positive distractions.

Research has shown that positive distractions within a healthcare environment can significantly improve the patient’s recovery process. What is a positive distraction? A positive distraction is anything that distracts the patient in a positive way. Choudhary et al. (2004) have proven that positive distractions can also reduce or prevent extended length of stay in hospitals. Providing patients with views of nature, or even with nature-based artwork has been shown to relax patients as well as relieve pain in some cases. In a study done by Pati (2011), pediatric cardiologists patients responded positively to nature scenes played on a monitor in a ten-minute loop without sound. The content provides the distraction while the switching of the photos provides a sense of anticipation for those watching it.

Lighting is another example of a positive distraction. According to Wiley (2013) patients often get poor sleep in a hospital environment, often because of the lack of natural fluctuation in lighting levels. Providing a variation of lighting levels through dimmers, or day lighting monitors can provide not only a positive distraction, but also give patients the opportunity to customize their environments.

An excellent way to provide a positive distraction for patients is to create a comfortable environment for family members as well. Chaudhary (2004) describes social support is a crucial element in the healing process. Allowing family members to have their own comfortable environment within the hospital space helps reduce their anxiety, which gives family members the opportunity to focus on their loved one, instead of where they will sleep that night.

increased efficiency and reduced errors.

Reducing the number of staff errors, including medication errors can also reduce length of stay. Same handed patient rooms are rooms that have identical configurations. This reduces mistakes from caregivers, especially in emergency situations. Standardization allows caregivers the opportunity to instinctively know where tools are placed; creating a second nature routine that saves vital time in emergency situations (Stichler 2012). Technology such as point of care charting, charting on a computer at a patient’s bedside, also reduces mistakes from mis-charting to illegible handwriting that may affect the patient’s care (Duffy et al. 2010).

reduced healthcare associated infections.

According to Magill and Edwards (2014) the number one cause of extended length of stay are healthcare associated infections. Healthcare associated infections are infections that develop in a healthcare setting unrelated to the patient’s condition. The most common healthcare acquired infection is pneumonia. Approximately 1 in 25 inpatients in the U.S. develop these infections. Pittet (2000), these infections can be spread through pathogens in the air, or more commonly by contact.

Choudhary et al. (2004) describe several design solutions to reduce the number of these infections. First, it is imperative that patient rooms provide easy access to hand washing stations for doctors and nurses to utilize to stop the spread of disease. The room should be designed to support cleanliness for the patient as well as the caregivers. Second, it is important to design single patient rooms with excellent ventilation to cut down on the spread of airborne pathogens. Single patient rooms have many other benefits as well including providing a larger space for families who in turn provide social support for the patient.

"1 OF EVERY 25 PATIENTS IN THE U.S. ACUTE CARE HOSPITALS HAS AT LEAST ONE HEALTHCARE ASSOCIATED INFECTION” — Magill and Edwards (2014)
**location.**

Situating the room on the south side of the building allows the maximum amount of light to penetrate the patient room. Natural lighting has been shown to have a positive effect on patients (Wiley 2013), so the large south facing windows will provide patients this important factor in the healing process.

**color palette.**

The cool blues and greens create a soothing environment which supports the natural healing process. The greens provide a refreshing atmosphere, as well as promote healing, while the blues offer serenity while calming and soothing the spirit (Allan Novak and Richardson 2013).

**lighting plan.**

Providing a variety of lighting styles and options gives the patient the opportunity to easily customize their healing environment. Three factors create an interactive, user friendly lighting plan.

First, the general and task lighting provides light for all users activities and needs. Second, the windows provide the way for natural sunlight to penetrate the room, and bring nature into the healing environment. And finally, with the help of LED light strips, users can chose colors around the footwall, and on the fixture above for a cool, customizable atmosphere.

**furniture/materials**

This flooring by Altro is excellent for bathroom use, because of its slip resistant surface in both wet and dry applications.

Vibe by Knoll was used on the sofa because of its antimicrobial, bleach cleanable surface created from a combination of polyurethane and polyester.

**floor plan.**

Floors and ceilings details create touchpoints in key areas of the space

1. Entrance
2. Hand Washing Station
3. Patient Space
4. Family Space

- the automatic door system reduces the change of spreading infections through door handles
- the open plan bathroom provides plenty of space for all users
- built in benching and storage provides plenty of room for family and personal belongings
- the patient controlled monitors at the footwall allows patients to bring in their own photos for a custom healing environment
- benching outside the patient room provides an additional place for families and caregivers can talk
- convenient access to handwashing stations as well as implementing the BioVigil alarm system will reduce HAI’s, the copper infused counters provide and antimicrobial surface
- this cove provides patients with a cocoon of comfort, a color changing light fixture allows patients to customize their space, shelving provides space for personal belongings
- the x-tenz sofa provides comfortable seating as well as a sleeping space for two.

**elevations.**

**renderings.**

This vinyl sheet flooring by Armstrong is gouge and abrasion resistant, as well as having excellent static load resistance, UV coating, and aseptic qualities.

**touchpoint**

How do we design a touchpoint?

Arrive revitalize release