

Feng Shui for Healthcare Environments

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Implementing Feng Shui principles in a healthcare environment

Hospitals

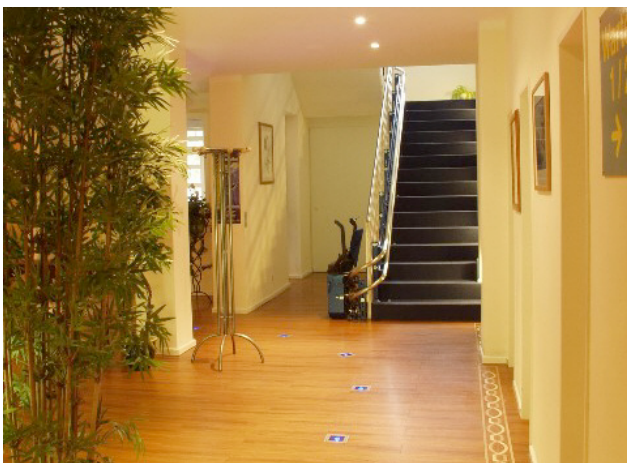
Being hospitalized is usually not a very pleasant experience for most people. Being confronted with pain, uncertainty or surgery puts patients and also their families under enormous stress and fear. The direct effect of how a patient experiences the atmosphere of a room can be used to a great advantage in healthcare environments, to create and support an overall sense of emotional safety and well-being.

While keeping the high standards of hygiene, sterility and cleanliness it is not detrimental to create an environment of warmth, friendliness and emotional safety. This can be done by making small and rather inexpensive alterations such as using different color schemes that resonate with the function of a room.

Research has shown that healing chances are greatly enhanced when a patient feels optimistic and has an overall positive attitude. For long-term patients such as cancer patients (especially children) the hospital becomes a second home and it is therefore vital to support their well-being in every possible aspect.



When interviewed, a young man of 27 and former cancer patient who spent several months in a hospital in Rotterdam, told me that one of the worst aspects of the time he was hospitalized was the cold and unpersonal atmosphere of the space. 'There was nothing that provided me a sense of homeliness' he told me.



How much could be gained if the patient's focus could shift from fear and a sense of abandonment to a more positive vision of healing?

A friendly, upbeat atmosphere will greatly encourage and support the patient's quest in keeping or regaining a positive spirit.

The other group of people who will highly benefit from changes made in the environment will be the clinic staff who works here day-in and day-out. And more often than not, having to run long shifts under great stress while expected to be highly alert at the same time.

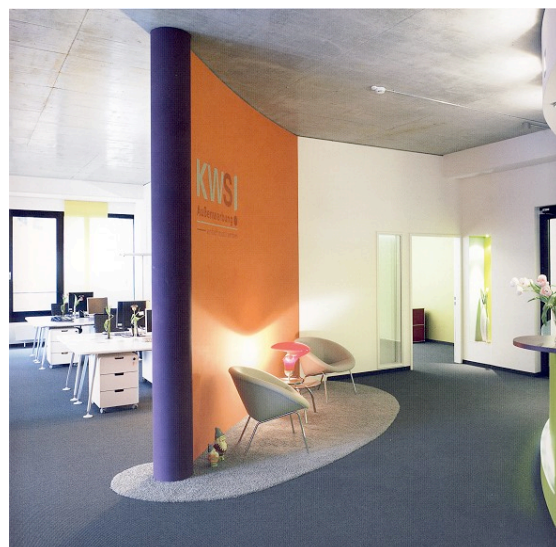
As we all know, most clinic staff is under great pressure, being more often than not understaffed which creates great stress.

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A tranquil environment will make it easier to keep stress-levels low, concentration higher and to enhance communication.

And last - but surely not least! - the environment also has a great effect on those who visit a clinic on a short-term basis such as first aid patients, families and friends.

Hospitals that have implemented Feng Shui such as the hospital in Rohrbach (Austria), Lainz (Vienna, Austria) or Neuwerk (Monchengladbach, Germany) report great successes: patients feel significantly more comfortable, the staff feels much more supported and reports a significant decrease in stress symptoms. The communication between the staff and the patients has been enhanced and there is a tangible change to the overall atmosphere to the better.



Doctor's practise and waitingroom

A visit at a doctor's practise is ususally less frightening than being hospitalized. Yet it can put people under stress. And yet - more afeten than not - we see poorly furnished waitingrooms with a wilting plant in the corner, old magazines and books and a little cared for atmosphere.



Adjusting and enhancing the atmosphere of a private practise is easy and an analysis can be done in a day without interrupting the work of the staff.

With relatively little changes, environmental stress-reduction can be implemented at relatively low costs. There is no need to change basic structures or re-arrange technical equipment!

BalancingWalls provides a holistic approach to interior design in healthcare, implementing aspects such as color-psychology, Feng Shui and healthy environments.

For more information, please visit our website www.balancingwalls.com or call us on 020 7769 221, mobile: 06 2480 2689 or send us an email under info@balancingwalls.com