



EFFECTIVE SPACES FOR RESPITE IN THE CLINICAL WORKPLACE

An ARC Fellowship project in collaboration with:



PROJECT TEAM



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BACKGROUND



Home / News / Health News

U.S. Faces Crisis of Burned-Out Health Care Workers

Hospital leaders are sounding the alarm as health systems face an exodus of exhausted and demoralized doctors, nurses and other front-line workers.

By [David Levine](#) | Nov. 15, 2021, at 8:43 a.m.



healthcare

berger

Fri 19 Nov 2021 06.00 EST

'I can't do this any more': US faces nurse shortage from burnout

Forbes

Unless We Future-Proof Healthcare, Study Shows That By 2025, 75% Of Healthcare Workers Will Leave The Profession

Jack Kelly Senior Contributor

Mar 15, 2022, 09:35am EDT



THE CORONAVIRUS CRISIS

Health workers know what good care is. Pandemic burnout is getting in the way

October 2, 2021 - 7:00 AM ET



Grueling conditions have fueled a Texas nursing shortage 2 years into the pandemic

Understaffing, long hours and ungrateful patients have forced many nurses to leave full-time positions nationwide. Texas' shortage is projected to reach 60,000 nurses by the end of the decade.

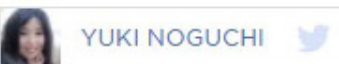
SARA WILLA ERNST | MARCH 25, 2022, 3:17 PM



THE CORONAVIRUS CRISIS

Trauma On The Pandemic's Front Line Leaves Health Workers Reeling

April 23, 2020 - 1:06 PM ET



BACKGROUND



RESEARCH QUESTIONS

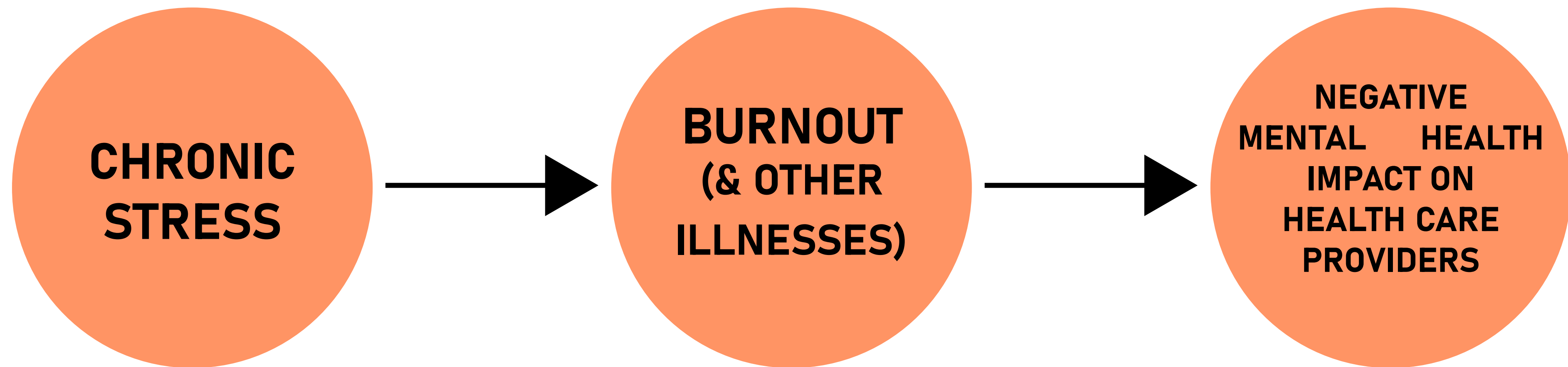
What kinds of spaces are allocated to the self-care and resilience of doctors, nurses, and staff in the healthcare built environment (HCBE), and what are their perceptions of these spaces?

What kinds of physical spaces are currently in place to help health care providers manage and mitigate their well being while on the job?

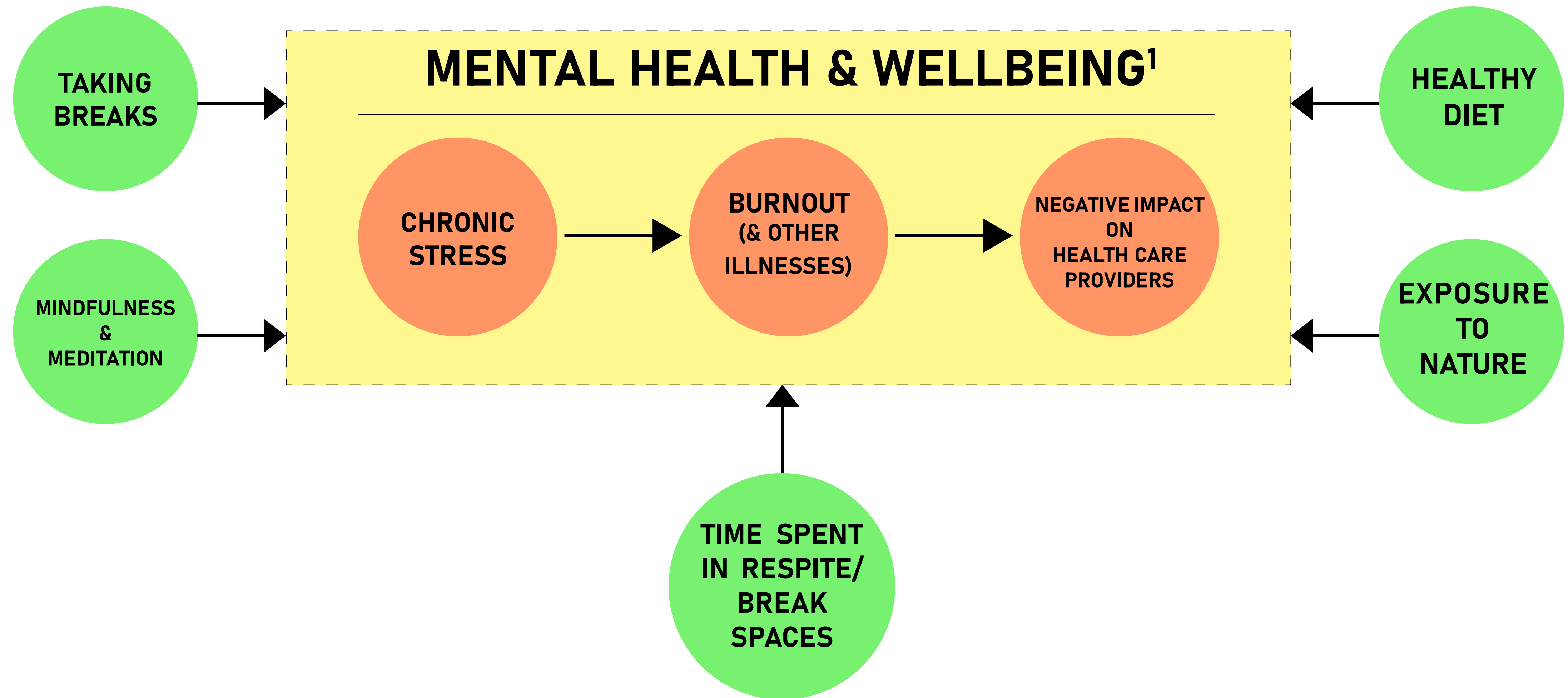
How can we design healthcare facilities that provide ample spaces and resources for doctors and nurses to find moments of respite while on the job?



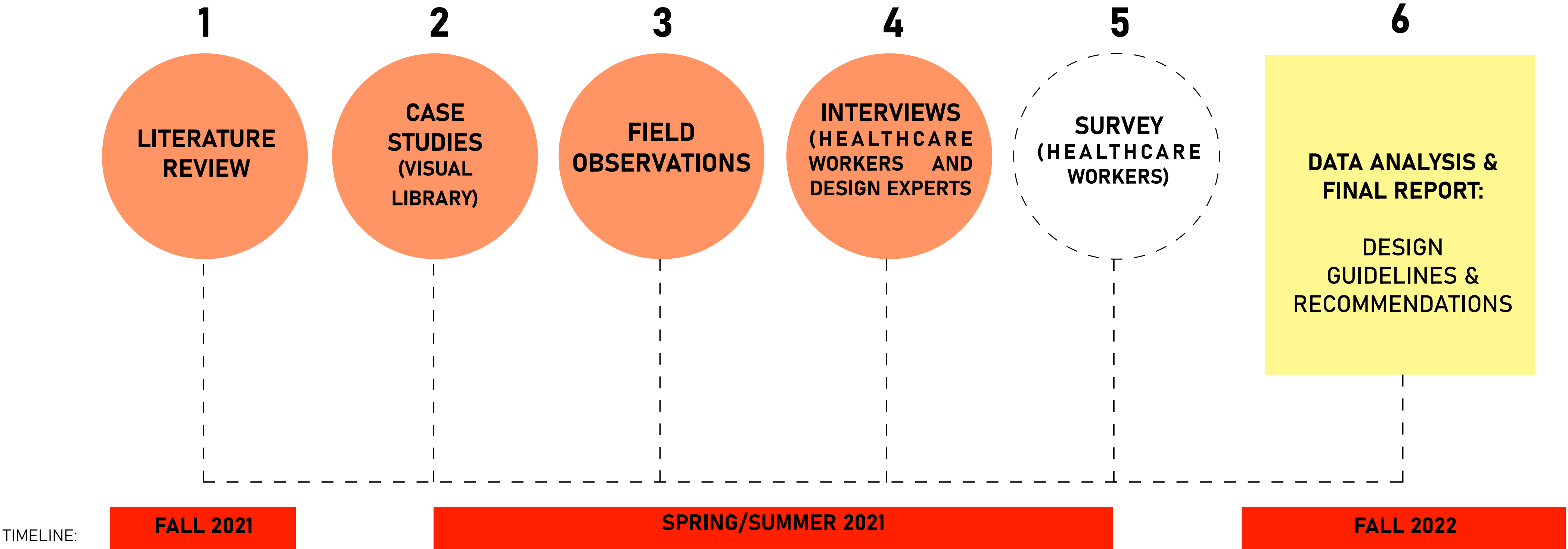
SPECTRUM OF MENTAL HEALTH & WELLBEING



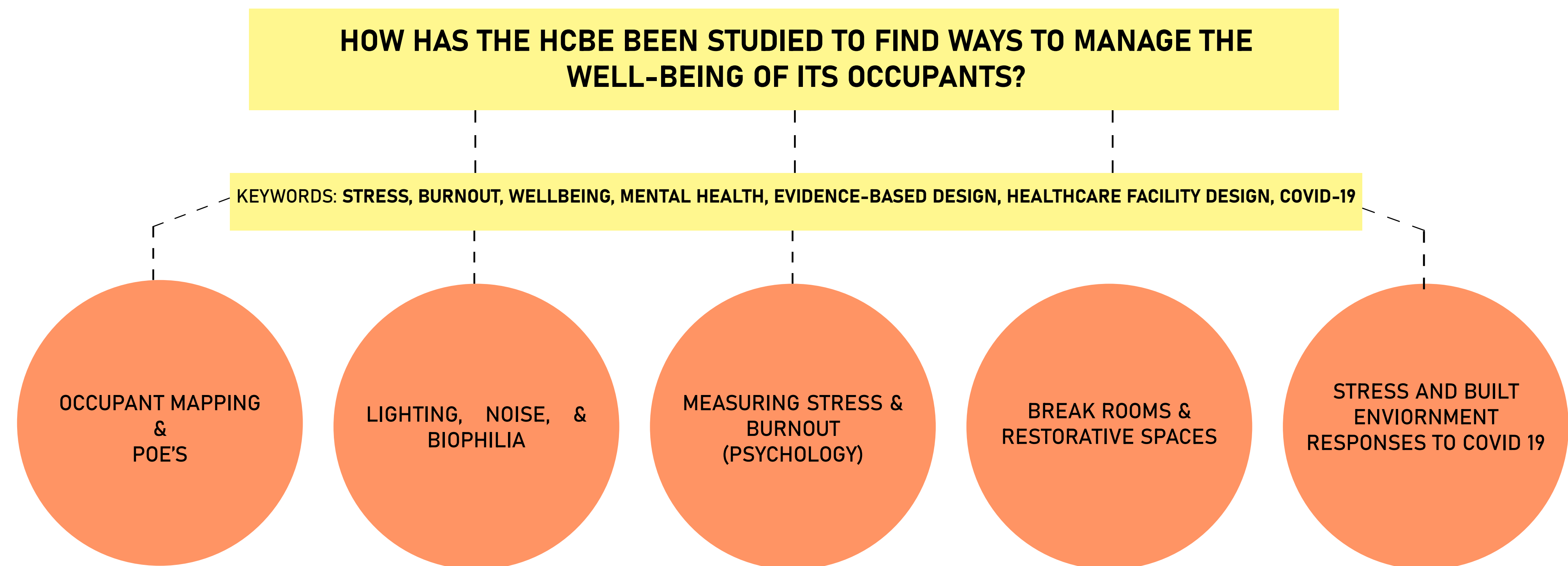
SPECTRUM OF MENTAL HEALTH & WELLBEING



RESEARCH OVERVIEW

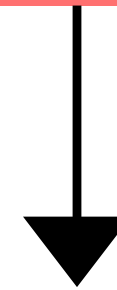


LITERATURE REVIEW



LITERATURE REVIEW

**RESEARCH GAP:
WHAT ABOUT RESPITE SPACES DESIGNATED FOR HEALTHCARE STAFF?**



STRESSED/BURNED OUT HEALTHCARE WORKFORCE = SUBOPTIMAL PATIENT CARE¹

¹ Williams ES, Manwell LB, Konrad TR, Linzer M. The relationship of organizational culture, stress, satisfaction, and burnout with physician-reported error and suboptimal patient care: results from the MEMO study. Health Care Manage Rev. (2007)

CASE STUDY DESIGN

10 CASE STUDIES

TYPOLOGIES:

BREAK ROOMS,
STAFF LOUNGES,
RESPITE AREAS

DEVELOPMENT OF VISUAL LIBRARY AND MATRIX
OF BREAK/RESPITE AREAS

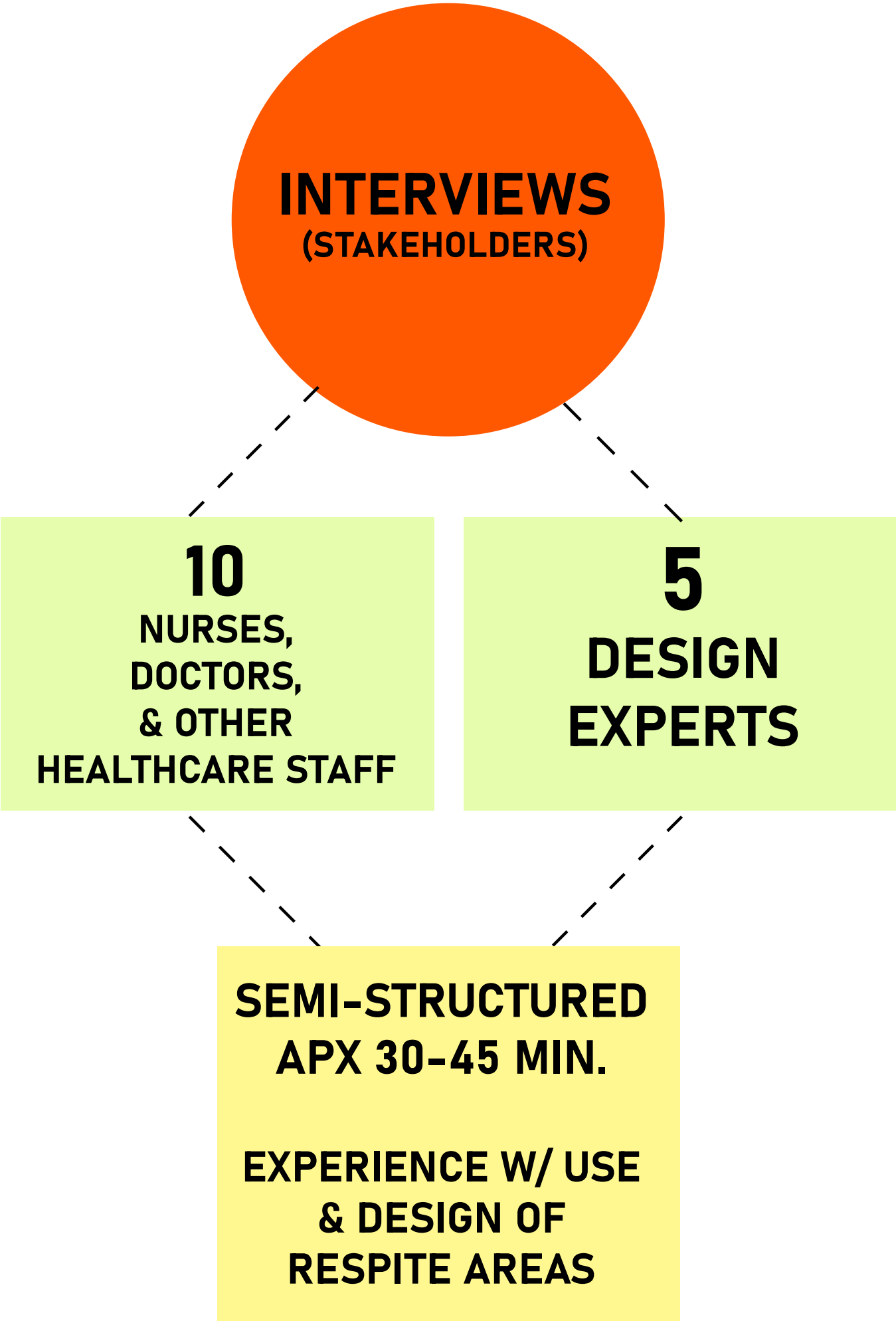


CASE STUDY EXAMPLE: A "RECHARGE ROOM" BY STUDIO ELSEWHERE OF NYC. A MULTI-SENSORY AREA OF RESPITE FOR HEALTHCARE WORKERS. CONSTRUCTED FROM AVAILABLE SPACES WITHIN EXISTING BUILT ENVIRONMENT.



CASE STUDY EXAMPLE: STAFF LOUNGE AT PLANETREE HOSPITAL IN STAMFORD, CT. LOTS OF DAYLIGHT, ACCESS TO GREEN ROOF AND FRESH FOOD.

INTERVIEW & SURVEY DESIGN:



SAMPLE SURVEY QUESTION:

USING THE FOLLOWING IMAGES AS
REFERENCE, PLEASE ANSWER THE FOLLWING
QUESTION:

WHICH SPACE WOULD YOU LIKE TO SPEND
YOUR BREAKS IN? WHY?



A



B

NEXT STEPS

IRB PROPOSAL:

ESTABLISHMENT OF INTERVIEW TOPICS & QUESTIONS

PARTICIPANT RECRUITMENT & SCREENING

IRB SUBMISSION: END OF SPRING QUARTER

CASE STUDY DEVELOPMENT

10 + CASE STUDY EXAMPLES

LIBRARY OF CONTENT (PHOTOS, OBSERVATIONS)

ESTABLISHMENT OF RESPITE AREA MATRIX

Q & A



IMAGE SOURCE: STUDIO ELSEWHERE / MOUNT SINAI