NORMALCY IN HEALTHCARE DESIGN
An extension of the natural and built environment

Theme: Sustainable Development: Designing to promote health and biodiversity Environments that enhance wellbeing and foster healthy ecosystems

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Lady Cilento Children’s Hospital:
- Conrad Gargett Lyons
- Queensland Health
- $1.4 billion
Normalcy in Healthcare Design

LCCH: Philosophical underpinnings
Normalcy in Healthcare Design

Opportunities and challenges

The Hong Kong revelation

Bring together academia & industry

LCCH: Personal journey
Normalcy in Healthcare Design

Research: Relating Vision to Theory
- Hospitals can be stressful – for patients, their families and staff
  [Stevens, 1986]

- Normalizing activities divert attention, create ease and facilitate better responses to therapy and healthcare
  [Interview findings, 2017]

- Emergent question: How could gardens play a role in normalizing?
Lady Cilento Children’s Hospital Project – Accumulating Research Data

- Twelve semi-structured interviews – End user experiences (2017)
- Two rounds of bench diaries (2015, 2016)
- Hospital-wide survey – 90 survey respondents (2017)
- Environmental monitoring – 25 sensors (2017)
"...the garden plays a very important role in normalising everything that is going on in their life. I found that especially with one boy that was 13 years old and the garden was a place where he felt normal." Physiotherapist

"...a huge shift in mood and the relationship that you can build with them as well. They are very used to meeting so many different people that they develop a stronger relationship with you because you take them to do more normal things – being outside in the garden and it is better for your mood." Physiotherapist

12 SEMI-STRUCTURED INTERVIEWS

- Therapy session run smoothly
- Children to feel like children
- Responsive to therapy
- Accelerate healing rates
Normalcy in Healthcare Design

Research: Bench diaries

“As soon as we came here we felt as though we weren’t even at a hospital! And it has a beautiful view! It feels good to breathe fresh air.”

Dear Bench Diary,

What a beautiful view and stunning garden that you live in. We are here today for a happy fella to have an EEG and tomorrow an MRI on his leg for a bone tumour.

We are so fortunate to be at this gorgeous hospital. The view has inspired us to explore along the river and take in the sites and Scenery Southbank has to offer. We hope that this garden brings peace to those who come here.

May your dreams come true.

Love the X

Hello Bench Diary, my dad and my mum agree that putting REAL plants on the roof of a hospital is a very good idea. As soon as we came here we felt as though we weren’t even at a hospital and it has a beautiful view!

It feels good to breathe fresh air.

& Mum
Emergent Design Principles for Normalcy

- Six principles
- Evolving framework
- Testing emergent principles
- Aim: Develop tools for application
Emergent Design Principles for Normalcy

1. Consider location & context
   Seamless and natural extension of the surrounding environment to reduce disruption for building occupants

2. Link indoor/outdoor
   Co-location of hospital programs inside and outside, and connection to neighbouring institutions and facilities
Emergent Design Principles for Normalcy

3 Prospect & Refuge
Offer opportunities for safe observation, concealment, prospect and refuge to assist users in recuperation.

4 Adequate green & open space
Offer sufficient space for occupants to find reprieve from stressful hospital environment.
Emergent Design Principles for Normalcy

5. Stimulate all senses
   Inspire the senses to create familiarity – attractive views, fresh air, olfactory stimuli, warmth on the skin

6. Cater for variety of activities
   Comfortable places for socialising, therapy activities, family gatherings and staff events
LCCH Healing Gardens – Research Engagement Next steps

- End user experience of the gardens (2017 – 2019)
- Maintenance costs for healing gardens (2018 – 2019)
- Therapy studies – controlled random trials (CRTs)
Conclusions and Acknowledgements