The Therapeutic Effects of Nature, Urban, or Standard Hospital Decorations on a Hospitalized Patient

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Interviewed staff nurse at Dayton Children's Medical Center


• 36,564,886 admissions to all U.S. hospitals registered with AHA in 2011.1

Stated there are differences between nature’s use in long-term and short-term patients, failed to meet one or more of our inclusion criteria, or were inaccessible to our databases.

Question: What is the difference in the therapeutic effects of nature, urban, or standard hospital decorations on hospitalized patients pain level, stress level, healing time, and mood?

P - Hospitalized patients
I - Hospital environment
C - Standard vs. urban vs. nature setting
O - Stress, pain level, healing time, and mood

Methodologies

• Databases: Pub Med, Ebsco, Medline, and OneSearch

• Keywords: Nature, nature in hospitals, gardens, hospital gardens, gardens in hospitals, scenery, hospital scenery, plants, and plants in hospitals

• Inclusion Material: Articles published between 2008 and 2013, focused on nature’s effects on patients and applicable to an inpatient setting

• Exclusion Material: Articles that did not address one of our four main factors, failed to meet one or more of our inclusion criteria, or were inaccessible to our databases.

Nature should begin to be implemented in the hospital due to its therapeutic effects on pain and stress.

Further research should be conducted to gather more evidence on nature’s effects on healing time and mood.

More research should also be done on which populations respond more positively or negatively to the therapeutic effects of nature, which type of nature therapy is most effective, and what types of nature are the most effective and practical in the hospital setting.