



Abstract of parallel session: 5
Title: **How can evidence based interior design contribute to the process of getting better (salutogenesis)?**
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Abstract

Hospital design is changing. In the 19th and 20th centuries design focused the fight against infectious diseases and the creation of "antiseptic rooms".

Today the social sciences, neurosciences, and psychology provide hospital design those scientific basics that have become as important in the 21st century as the understanding of hygiene sciences in the 19th and 20th centuries. Health care design reflects the relationships and effects between interior design and recovery processes, notably the recognition that the physical environment of a health care institution has a significant impact on the recovery process of the patient. Improvements in health care design can contribute in three areas:

- Recovery process of patients
- Working conditions of the staff (safety, wellbeing,...)
- Support for relatives and other stakeholders

The Research Unit Health Care Communication Design of the Bern University of Applied Sciences/HKB is elaborating and studying evidence based design to contribute to a smarter Health Care in hospitals and public health overall.

Some projects have been realized together with the INSEL-Hospital of Bern, one of the largest hospitals in Switzerland.

Our focus is the incorporation into the interior design of natural components as light, air and natural plants. Different sectors of the hospital as the emergency sectors (waiting rooms, working places for doctors), the maternity and the oncology will soon benefit from these changes.

Based on the state-of-the-art researches we are implementing new interior design systems and we are studying their effects on patients, collaborators and the impact on the entire hospital system.

In the practice of action research, we are improving continuously the implemented components (plant-walls, user-based light-management and so on) for the benefit of the patient, collaborators and the hospital itself.