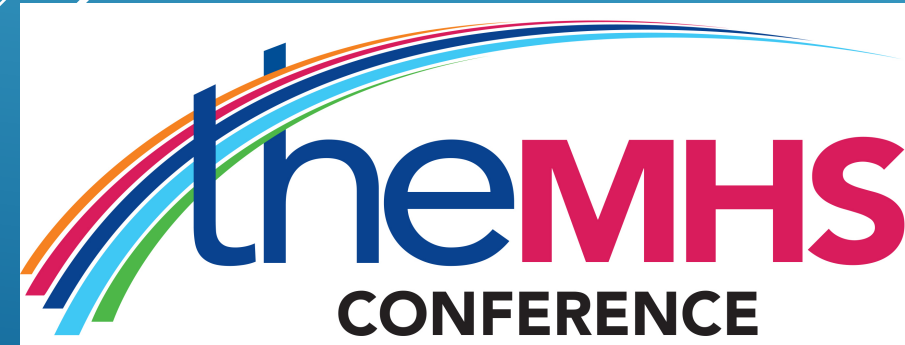


# PROVIDING BALANCED HOLISTIC CARE USING AN INNOVATIVE “TV WELLNESS CHANNEL”: A FEASIBILITY STUDY

Suzy Russell RN, BA(Psych),  
MMentalHealth(Nurs)

Associate Professor Caryl Barnes  
MBBS, FRANZCP, MD

Vanya Ripley RN,  
MQualityServ(Health and Safety)

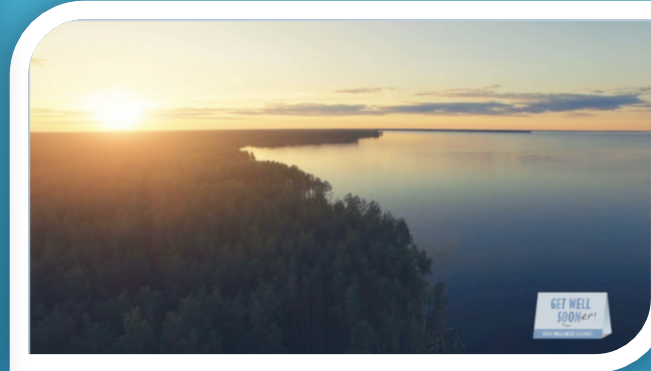
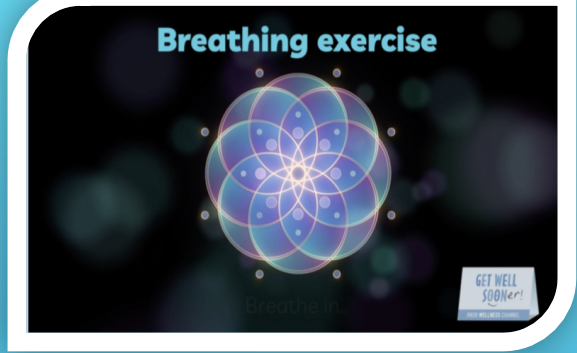


### Background:

Patients receiving treatment in an acute care hospital setting experience numerous stressors and anxiety that include: the physical illness; pain and discomfort; uncertainty of diagnosis; unfamiliar physical environment; intrusive investigations; lack of privacy; sleep deprivation; and loss of autonomy and independence.

### Aim:

- To explore the acceptability of a TV wellness channel to nurses and patients in an acute care inpatient setting and its effect on patient anxiety.
- A mindfulness focused 'TV Wellness' channel was conceptualised as an innovative method of providing psychoeducation, mindfulness and relaxation.



Images from TV Wellness Channel

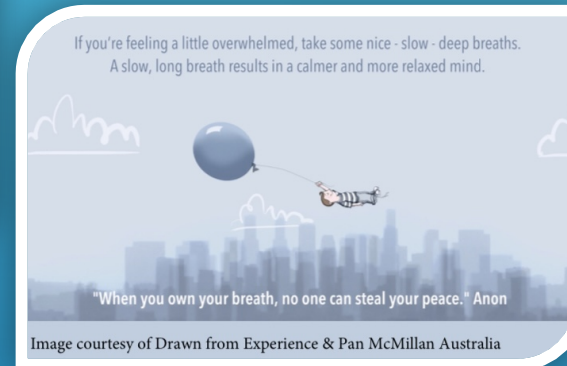
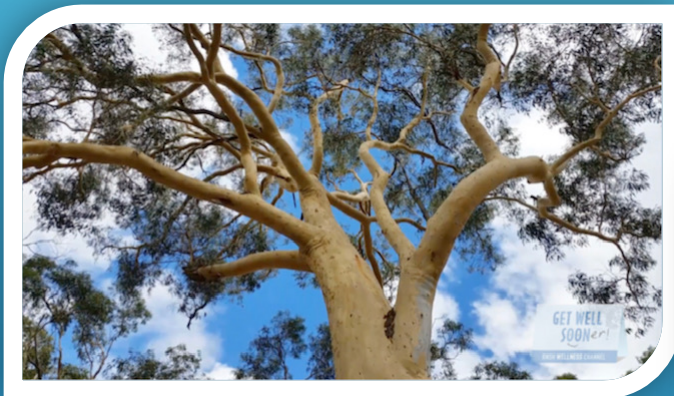
### Methods:

- This was a before and after prospective feasibility study.
- The intervention was a 30-minute audio-visual television program containing activities designed to reduce anxiety such as breathing and mindfulness exercises, nature film clips and short videos of clinical staff providing wellbeing tips for hospital.
- Adult medical patients were requested to report their state anxiety using the Faces Anxiety Scale (1, low to 5 high anxiety) before and after viewing the channel.
- Patients and nurses reported on the acceptability of the content.

Anxiety Level	None	Mild	Mild-Moderate	Moderate	Moderate-High	Highest
Faces						

**Results:** There was a trend to lower state anxiety after patients (n = 61) watched the TV wellness channel but this was not clinically significant (mean difference [95CI]: 0.60 (0.36-0.87)). The patients and nurses' evaluations were positive.

*'Liked the cartoon figures especially the boat, gratitude. .... simplifies your problems to deal with it one thing at a time.'*



**Conclusion:** This evaluation confirmed the feasibility of the TV wellness channel and has informed continued development and subsequent clinical research.

Russell S, Ripley V, Elliott R, Barnes, C. Patient and nurse perceptions of an innovative TV wellness channel in an acute medical ward: a feasibility study *BMJ Innovations* 2021;7:87-94.

Item	N (%)			
Aware of TV wellness channel (before)		17 (27.9)		
Watched TV wellness channel (after)		19 (31.0)		
Watching the TV wellness channel has, n (%)	0 <sup>a</sup>	1 <sup>b</sup>	2 <sup>c</sup>	3 <sup>d</sup>
taught me how to slow my breathing <sup>3</sup>	9 (15)	15 (26)	19 (33)	15 (26)
reduced my anxiety <sup>4</sup>	14 (25)	22 (39)	12 (21)	9 (15)
reduced my pain <sup>4</sup>	34 (60)	12 (21)	7 (12)	4 (7)
distracted me <sup>6</sup>	15 (27)	11 (20)	15 (27)	14 (26)
improved my experience of hospital <sup>2</sup>	11 (16)	16 (28)	16 (28)	16 (28)

## Key Points

- A mindfulness based free to air TV wellness channel was safe for and appreciated by adult hospital patients.
- There was a trend to lower state anxiety after patients watched the TV wellness channel.
- The TV wellness channel could mitigate adverse effects of physical distancing/isolation.
- Future content has been expanded to 90 minutes and includes more nature scenes and guided muscle relaxation, visualisation and grounding techniques.



## Contact Details:

- **Suzy Russell**  
Consultation Liaison Psychiatry Clinical Nurse Consultant  
Royal North Shore Hospital, Sydney, NSW, Australia  
Email: [Suzy.Russell@health.nsw.gov.au](mailto:Suzy.Russell@health.nsw.gov.au)
- **A/Prof Caryl Barnes**  
Consultation Liaison Psychiatry Department  
Royal North Shore Hospital, Sydney, NSW, Australia  
Email: [caryl.barnes@health.nsw.gov.au](mailto:caryl.barnes@health.nsw.gov.au)
- **Vanya Ripley**  
General Medicine Clinical Nurse Consultant  
Royal North Shore Hospital, Sydney, NSW, Australia  
Email: [Vanya.Ripley@health.nsw.gov.au](mailto:Vanya.Ripley@health.nsw.gov.au)



RNSH 'Get Well Sooner' TV Wellness Channel Launch -  
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