

Healthcare and Wellness Design

Duration: 6 Months

Introduction

The Healthcare and Wellness Design program is a comprehensive 6-month course aimed at empowering participants to create healing environments that prioritize patient care, safety, and well-being in healthcare settings. The program focuses on evidence-based design principles, teaching how to use research and data to inform design decisions that improve patient outcomes. Participants will explore the unique needs of different healthcare environments, such as hospitals, clinics, and senior living facilities, while addressing critical aspects like infection control, patient safety, and accessibility. Additionally, the program delves into the psychological impact of design, emphasizing the creation of spaces that foster healing, comfort, and relaxation. With hands-on projects and expert-led discussions, participants will gain the knowledge and practical experience needed to design environments that not only meet functional requirements but also enhance the overall patient and healthcare worker experience.

Intention

The Healthcare and Wellness Design program is a 6-month course designed to empower participants to create healing environments that prioritize patient care, safety, and well-being in healthcare facilities. Focusing on evidence-based design, the program teaches how to use research and data to inform design decisions that improve patient outcomes. Participants will delve into the unique requirements of different healthcare settings, such as hospitals, clinics, and senior living facilities, while exploring critical topics like infection control, patient safety, and accessibility. The program also highlights the psychological impact of design, emphasizing how thoughtfully designed spaces can promote healing and relaxation. Through a practical application project, participants will design a healthcare space that incorporates these principles, preparing them to create environments that foster well-being and enhance patient experiences.

Objectives of Program:

- **Apply Evidence-Based Design Principles:** Equip participants with the ability to use research and data to inform design decisions, improving patient outcomes and the overall effectiveness of healthcare environments.
- **Design for Specific Healthcare Settings:** Provide participants with specialized knowledge in designing various healthcare environments, such as hospitals, clinics, senior living facilities, and other healthcare settings, addressing the unique needs of each.
- **Implement Infection Control and Hygiene Strategies:** Teach participants to design healthcare spaces with infection prevention in mind, using strategies that reduce the risk of contamination and support hygiene standards.

- **Promote Patient Safety and Accessibility:** Train participants to design healthcare environments that are safe, accessible, and comfortable for patients of all ages, abilities, and health conditions.
- **Understand the Psychology of Healing Environments:** Help participants understand how design can influence patient well-being, encouraging the creation of spaces that promote healing, relaxation, and emotional comfort.
- **Design Practical Healthcare Spaces:** Provide hands-on experience through a practical application project where participants design a healthcare space, integrating evidence-based design principles and considering patient needs.
- **Prepare for Healthcare Design Careers:** Equip participants with the necessary skills and knowledge to pursue careers in healthcare and wellness design, contributing to the development of environments that enhance patient care and experience.

Who can get benefit

The Healthcare and Wellness Design program is ideal for a variety of professionals who are involved in or interested in designing supportive environments for healthcare settings. Those who can benefit from this program include:

- **Interior Designers and Architects:** Professionals who want to specialize in healthcare design and enhance their skills in creating patient-centered environments that prioritize comfort, safety, and healing.
- **Healthcare Facility Managers and Planners:** Individuals responsible for the layout and planning of healthcare facilities, looking to optimize their spaces for better patient outcomes and well-being.
- **Healthcare Providers and Administrators:** Medical professionals or administrators interested in improving the physical spaces in which they work, with a focus on enhancing patient care and creating healing environments.
- **Facility Safety and Infection Control Managers:** Professionals in charge of maintaining hygiene and preventing infections in healthcare environments who want to deepen their knowledge of design strategies for infection control.
- **Ergonomics and Human Factors Specialists:** Experts who wish to expand their understanding of how to design for patient safety, comfort, and accessibility in healthcare settings.
- **Urban Planners and Environmental Designers:** Individuals looking to integrate healthcare and wellness principles into their broader environmental design practices, especially in specialized healthcare settings.

- **Students and Aspiring Professionals:** Those entering the fields of architecture, design, healthcare management, or wellness who wish to build a career in healthcare design with a focus on improving patient experiences.
- **Construction and Project Managers:** Professionals responsible for the construction and renovation of healthcare facilities, seeking to apply modern design principles that foster better patient care.

This program will help participants gain the expertise to create environments that not only meet functional needs but also promote healing, safety, and comfort for patients and healthcare workers alike.

Program Outline and Contents

Evidence-Based Design in Healthcare introduces participants to the principles and practices of using research and data to inform design decisions within healthcare environments. Over the span of 4 weeks, learners will explore how Evidence-Based Design (EBD) can enhance patient outcomes, improve operational efficiency, and contribute to the creation of healing environments. This course will cover essential research methods, data-driven design strategies, and successful case studies to provide a comprehensive foundation for healthcare design professionals.

Course 1: Evidence-Based Design in Healthcare

Duration: 4 Weeks

Course Overview: Equip participants with the knowledge to use research and data to inform design decisions that improve patient outcomes and the overall effectiveness of healthcare environments.

Curriculum:

Week 1: Introduction to Evidence-Based Design (EBD)

- Definition and history of Evidence-Based Design (EBD)
- Principles and significance of EBD in healthcare settings
- Overview of key research methods used in healthcare design
- The role of EBD in improving patient outcomes and facility effectiveness

Week 2: Research Methods in Design

- Introduction to quantitative and qualitative research methods
- Common data collection techniques: surveys, interviews, and observational studies
- Key metrics and indicators used in healthcare design research

Week 3: Data-Driven Design

- How to use data and research findings to inform design decisions
- Designing based on patient needs, operational efficiency, and safety data
- The role of evidence in creating patient-centered environments

Week 4: Case Studies and Practical Application

- Review of successful EBD projects in hospitals, clinics, and healthcare settings
- Analysis of key design outcomes, such as improved healing environments, reduced stress, and improved patient satisfaction

Course 2: Designing for Specific Healthcare Settings

Duration: 4 weeks

Course Overview: Provide participants with the specialized knowledge needed to design various healthcare environments, such as hospitals, clinics, senior living facilities, and more.

Curriculum:

Week 1: Hospital Design

- Key considerations in hospital design: patient needs, staff workflows, and specialized areas (ICU, ER, recovery)
- Space planning for different hospital departments
- Patient care and staff ergonomics

Week 2: Clinic and Outpatient Design

- Design considerations for clinics and outpatient facilities: functionality, privacy, and comfort
- Creating flexible and adaptable spaces for outpatient care
- Patient flow, accessibility, and safety in smaller settings

Week 3: Senior Living Facilities

- Design for aging populations: enhancing mobility, safety, and comfort
- Addressing sensory needs and cognitive impairments in senior living spaces
- Key elements: accessibility, security, and wellness

Week 4: Mental Health and Rehabilitation Settings

- Design strategies for mental health and rehabilitation facilities: promoting recovery through environment
- Addressing sensory needs, privacy, and reducing stress
- Therapeutic design principles in mental health and rehab settings

Course 3: Infection Control and Hygiene in Healthcare Design

Duration: 4 weeks

Course Overview: Provide participants with the specialized knowledge needed to design various healthcare environments, such as hospitals, clinics, senior living facilities, and more.

Curriculum:

Week 1: Hospital Design

- Key considerations in hospital design: patient needs, staff workflows, and specialized areas (ICU, ER, recovery)
- Space planning for different hospital departments
- Patient care and staff ergonomics

Week 2: Clinic and Outpatient Design

- Design considerations for clinics and outpatient facilities: functionality, privacy, and comfort
- Creating flexible and adaptable spaces for outpatient care
- Patient flow, accessibility, and safety in smaller settings

Week 3: Senior Living Facilities

- Design for aging populations: enhancing mobility, safety, and comfort
- Addressing sensory needs and cognitive impairments in senior living spaces
- Key elements: accessibility, security, and wellness

Week 4: Mental Health and Rehabilitation Settings

- **Design strategies for mental health and rehabilitation facilities:** promoting recovery through environment
- Addressing sensory needs, privacy, and reducing stress
- Therapeutic design principles in mental health and rehab settings

Course 4: Patient Safety and Accessibility in Healthcare Design

Duration: 4 weeks

Course Overview: Teach participants how to design safe, accessible, and comfortable spaces for patients of all abilities and health conditions.

Curriculum:

Week 1: Patient Safety Fundamentals

- Key aspects of patient safety in healthcare environments (e.g., fall prevention, fire safety)
- Safety standards and regulations for healthcare spaces
- Ergonomics and hazard reduction in healthcare design

Week 2: Universal Design Principles

- Introduction to universal design and accessibility principles
- Designing for patients with disabilities and different needs
- Legal and ethical considerations in healthcare accessibility

Week 3: Wayfinding and Signage

- Designing effective wayfinding systems for patients and staff
- The role of signage, color coding, and visual cues in navigation
- The impact of wayfinding on patient satisfaction and stress reduction

Week 4: Creating Comfort in Healthcare Design

- Balancing safety, functionality, and comfort in healthcare spaces
- The importance of environmental factors in patient comfort (e.g., lighting, acoustics, temperature)
- **Case studies:** Successful comfort-oriented healthcare designs

Course 5: Change Management and Workplace Transformation

Duration: 4 weeks

Course Overview: Help participants understand the impact of design on patient well-being and create spaces that promote healing, relaxation, and emotional comfort.

Week 1: Introduction to Environmental Psychology

- The science of environmental psychology and its influence on healthcare design
- How physical environments affect mood, stress levels, and healing
- The link between environment and patient well-being

Week 2: Healing Design Elements

- Use of natural light, color, and biophilic design in healing environments
- Acoustic control: Reducing noise pollution in healthcare spaces
- The role of nature and outdoor views in recovery

Week 3: Emotional Comfort in Design

- Designing spaces that foster a sense of safety, trust, and calm
- The importance of privacy, control, and personalization in healthcare settings
- Psychological benefits of a well-designed healthcare environment

Week 4: Psychological Benefits of Healing Environments

- Evidence showing how design choices reduce anxiety and improve recovery times
- **Case studies:** Healthcare facilities that have integrated psychological design principles

Course 6: Practical Application Project

Duration: 4 weeks

Course Overview: Apply the concepts learned throughout the program in the design of a healthcare space.

Curriculum:

Week 1: Project Briefing

- Participants receive a detailed project outline based on real-world healthcare space requirements
- Review of healthcare design needs and client requirements

Week 2: Integration of Design Principles

- Incorporating evidence-based design, infection control, patient safety, accessibility, and psychological healing elements into the design
- Developing a design strategy for the project

Week 3: Design Presentation

- Presentation of design ideas, including rationale for design decisions and integration of key principles
- Preparing to present to a panel of experts and peers

Week 4: Final Project and Assessment

- Completion of the healthcare facility design (hospital, clinic, or senior living)
- Evaluation of final project based on creativity, functionality, and integration of design principles
- Final presentation and review of the design

Upon completing this course, participants will be equipped with the skills and knowledge to apply evidence-based design principles effectively in healthcare settings. They will understand how to leverage research and data to create environments that not only promote patient health and well-being but also optimize the functionality of healthcare spaces. With real-world case studies and practical insights, students will be prepared to make informed design decisions that significantly impact patient care and the effectiveness of healthcare facilities.

Intended Outcome:

The Healthcare and Wellness Design program is designed to equip participants with the knowledge, skills, and practical experience necessary to design healthcare environments that enhance patient well-being, safety, and comfort. Upon successful completion of the program, participants will be able to:

- **Apply Evidence-Based Design Principles:** Utilize research and data to make informed design decisions that improve patient outcomes, enhance operational efficiency, and contribute to the overall success of healthcare environments.
- **Design for Diverse Healthcare Settings:** Gain specialized expertise in designing various healthcare environments, such as hospitals, clinics, senior living facilities, mental health settings, and rehabilitation centers. This will allow participants to create functional, patient-centered spaces that address the unique needs of each setting.
- **Implement Infection Control and Hygiene Strategies:** Understand and apply design strategies that minimize infection risks, enhance hygiene, and improve patient safety. Participants will be equipped to integrate effective infection control measures into healthcare spaces, including antimicrobial materials, proper layout, and ventilation.
- **Promote Patient Safety and Accessibility:** Design healthcare environments that prioritize patient safety and accessibility. Participants will learn to create spaces that are safe for all patients, regardless of age, ability, or health condition. They will also develop the ability to incorporate universal design principles, wayfinding systems, and comfort-enhancing features.
- **Understand the Psychology of Healing Environments:** Comprehend the psychological impact of design on patient well-being. Participants will be able to create spaces that foster emotional comfort, promote relaxation, and accelerate healing by incorporating elements such as natural light, color, biophilic design, and acoustic treatments.
- **Develop Practical Healthcare Design Solutions:** Apply theoretical knowledge to real-world design challenges through a practical application project. Participants will design a

healthcare space that integrates evidence-based design principles, infection control strategies, safety and accessibility features, and psychological healing aspects.

- **Enhance Patient and Healthcare Worker Experiences:** Participants will understand how their designs can improve both patient and healthcare worker experiences by creating environments that are comfortable, functional, and conducive to well-being.
- **Prepare for Careers in Healthcare and Wellness Design:** Gain the expertise to pursue careers as interior designers, architects, healthcare planners, or wellness design specialists focused on creating healthcare environments that foster healing, safety, and comfort.
- **Collaborate in Multi-Disciplinary Teams:** Build skills to work collaboratively with healthcare providers, architects, facility managers, and other stakeholders to design spaces that meet functional, regulatory, and emotional needs.
- **Develop a Portfolio of Healthcare Design Work:** Create a portfolio showcasing their healthcare design skills and knowledge through the practical application project, which can be used to demonstrate their expertise to future employers or clients.

Upon completion of the program, participants will be prepared to contribute to the development of healthcare environments that not only meet essential functional needs but also promote the physical, emotional, and psychological well-being of patients, healthcare workers, and visitors.