

# How to Implement Health and Well-being by Using Evidence-Based Design

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# Wiegerinck

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## Hospitals and the Green Deal – Tergooi MC, Hilversum (NL)

A hospital embedded in green surroundings



# Hospitals and the Green Deal – Amphia Hospital, Breda (NL)

Equipping roofs with solar panels



# Hospitals and the Green Deal – Jan Portaels Hospital, Vilvoorde (BE)

## Compact Hospital



# Hospitals and the Green Deal – Maastricht UMC+ Entrance Building, Maastricht (NL)

Timber structure and Bamboo facade



# How to Implement Health and Well-being by Using Evidence-Based Design

Architecture can contribute to the health and well being of patients: How?

## Problem

Patients sleep bad in hospitals, sleep contributes to the healing and recovery process

## Explanation

Patients are disturbed by other patients, by medical staff, they ask for more sleep medication, are tired and sleep during the day, instead of exercising and being active

## Architecture

One person bedrooms

## Interior

Sound absorbing ceiling tiles, more acoustic measures

## Additional

More silent equipment

## Evidence-Based Design – Improve Health of Patients

Patient does not become more ill in the hospital than the condition he/she was hospitalized for.



**Tergooi MC,  
Hilversum (NL)**

- decrease infections
- decrease medical mistakes
- decrease fall incidents

## Evidence-Based Design – Improve Well-being of Patients

Decrease patient stress, results in shorter hospital stay,  
less pain-/sleepmedication, lower bloodpressure and heart rate



### Child-friendly dressing change room Maasstad Hospital Burn Centre, Rotterdam (NL)

- basic physiological needs
- privacy and controll
- social support
- positive distraction
- decrease negative emotions

## Evidence-Based Design – Improve Efficiency and Effectiveness of Staff

Staff that can work in a well designed environment will be less stressed and will deliver a better job (direct patient care)



### Renovation UMCG Patient Tower, Groningen (NL)

- decrease injuries
- improve efficiency & effectiveness
- improve satisfaction & decrease stress

## **Thank you!**

We like to explore this topic further with you in this session.  
Any questions can be asked then.

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