

Abstract

Outpatient communities are a home away from home for patients who are looking for a temporary safe-haven. Today's outpatient facilities are geared toward patients and their families who need activities and distractions readily available to them. This study considers interior design preferences in outpatient living communities and their overall amenities within the interior environment. The goals of this study include determining if there is a connection between healing, wellbeing, and interior design. A second goal revolves around the patients and their families, and their feelings toward the interior of their outpatient living community. Favorite spaces in the outpatient community and preferences were identified by patients, employees and family members. The results from this study will inform design strategies for an outpatient living community with patient-driven amenities and apartment units.

Review of Literature

Healing

❖ "Patient healing is a complex and dynamic process, during which the role of the physical environment has been recognized and emphasized by many researchers due to its influence on patient health outcomes and wellbeing" (Zhao & Mourshed, 2017, p. 1).

Wellbeing

❖ "Since the environments we live in play a crucial role in our health and wellbeing, it is important the outpatient living community is designed to support healing of the residents through use of natural lighting, strong acoustics, and live greenery implemented throughout the space" (Payne et al., 2014).

Sustainability

❖ Ensuring flexible and adaptable spaces for all users can make housing more sustainable, able to adapt to changing needs and to changing lifestyles" (Megahed & Ghoneim, 2020, p. 4).

Methods & Procedures

- A survey online was distributed to Fargo, North Dakota and Sioux City, Iowa non-profit outpatient living communities to patients, employees and their families to understand the affect their community has on their healing process and overall wellbeing
- Outpatient facilities were contacted via email to garner their participation and a follow up email with an attached poster was sent to facilities that agreed to participate
- Participants will have access to the survey through a poster that displayed a QR code. The code when scanned allows participants to easily open the online Qualtrics survey.
- Survey included the Likert scale rating system (agreement scale & value scale), multiple-choice questions, and open-ended questions. The questions gathered information from the respondents about their personal opinions related to the design of their outpatient living community

Subjects

Participants ranged in age and length of stay in an outpatient living facility. 50% of the participants were 18-24 years old and 50% of participants were 41-50 years old. 75% of the participants stayed 3 months or less in an outpatient living facility and 25% of the participants stayed a year or more in an outpatient living facility.

Citations

Megahed, N. A., & Ghoneim E. M. (2020). Antivirus-built environment: Lessons learned from Covid-19 pandemic. *Science Direct*, 61, 1-9. <https://doi.org/10.1016/j.scs.2020.102350>
 Payne, S.R., Mackrill, J., Cain, R., Strelitz, J., & Gate, L. (2014). Developing interior design briefs for health-care and well-being centres through public participation. *Architectural Engineering and Design Management*, 11(4), 264-279, DOI: [10.1080/17452007.2014.923288](https://doi.org/10.1080/17452007.2014.923288)
 Zhao, Y., & Mourshed, M. (2017). Patients' perspectives on the design of hospital outpatient areas. *Buildings*, 7(117), 1-13. <https://doi.org/10.3390/buildings7040117>

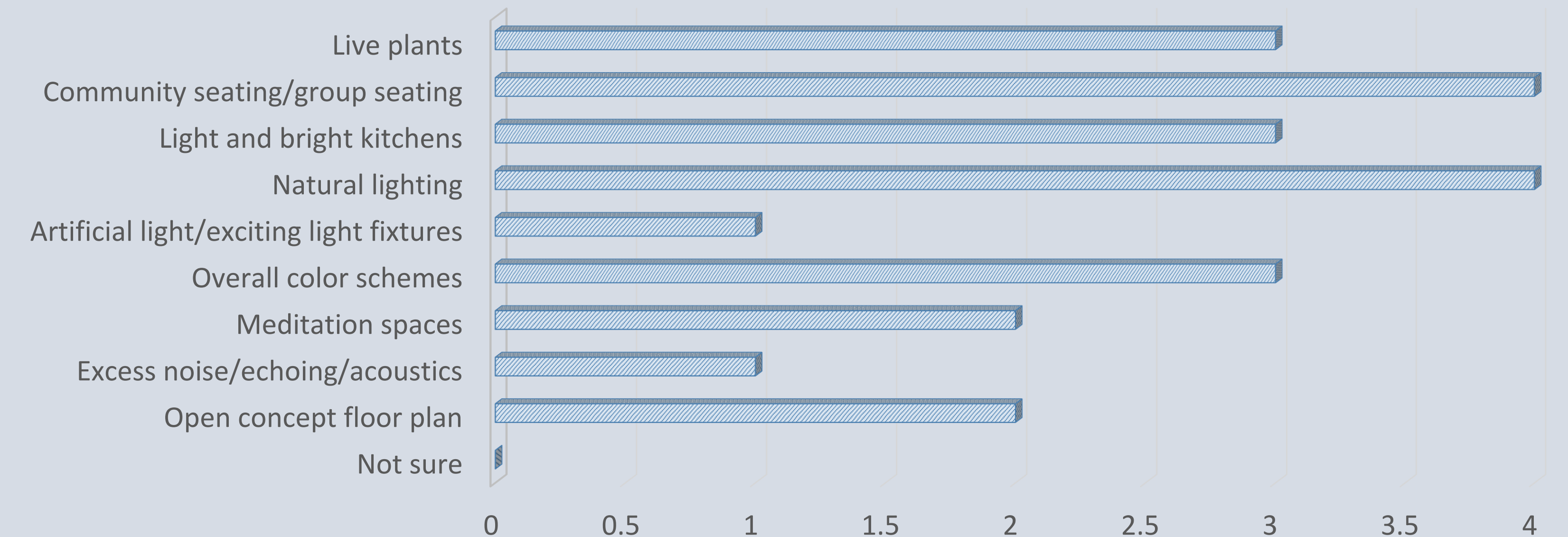
Results

- When survey participants were asked if they would appreciate a meditation pod at their facility 60% of the participants said somewhat agree. 20% of the participants strongly agreed they would like to see a meditation pod in their space, and 20% neither agreed nor disagreed with the mediation pod.
- This data suggests that a meditation pod would be a good addition to the participants outpatient living communities as it aids in patient healing (Zhao & Mourshed, 2017, p. 1).



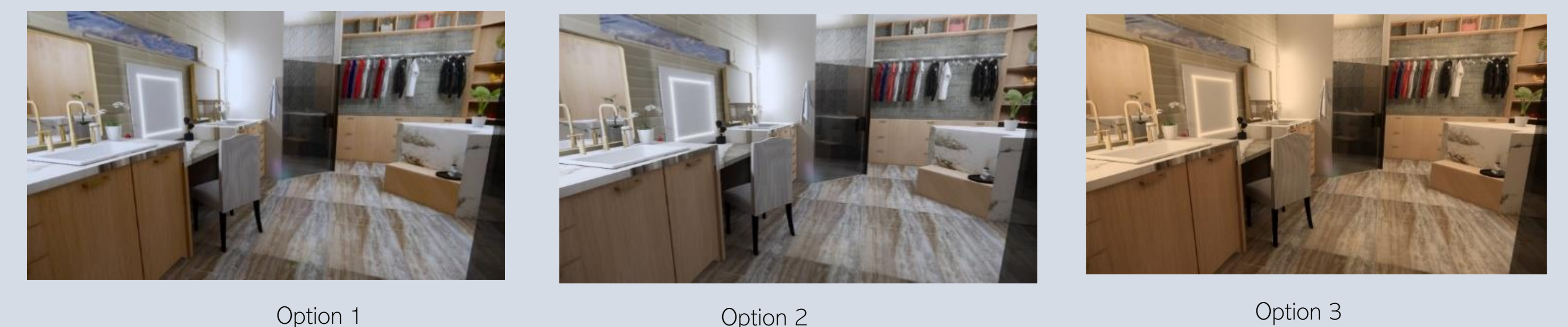
The most valuable design elements accumulated by the survey are community seating (4 responses) and natural light (4 responses). The second most important design elements are live plants (3 responses), bright kitchens (3 responses), and overall color schemes (3 responses). Third most beneficial design elements are meditation spaces (2 responses) and open concept floor plans (2 responses). Our results show the least important design elements are artificial lighting (1 response) and excess acoustics (1 response).

WHICH DESIGN ELEMENTS IN YOUR COMMUNITY STAND OUT OR SEEM TO BE THE MOST BENEFICIAL? (SELECT ALL THAT APPLY BELOW)



- When the participants were given three options representing different artificial lighting types, 60% of the participants chose option 3 (warm lighting). 40% of participants chose option 2 (bright white lighting).
- With these results, we can conclude that the majority of these participants prefer the use of natural lighting (Payne et al, 2014) which would most accurately reflect natural warm sunlight.

LIGHTING OPTIONS: FROM THE IMAGES PROVIDED ABOVE, WHICH INCLUDES THE LIGHTING TYPE YOU WOULD PREFER IN INTERIOR ENVIORNMENTS



Option 1

Option 2

Option 3

Discussion

This study worked to examine interior design preferences for outpatient living communities, as well as, its' amenities and apartment units,

- It was found that the most valuable design elements to include are community seating and natural lighting
- Live plants, bright kitchens, and overall color schemes are the next most valuable design feature
- Meditation spaces and open floor concept were the least important feature for an outpatient living community