

Literatursammlung zur positiven Wirkung der Natur:

Seit Anfang der 1990er befassen sich internationale Studien im Gesundheitswesen mit dem *evidenz basierten Design*, evidence based design (EBD). Untersucht werden die Faktoren einer gebauten Umgebung und deren Auswirkungen auf den Genesungsprozess und das Wohlbefinden von Patienten, Besuchern und Personal.

Neben der *Qualität der Sicherheit* sind die *Genesungsqualitäten* von Bedeutung:

- Orientierung / Wegeföhrung
- Kommunikation
- Privatsphäre / Ruhe
- Soziale Unterstützung
- Verbindung zur Natur

Begonnen hat die Entwicklung des evidenz basierten Designs durch eine Studie von Roger S. Ulrich 1984. Er fand heraus, dass Patienten mit einem Ausblick auf die Natur:

- ✓ weniger Komplikationen hatten,
- ✓ weniger Schmerzmittel nahmen
- ✓ und schneller entlassen wurden als Patienten ohne Ausblick auf die Natur.

Einen Auszug aus den zahlreichen Studien zur positiven und vielfältigen Wirkung der Natur sind hier gegliedert in:

- ✓ Blick auf die Natur/Naturfotografien
- ✓ Naturbilder, Kunst
- ✓ Heilende Gärten in Gesundheitseinrichtungen
- ✓ Die allgemein heilende Wirkung von Gärten
- ✓ Natur Senioren (Demenz)
- ✓ Allgemeine Studien zur positiven Wirkung der Natur auf uns Menschen

Blick auf die Natur/Naturfotografien

Zahlreiche Studien haben inzwischen gezeigt, dass der Blick auf die Natur, natürlich oder in Form von Naturfotografien, erheblich zur Erholung von Stress beiträgt. (Naturfotografien werden gegenüber abstrakten Bildern bevorzugt.)

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Ulrich, R. S. (1991). Effects of health facility interior design on wellness: Theory and recent scientific research. *Journal of Health Care Design*, 3: 97-109. [Reprinted in: Marberry, S.O. (Ed.) 1995. *Innovations in Healthcare Design*. New York: Van Nostrand Reinhold, pp. 88-104.]

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Naturbilder, Kunst

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Ulrich, Roger S. and Laura Gilpin (2003). "Healing arts: Nutrition for the Soul." In *Putting Patients First: Designing and Practicing Patient-Centered Care*. Eds. Frampton, Susan B., Laura Gilpin, and Patrick A. Charmel. San Francisco: John Wiley & Sons.

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Heilende Gärten in Gesundheitseinrichtungen

Auch **Gärten** in Gesundheitseinrichtungen sind unterstützend um sich von Stress zu erholen. Dies gilt für Patienten, Besucher und das Personal.

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Heerwagen, J. (1990). The psychological aspects of windows and window design. In K. H. Anthony, J. Choi, and B. Orland (Eds.), *Proceedings of 21st annual conference of the Environmental Design Research Association*. Oklahoma City: EDRA, 269-280.

Hefferman, M. L., Morstatt, M., Saltzman, K., and L. Strunc (1995). A Room with a View Art Survey: The Bird Garden at Duke University Hospital. Unpublished research report, Cultural Services Program and Management Fellows Program, Duke University Medical Center, Durham, NC.

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Die allgemein heilende Wirkung von Gärten

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Allgemeine Studien zur positiven Wirkung der Natur auf uns Menschen

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