HEALING SPACES: ARCHITECTURAL APPROACH FOR SUPPORTIVE CARE IN HEALTHCARE DESIGN

L. Petranović¹, L. Hubzin², M. Ploh³, Z. Grohovac⁴, D. Petranović⁴

- 1. Rožić architects and partners, Rijeka, Croatia
- 2. Faculty of Architecture, Zagreb, Croatia
- 3. Istrian Health Centers, Pula, Croatia 4. Faculty of Architecture, Osijek, Croatia
- 5. Clinical Hospital Center Rijeka; Faculty of Medicine, University of Rijeka, Rijeka, Croatia

INTRODUCTION

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• Neuroaesthetics: an architectural concept linking brain development and natural environment aesthetics • Everyday experiences are shaped by space, affecting mood, thinking, and behavior

· Applying neuroaesthetics in healthcare design enhances patient well-being

HYPOTHESIS

· Neuroaesthetics explores how the brain processes art and beauty

· Design uses daylight, atmosphere, colors, and sound to support treatments

• Healthcare design is complex, influenced by many parameters

· Architects can improve the well-being of healthcare users

· Beautiful stimuli activate brain regions linked to pleasure and decision-making

· Architects can use neuroaesthetics to design comforting and positive spaces

· Neuroaesthetics can be used to design healthcare spaces that evoke happiness and support healing

RESEARCH

· Quality supportive healthcare requires a safe, continuous environment, often found in homes • "Home" varies across cultures, generally a psychological refuge for recovery and daily life · Allowing personal items and favorite things in healthcare spaces helps patients feel at home • Social contacts with friends and family are important, requiring flexible visiting policies • The design must integrate healthcare, residential, educational, social, and business functions • Spaces should foster play, exploration, and a sense of adventure · Quiet, peaceful areas are needed for emotional support

· Design should cater to the psychological and emotional needs across different life stages

• Key elements in that can be applied are detailed on the right side: light, art, movement, air, sound

SUMMARY

· Combining neuroscience and architecture creates spaces that benefit our brains • Functional spaces alone can dehumanize people

• Focusing on user experience creates harmony between architecture and humans • Healthcare designs should comfort psychologically, be non-invasive, and reduce stress • They should also encourage engagement and conversation among passersby

LIGHT

- · Light, both natural and artificial, affects satisfaction, orientation, and health factors
- Daylight influences circadian rhythm, sleep cycles, depression, and length of hospital stay
- Adequate light reduces mortality, pain, stress, and work errors
- [•] Lack of light can cause disorientation, time distortion, hallucinations, and errors
- Spaces require a balance of natural and artificial light for effective patient treatment

ART

AIR

- · Promote good airflow and address unpleasant odors
- · Use proper natural and artificial ventilation

SOUND

- High noise levels from staff and equipment movement can be uncomfortable
- Unwanted noise from speech, movement, ventilation, or echoes disrupts peace
- Proper materials can improve acoustics and ambiance
- Music can serve as a positive stress-relief and therapy aid



· Art provides visual diversion and mental stimulation for patients • It can manifest through color schemes, images, or interactive materials in different areas · Art influences mental health positively and caters to space-specific needs

MOVEMENT

• Efficient navigation reduces time loss and boosts efficiency · Good navigation improves feelings of security and familiarity • Privacy can be physical (walls/barriers) or psychological (non-communication) • Social connections among patients, families, and staff enhance well-being • Well-designed spaces reduce stress, anxiety, and sadness • Create peaceful, comfortable areas for interaction and meetings · Nature views and green spaces reduce stress and improve focus and pain relief

· Air affects comfort and well-being through temperature, humidity, and odor • Polluted air can cause fatigue, respiratory problems, and reduced happiness

