Classical Coffee Evaluation
March 2015 - present

Classical Coffee helps to calm, relax and distract patients who use cancer services within the hospital.
Patients in our Medical Day Unit or our Ron Johnson ward enjoy popular classical music from a live pianist whilst they undergo treatment such as chemotherapy and blood transfusions. We have pianists from top conservatories including Royal College of Music, Royal Academy of Music and Trinity Laban Conservatoire who provide a variety of soothing music. Repertoire ranges from Bach and Beethoven to modern composers such as Einaudi and Yiruma, accompanied by a cup of coffee.

We support patients’ experience during their treatments.
Chemotherapy and blood transfusions can be painful and stressful. Live music can calm patients, distract them and reduce their perception of pain, helping improve the experience within the hospital.

“YOU HAVE SAVED ME. THIS IS SUCH A WELCOME AND LOVELY REPRIEVE.”
MARIANNE, ONCOLOGY PATIENT
Measuring Impact
We have measured the impact of sessions using the Arts Observational Scale (ArtsObS); an evaluation tool for arts activities in healthcare. (Developed in partnership with the Centre for Performance Science, Royal College of Music.)

Research
Studies show that relaxing music can help to relieve pain in cancer patients, providing relief and less distress (Huang, Good and Zauszniewski, 2010), as well as reducing anxiety and increasing a sense of power (Holm, 2008; Siedlecki and Good, 2006). More generally, wider research shows that ‘relaxing’ and ‘ambient’ music can help people to relax (Krout, 2010), as well as to decrease anxiety in medical environments better than other sensory stimuli (Holm, 2008).

The results*
• Happiness scores have increased from 2.8/10 to 5.9/10 (31.1% increase)
• 100% of patients were distracted from being in hospital (89% very much)
• 100% of patients were relaxed by the ward visits after the concerts, with 56% showing a significant change in relaxation before and after
• 78% of patients actively engaged with the music (33% very much)

*Sample size = 9

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“THE MORE NORMALCY WE CAN HAVE AROUND HERE REALLY HELPS, SO THANK YOU VERY MUCH.” TIM, ONCOLOGY PATIENT

“What an incredible thing you’re doing here. The music is just LOVELY.” KAROLINA, ONCOLOGY PATIENT