sure the resources are ready and available for when/if PrBL opportunities become necessary/available in wider NHS Scotland placements</li> </ul>	<ul style="list-style-type: none"> <li>Continued Stakeholder Group investment</li> </ul>

## Impact

**Educational Impact:** Key findings from original scoping exercises with 2022/23 trainee cohort highlighted the need for resource development as outlined above. Open ended questions about what might be included in future iterations and what could be done differently informed the content of the current resource pack. Once completed, the resource pack was sent out for 3 rounds of focus group testing.



Figure 1: Confidence to be a practice educator to an arts therapies trainee

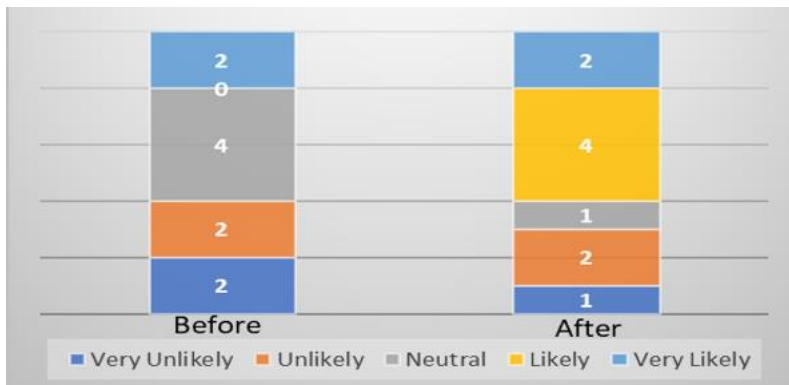


Figure 2: Likelihood of supporting PrBL for arts therapies trainee

Figures 1 and 2 identify changes in confidence to and likelihood of supporting an arts therapies PrBL placement before and after reviewing the resource. 80% of participants reported feeling more likely to support arts therapies PrBL, while 60% reported feeling more confident to do so.

**Performance Impact:** PEs who have used the resource report an increased confidence, and awareness of the requirements for trainees on placements. The resource has been used to support induction, and lunch and learn sessions and is currently being trialled in NHS Borders.

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“I was running the induction day for our trainee cohort and I found it really useful to refer to the document, which kept me on track for what I needed to include for them and helped to structure the induction day.”

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“It would help prepare me to support arts therapies students. It might be useful for non-arts therapies AHP PEs to know that long arm supervision would also be provided by an arts therapist.”

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“Here in NHSL [Lanarkshire] we have no formal art therapy and are keen to develop – might be an interesting way to introduce”

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“This was a valuable resource to offer consistent and relevant input helpful to students across placement settings. I will use again in the future, particularly at the beginning of a student placement as a helpful framework.”

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**Engagement Impact:** The stakeholder group agreed their terms of reference in which biannual meetings are indicated. Trialling and testing of the resource has begun in NHS Lothian and NHS Borders, and this should continue to be measured.

**Organisational Impact:** Two of three of the original outcomes were achieved. It became clear that the initial aim of long arm supervision placements in more diverse settings was not attainable within the time frame of the project, but this is something for the longer term, and included within the recommendations.

There have been clear benefits of having an arts therapies PEL in terms of increased visibility of the arts therapies, within NES, the wider AHP networks, and provision of opportunities for learning about the arts therapies within these.

### **Learning/Recommendations**

The stakeholder group is pivotal to the success of ongoing PrBL development and quality assurance. With the terms of reference agreed the recommendations ahead lie largely with measurement.

1. The PrBL resource should be trialled with the 2023/24 cohort of arts therapies trainees and its impact measured.
2. The arts therapies PE animation is to be launched and its impact measured to ascertain efficacy in attracting new PEs to the arts therapies.
3. New and existing PEs from within the arts therapies should join the PrBL Virtual community for ongoing support.

4. Findings from existing long arm supervision placements within NHS Lothian should be collated from this year and 2023/24 when the PrBL resource should be in use. In time, these long arm supervision placements should be trialled across NHS health boards and beyond.
5. Further work to develop networks with current practicing arts therapists in NHS Boards around Scotland to unite disparate voices from within the field.
6. Key contact links to be maintained between stakeholder group and NES.

Lots of exciting developments have been made and there is an aim to build on this over time. Further information is available here: <https://api.ltb.io/show/ABSVK>



This resource may be made available, in full or summary form, in alternative formats and community languages. Please contact us on **0131 656 3200** or email **[altformats@nes.scot.nhs.uk](mailto:altformats@nes.scot.nhs.uk)** to discuss how we can best meet your requirements.



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