

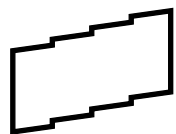


TOGETHER, WE

ENHANCE EXPERIENCE & EMPOWER PEOPLE

THE CULTURE OF REJUVENATION





HEALTHCARE IS STRESSFUL, HEALTHCARE SPACES DON'T HAVE TO BE.

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Designing for respite means providing for moments of relaxation and meditation, moments to collect yourself after a tough conversation, and moments of restoration. It means providing solitary places for individual grief, but also social spaces where people can share stories, support one another, and recharge together.

Designing for respite is about more than creating destinations like a tranquil garden or a rooftop terrace, it's also about integrating restorative, sensual experiences—the warmth of sunlight, soft textures, dampened sound—into every space.

Designing for respite means supporting the well-being of patients, their families, and your staff.

STAFF BURNOUT

Moments of respite can rejuvenate the spirit through light, color, access to nature, and positive distractions. A calm spot to pause or a place to briefly step away for some fresh air (that's mere steps from the unit) can address burnout and help retain talent. Small moments—strategically placed—send a powerful message to employees: You are valued.

Staff burnout is real.

Even before the COVID-19 pandemic, burnout cost the American healthcare system \$4.6B each year. Nurse turnover by itself can cost a single hospital between \$5.2M and \$8.1M annually.* Since the pandemic started, 1 in 5 healthcare workers have left their jobs,** reflecting a worsening trend.

- **61% of physicians** reported experiencing burnout in 2021 (up from 40% in 2018†)
- **50% of nurses** say they're considering leaving their job.††

*Advisory Board / **Morning Consult | †Physicians Foundations | ††American Nurses Foundation



WORKPLACE CULTURE

Supportive Design + Culture Change.

Post Occupancy Evaluations make it clear: Providing relaxing destinations is ineffective if workers don't feel they can use them. Design needs to be bolstered by a cultural shift.

Change management expertise is essential in helping healthcare organizations shift attitudes and practices around respite. New kinds of respite spaces are needed to support healthcare workers, but it takes buy-in to make them work.

Helping Your Staff Recharge.

A recent survey at one healthcare facility found that the breakroom was only the fifth most likely place workers would use to step away from work demands. The bathroom was ranked first.* Given the stigma around taking a break (or expressing vulnerability), it's understandable the bathroom would be so valued. You can cry, collect yourself, and fix your face in the mirror. No one will question whether you should be there.

If healthcare workers are uncomfortable seeking out respite spaces, design should bring respite to them. We integrate restorative experiences—soothing sounds, dappled light, warm materials—into the places where staff already spends their time.

Targeted investments in the acoustic treatments, lighting, and finishes within the places where staff already seeks comfort—nurses' stations, staff corridors and, yes, bathrooms—offer an important way of supporting them.

**Valipoor, "Mindfulness and the Physical Environment," Healthcare Design 2021*

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EMPOWERING ENVIRONMENTS

Designing for respite is about more than providing peaceful spaces, it's about providing for a whole range of human needs.

Staff Resilience & Resources.

Resilience is not an innate quality, but a practice that takes place in relation to one's environment. Resilient people take breaks, ask for help, and connect to others. They get enough sleep, manage their stress, and find the resources they need to accomplish their work.

Work environments foster resilience when they provide resources to meet these needs:

- Life Management
- Social Respite
- Individual Time
- Physical Rest
- Emotionally Safe Spaces

More than a single type of space, it requires places to connect with colleagues, private spaces to tend to personal matters, as well as comfortable space in which to rest.



RESTORATIVE ENVIRONMENTS

Patient Stress, Healing Spaces.

The effects of stress are well documented. Stress depresses the immune system, suppresses brain function (making higher-level thinking difficult), and compromises one's sense of well-being.

A well-designed healthcare space creates opportunities to deescalate the stress response and soothe patient anxieties, instilling a sense of well-being, hope, and agency. Our respite strategies put the whole environment to work for patient health. From big moves like rooftop gardens to subtle steps that foster normalcy—for instance, providing access to sunlight and fresh air, space for community, and places of refuge from which patients can survey their environment—we consider respite at every scale.



BIOPHILIC INTERIORS

Biophilic design fosters health through connection to nature. It is manifest in gardens and green walls, but it is not the province of any single space. It should infuse every interior with a cohesive sense of habitat and belonging, connecting patients to the natural environment through daylight, views, patterns, textures, and materials. Varied but integral, biophilic design should appeal to multiple senses as it supports patients with a calm, sensuous environment.

Connection to nature has been linked to:

- Decreased stress (for patients, family members, and staff)
- Quicker recovery rates
- Decreased reliance on pain medication
- Improved sense of well-being
- Fewer medical errors

Since Roger Ulrich's seminal 1984 study, which showed that surgery patients with views of nature experienced less stress and faster recovery times than others, a growing body of research has documented its advantages.



RESTORING A SENSE OF NORMALCY

When it's your child, parent, or spouse in recovery, simply stepping away from the hospital bed can feel like an eternity. Loved ones often sacrifice their needs to remain close. Providing for family members helps alleviate their stress while ensuring that they can be there to support the patient.

| Designing for respite means providing for a whole range of needs
for patients and their loved ones. |

Patient rooms and floors should be designed to provide them and their families some variety. This includes providing more varied seating and workspaces within patient rooms or family lounges on the floor. Such spaces provide easily accessible destinations, variety, and choice.





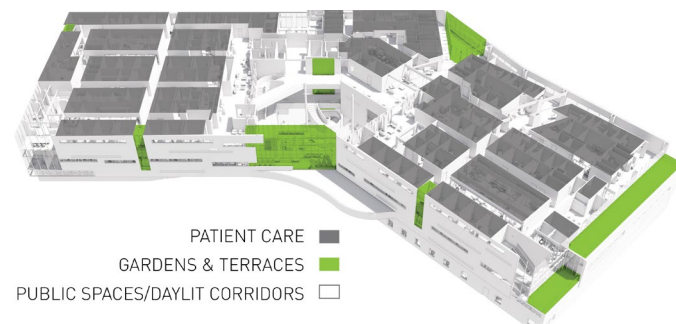
REJUVENATION
IN ACTION

TriHealth, Harold M. & Eugenia S.

THOMAS COMPREHENSIVE CARE CENTER

At the Thomas Comprehensive Care Center, daylight, fresh air, living plants, and landscaping were strategically combined with textures, patterns, and materials that echo nature. The result is a medical center that empowers people to feel uplifted and restored as they make the journey toward full and healthy lives.

The Thomas Center brings specialists and services for heart, imaging, and cancer care together in a facility that also supports healthcare workers with staff-only haven spaces and terraces, allowing them to connect to nature and recharge during busy shifts.



Organized around an airy and light-filled central lobby, positions nature as a partner in the health and well-being of patients and staff. Strategically sited to create a parklike setting, the Thomas Center prioritizes pedestrians over cars; it balances patient privacy with a natural light; and it provides ample public spaces, where people can find community and support through shared experiences.



Cincinnati Children's FAMILY PET CENTER

Cincinnati Children's is the first hospital-based facility in the U.S. to reunite patients with their own pets.

Patients experiencing long-term hospitalization often feel stressed, isolated, and depressed, which can slow recovery. The Family Pet Center at Cincinnati Children's takes the benefits of animal assisted therapy one step further by providing a safe, controlled, park-like setting for children to interact with their own beloved pet.

DECREASED
STRESS & DEPRESSION



DECREASED
HEALING TIME
& RISK OF INFECTION

Cincinnati Children's research pointed to a cascading emotional boost for patients as they anticipated the arrival of their furry friend, experienced the interaction, and relived the visit in the following days. GBBN collaborated with a bus shelter manufacturer to design the modular structure, which required no major foundation work and can easily be moved. Inside, a random pattern LED lighting system creates a starry night effect. Located outside of the hospital in an underused courtyard, the Family Pet Center is a small project that promotes healing by giving patients and families a moment of normalcy amidst a prolonged hospital stay.



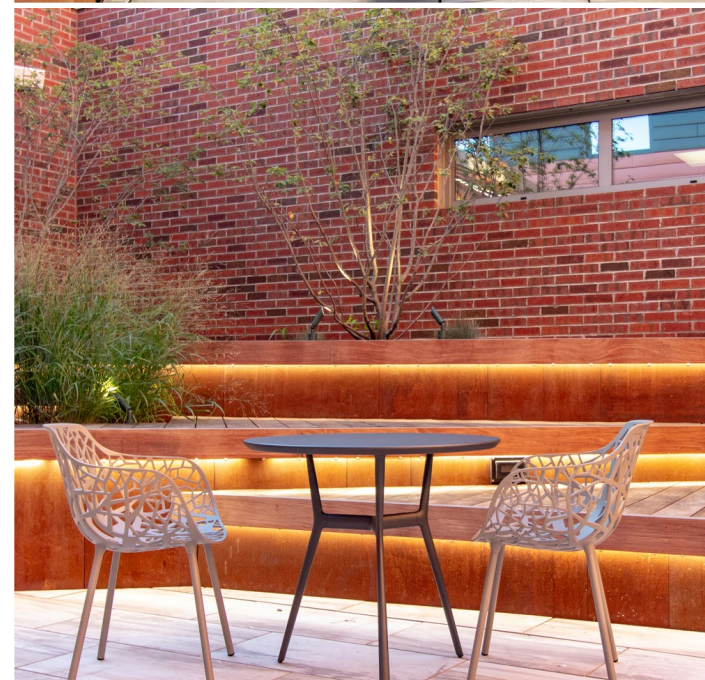
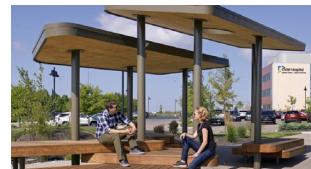
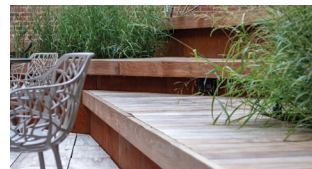
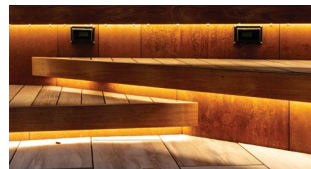
The Christ Hospital Health Network LIBERTY RESPITE AREAS

Two outdoor retreats at The Christ Hospital's Liberty Township Medical Center let people step out of the clinic and into nature.

The courtyard and terrace at the medical center provide patients, families, visitors, and staff places of retreat where they can step away from the clinical environment and pause for a breath of fresh air.

We used the concepts of nesting, arraying, and enclosure along with a consistent material palette to create two different experiences: The terrace has a layered feel oriented outward to views. The courtyard's focus is more inward and sheltering. Visible from the entry, the courtyard helps visitors maintain a connection to the outdoors as soon as they enter the building.

In addition to plants, we used natural materials not commonly found in healthcare environments, like wood, rusted Core-ten steel, and pavers with a stone-like finish. All the materials intentionally allow the passage of time to put its fingerprints on the space, so the experience is different throughout the day and the seasons.



TriHealth, Good Samaritan **WESTERN RIDGE**

Demonstrating TriHealth's commitment to community care, the uplifting environment of this ambulatory expansion bathes patients, families, visitors, and staff in ample daylight. Strategic views of the surrounding landscape enliven the experience of moving through the building.

The interior's neutral palette features pops of color to help people navigate their way to appointments. Locating a central stair near a green wall of living plants is an invitation to walk instead of ride the elevator.

In the open staff area, soundproof booths are transparent, quiet, and convenient spots for charting or phone calls as physicians travel between patient exams; locating private offices outside of the clinical hub increased the amount of space available for patient care. Because acoustics impact staff stress levels, GBBN designed and fabricated visually dynamic ceiling fins for the staff work area. They help mute extraneous sound and bring a sense of calm that enhances productivity and collaboration.



Cincinnati Children's **CANCER & BLOOD DISEASE INSTITUTE (CBDI)**

Our work at CBDI conceived of the patient room as a “studio” apartment located within the “neighborhood” (the unit). The studio and the neighborhood both contain meaningfully differentiated spaces to support the lives of the patient and their family. This includes small sitting rooms (appropriate for a single family), which double as consult rooms and bereavement spaces; community spaces that can support movie nights, art therapy, and other activities; and exercise rooms and rooms to support holistic health. With this strategy, CBDI offers its users choice and variety that supports essential needs, allows patients a sense of control, and provides their families a sense of normalcy.

The renovation of CBDI includes unique amenities and positive distractions to break up long days of living in the hospital. While inpatient unit design has traditionally focused on the patient room, our work indicates that amenities found on the unit can play an equally important role in addressing stress and improving outcomes.



Sample of

NATIONAL REGIONAL & LOCAL AWARDS



We work with visionaries to create spaces that
enhance experience and empower people.

We combine technical mastery and creative
tenacity to find design solutions that help
organizations do their best work and achieve
their goals.

We see architecture as more than just
buildings, because positively impacting people
is the most important thing we do.



