

Natuur in en rond ziekenhuizen

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Koplopersbijeenkomst, 29 november 2013

Natuurvoormensen
Omgevingspsychologisch onderzoek



rijksuniversiteit
 groningen

Twée benaderingen die streven naar verbetering ziekenhuisomgeving

Healing Environments

- Uit jaren 1970
- “Grassroots”
- Best practices
- Heilzame omgeving
- Patiënt-gericht

Evidence Based Design

- Uit jaren 1990
- Wetenschappelijk
- Random clinical trials
- Gezonde omgeving
- Gericht op managers/beslissers



PLANETREE



"...the ideal hospital would combine the best of spas with the best of hotels and the best of hospitals to become a truly healing environment, where just being there is healing."

- Angelica Thieriot, Planetree Founder

EVIDENCE-BASED DESIGN



NATURAL DAYLIGHT HELPS
PATIENT HEAL FASTER AND
IMPROVES CIRCADIAN RHYTHM

PATIENT CONTROL OF
WINDOW TREATMENTS
AND DOOR FROM BED

FAMILY ZONE TO ENCOURAGE
FAMILY MEMBERS TO STAY –
REDUCES PATIENT STRESS AND
PATIENT FALLS

STAIN AND BLEACH RESISTANT
UPHOLSTERY – REDUCES
HOSPITAL ACQUIRED INFECTIONS

100% SOLUTION DYED
CARPET TILE – HELPS WITH
ACOUSTICS AND REDUCES
PATIENT FALLS

NATURE BASED ARTWORK
REDUCES PATIENT STRESS

BEDSIDE CHARTING
REDUCES MEDICAL ERRORS

PATIENT TOILET DOOR
CLOSE TO SIDE OF BED –
REDUCES PATIENT FALLS

EASILY ACCESSIBLE HAND
WASHING SINK NEAR
PATIENT ROOM DOOR

GROEN IN ZIEKENHUIZEN: VOORBEELDEN



GROEN IN ZIEKENHUIZEN: EVIDENCE

Verblijf na operatie in kamer met planten leidt tot:

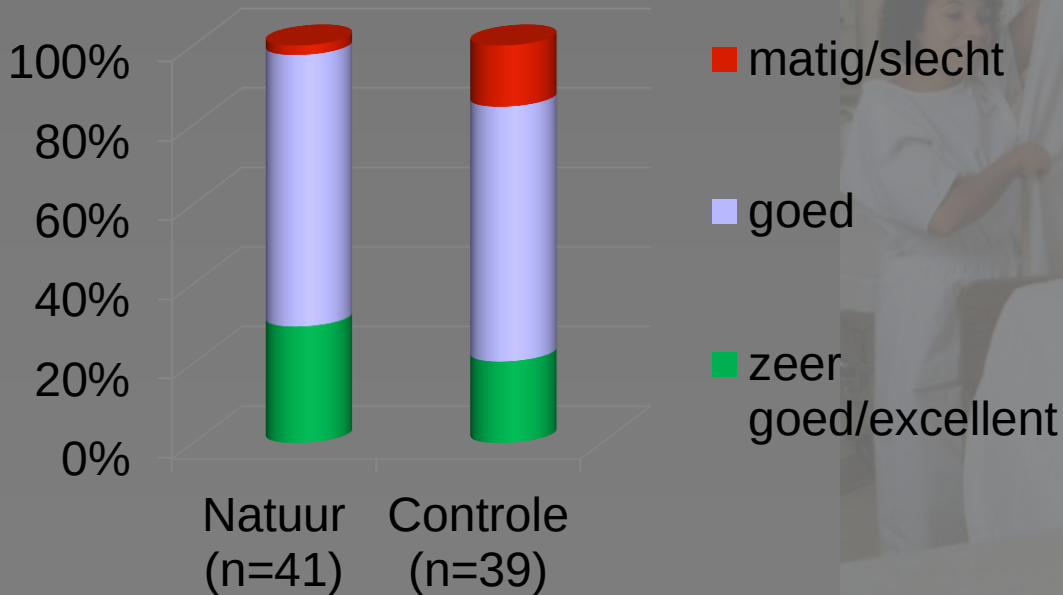
- minder sterke pijnstillers
- minder stress (zelfgerapporteerd & fysiologisch)
- minder vermoeidheid, pijn en angst
- kortere opnameduur (6,1 vs 6,4 dagen)



Park, S. H., & Mattson, R. H. (2009). Therapeutic influences of plants in hospital rooms on surgical recovery. *HortScience*, 44(1), 102-105. ⁶

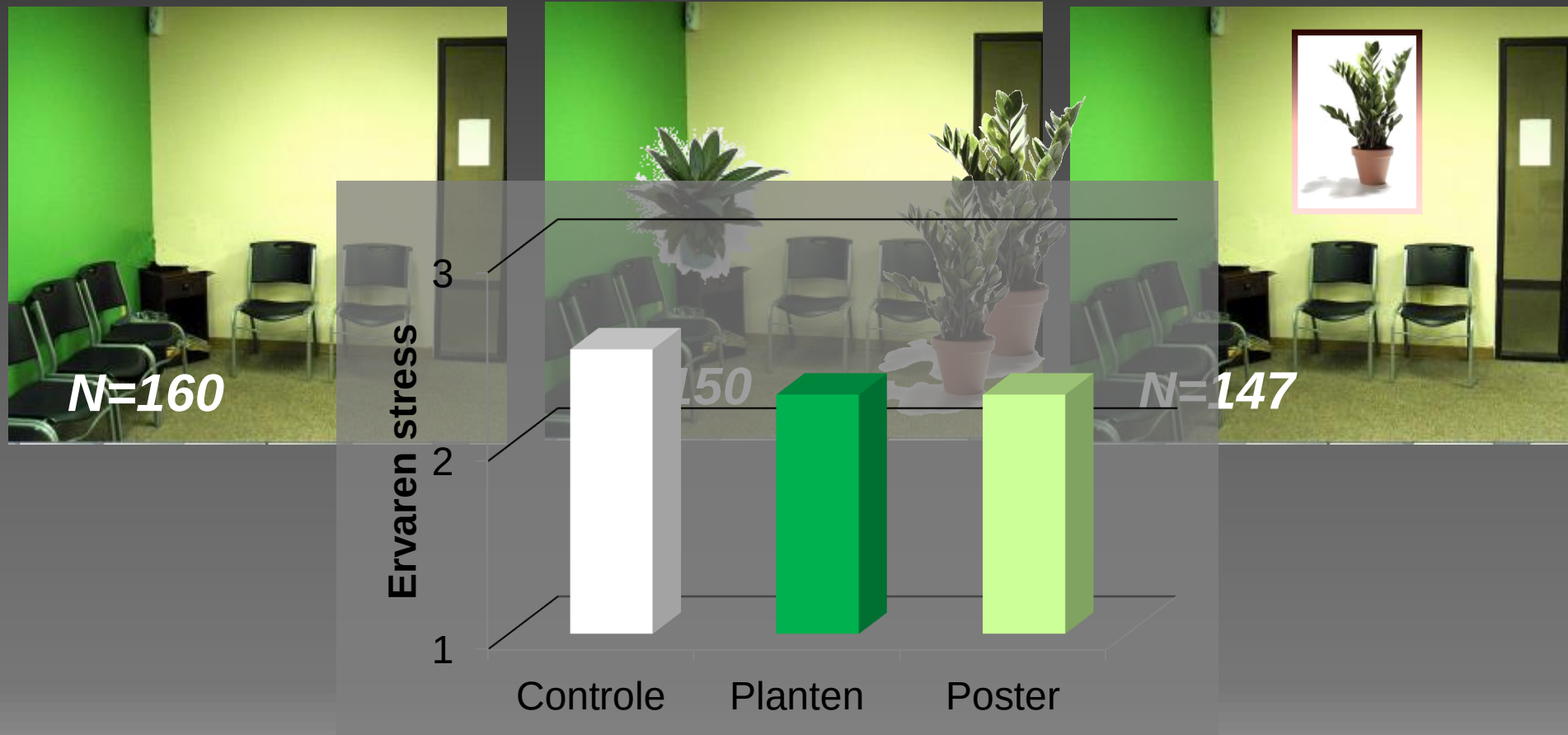
PIJN

Pijncontrole



Diette, G.B. et al. (2003). Distraction therapy with nature sights and sounds reduces pain during flexible bronchoscopy: A complementary approach to routine analgesia. *Chest*, 123(3), 941-948.

STRESS IN WACHTKAMER

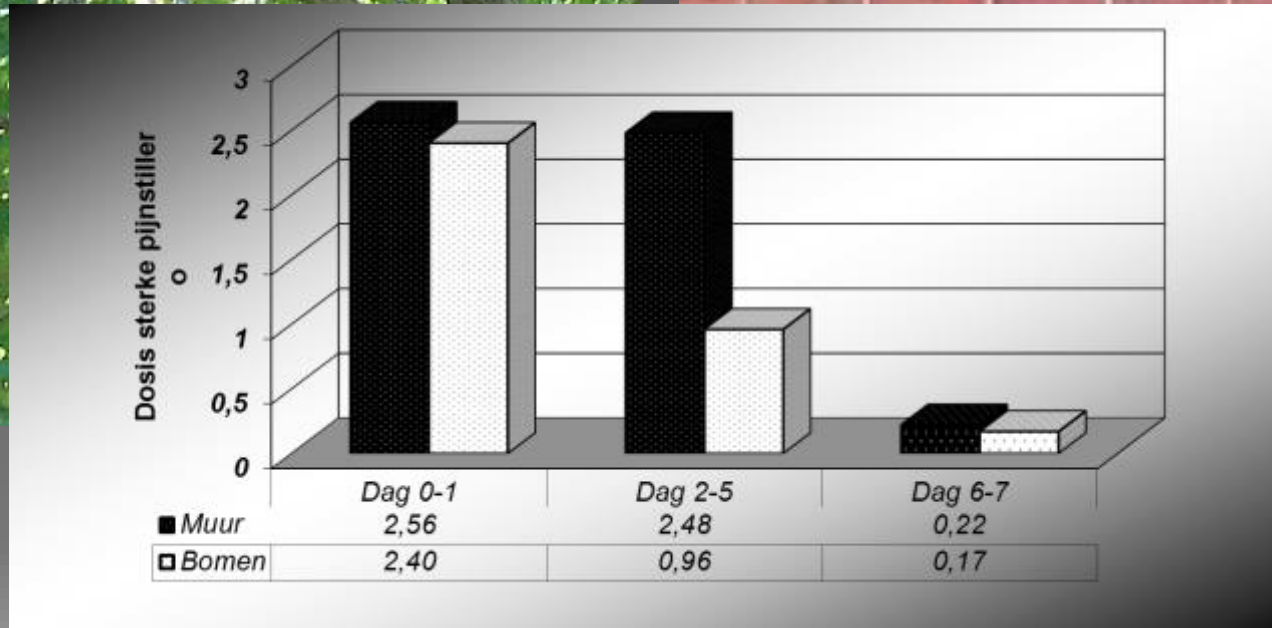
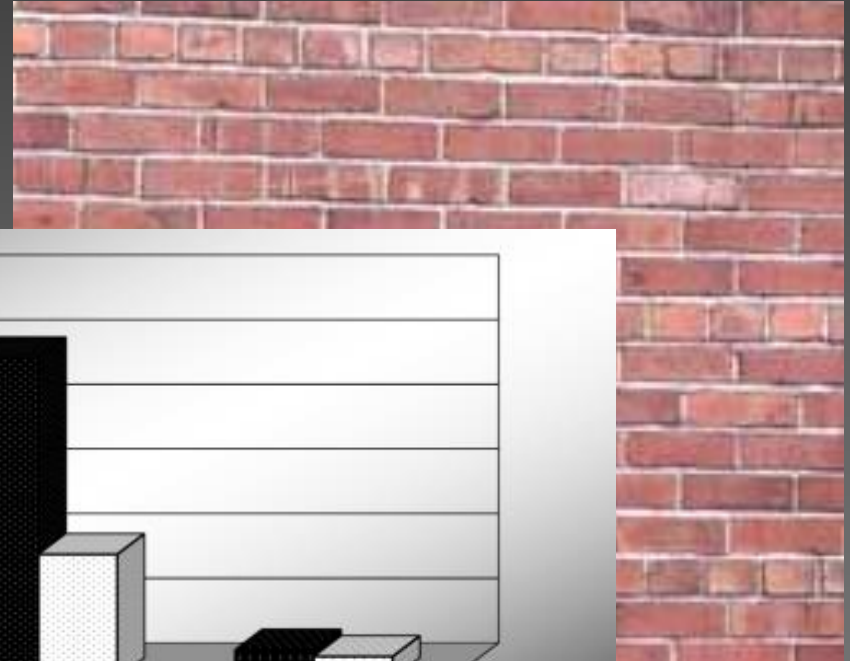
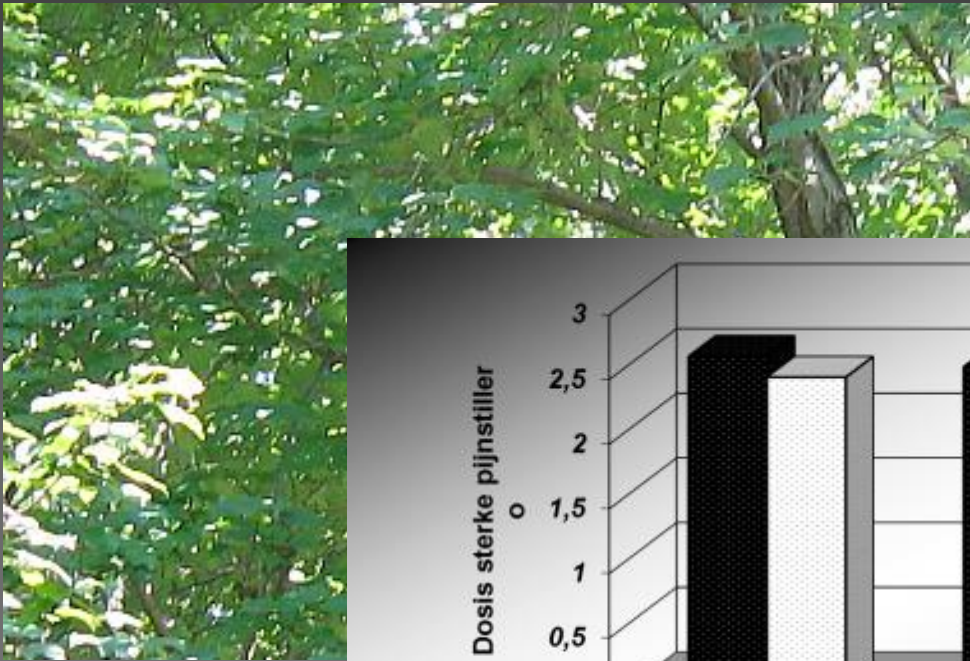


Beukeboom, C. J., Langeveld, D., & Tanja-Dijkstra, K. (2012). Stress-reducing effects of real and artificial nature in a hospital waiting room. *The Journal of Alternative and Complementary Medicine*, 18(4), 329-333.

GROEN ROND ZIEKENHUIZEN: VOORBEELDEN



GROEN ROND ZIEKENHUIZEN: EVIDENCE



10

Ulrich, R.S. (1984). View through a window may influence recovery from surgery. *Science, New Series*, 224, (4647), 420-421.

HEALING GARDEN BIJ KINDERZIEKENHUIS

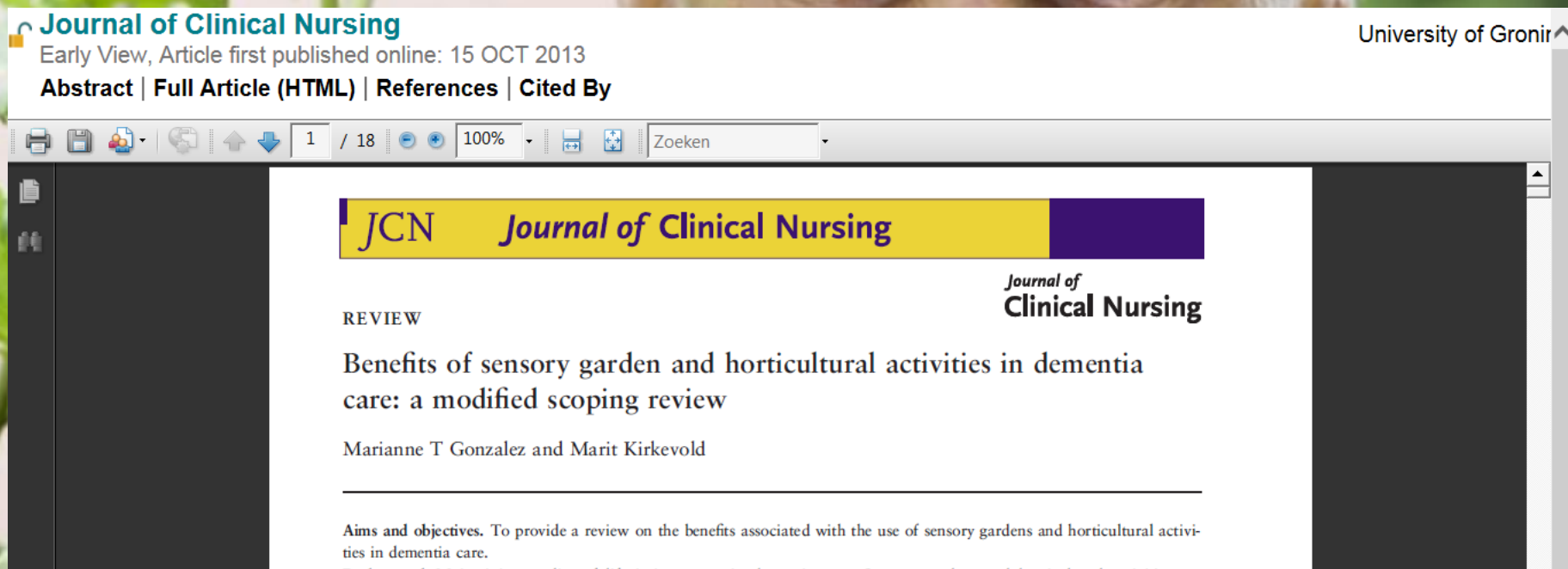
Gevoelens (Schaal 1-100)

	Tuin	Ziekenhuis
Angst	23	37
Verdriet	20	45
Boosheid	10	19
Zorgen	33	66
Moe	37	50
Pijn	12	31



Sherman, S.A., Varni, J.W., Ulrich, R.S., & Malcarne, V.L. (2005). Post-occupancy evaluation of healing gardens in a pediatric cancer center. *Landscape and Urban Planning*, 73, 167- 183.

HEALING GARDENS VOOR ALZHEIMER PATIËNTEN



The screenshot shows a web browser window with the URL [Journal of Clinical Nursing](#) and the text "Early View, Article first published online: 15 OCT 2013". The browser's address bar shows "1 / 18" and "100%". The page content includes the JCN logo, the title "Benefits of sensory garden and horticultural activities in dementia care: a modified scoping review", the authors "Marianne T Gonzalez and Marit Kirkevold", and the abstract text: "Aims and objectives. To provide a review on the benefits associated with the use of sensory gardens and horticultural activities in dementia care."

Journal of Clinical Nursing
Early View, Article first published online: 15 OCT 2013
[Abstract](#) | [Full Article \(HTML\)](#) | [References](#) | [Cited By](#)

1 / 18 100% Zoeken

JCN *Journal of Clinical Nursing*

Journal of
Clinical Nursing

REVIEW

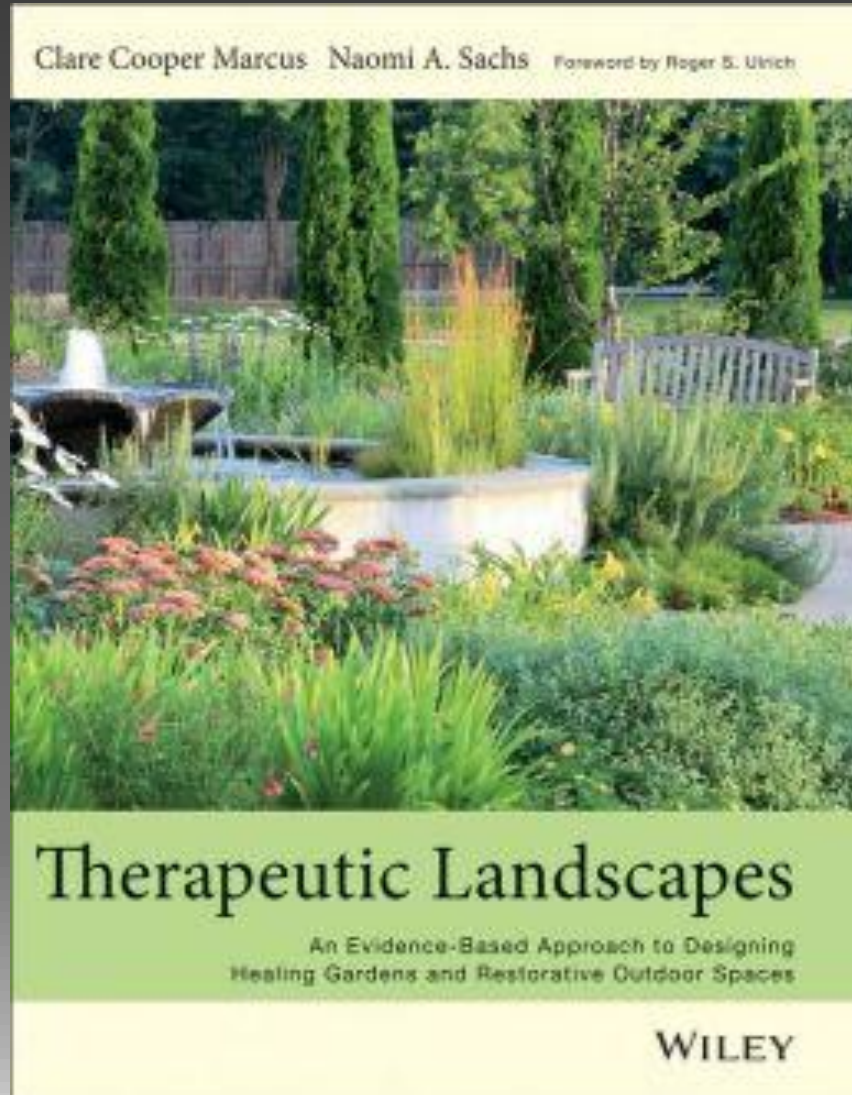
Benefits of sensory garden and horticultural activities in dementia care: a modified scoping review

Marianne T Gonzalez and Marit Kirkevold

Aims and objectives. To provide a review on the benefits associated with the use of sensory gardens and horticultural activities in dementia care.

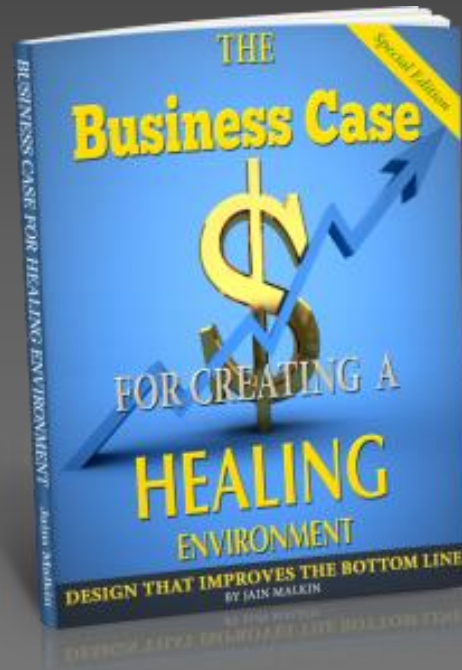
- 16 studies, inclusief 2 random controlled trials
- Positieve effecten op welzijn, cognitie, slaap, agitatie
- *Ook: minder psychofarmaca en (daardoor) minder vallen*

NIEUW BOEK HEALING GARDENS (OKT 2013)



TOT SLOT:

~~WAT KOST HET?~~ WAT LEVERT HET OP?



Ulrich, R., Zimring, C., Quan, X., Joseph, A., Choudhary, R. (2004). The role of the physical environment in the hospital of the 21st century: a once-in-a-lifetime opportunity. Martinez, CA: The Center for Health Design.

KENNISLACUNE



Verder lezen?



www.agnesvandenbergh.nl