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MUSEO BENESSERE

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INTRODUCTION

BACKGROUND AND OBJECTIVE

MUSEO BENESSERE: Care Pathways through Art and Culture is an experimental social prescribing project promoted by ASL TO3 (Local Health Authority of Turin 3, Piedmont, Italy). The initiative stems from the previous experience "Oulx: in arte salus" developed in health care facilities of Oulx, where since 2022 healthcare spaces have hosted artistic and cultural exhibitions and community activities. Building on this experience, a multidisciplinary working group composed of nurses, general practitioners and health promotion professionals developed a structured pathway aimed at integrating artistic and cultural experiences into health and wellbeing programs.



Reggia di Venaria - Museo Benessere Participants attending a guided visit. Ph: Giorgio Violino

METHODS AND INTERVENTIONS

The project targets individuals experiencing social isolation or vulnerability, particularly those presenting mild depression, anxiety, sleep disturbances or eating disorders. Participants are referred by general practitioners through a "health prescriptions" and involved in small group activities including guided museum visits, storytelling and narrative medicine workshops. Cultural institution such as the Castello di Rivoli Museum of Contemporary Art and the Reggia di Venaria Reale collaborate by providing trained museum educators.

PATHWAY

Patients were recruited by GPs based on the eligibility criteria outlined above. Participants were allocated into groups of 3 and enrolled in a structured program consisting of 6 sessions: 2 held at the Reggia di Venaria, 2 at the Castello di Rivoli, and 2 dedicated to Dance Movement Therapy (DMT). Questionnaires were administered at pre-, intra-, and post-intervention time points. Upon completion of the program, participants' lived experiences were collected through narrative medicine techniques. Clinical assessment by the referring GP will encompass the monitoring of vital parameters, reduction in pharmacological therapy, and decreased frequency of unnecessary visits to the practice

WORKING GROUP

- A link worker nurse
- General Practitioners (GPs) operating in the Oulx territory
- ASL TO3 Health Promotion Service
- Health Promotion Documentation Center - DoRS
- A "Danza Movimento Terapia" (Dance and movement therapy) expert

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POLIAMBULATORIO OULX WORKERS,
MUSEUM EDUCATION SPECIALIST,
TRANSPORT VOLUNTEERS

RESULTS AND CONCLUSIONS

The intervention pathways are scheduled for completion in June 2026; consequently, the questionnaire data and clinical assessments conducted by the general practitioners are still being collected and analysed. However, a selection of content derived from narrative medicine is already available. Following the Dance Movement Therapy sessions, C. shared: "the first time was truly a new experience. Getting in touch with oneself — perhaps with the most intimate part — and yet being able to express it through movement, dance, and music, sharing all of this with the group." Art was described by participants as a space of freedom, interpretation, soul, and light. "Looking at the artworks during the museum visits was not merely an act of observation, but an opportunity to let emotions surface," said M.



CASTELLO DI RIVOLI - MUSEO BENESSERE PARTICIPANTI ATTENDONO A GUIDED VISIT. PH: GIORGIO VIOLINO

The project will also be documented through the production of a short documentary film. Here is a brief introduction:

