

Healing environment: A look at the value of color and light in pediatric hospital wards

Sir,

Since the authors have years of experience working in pediatric hospitals, and because a lack of attention to environment of pediatric wards is seen in some hospitals, we aimed to draw the readers' attention to the importance of designing a caring-healing environment.

When a child is hospitalized having the right to choose their favorite food, activities, games, toys, and other amenities in an appropriate environment are important issues that, if properly planned, will help the hospital make it a pleasant and lovely place. It will certainly play an important role in expediting the treatment of patients and strengthening their mood.^[1]

Staying in hospital can be frightening; however, studies show that home-based hospital environments can reduce patient pain and anxiety.^[2] Unfortunately, in the pediatric wards, medical approach is more highlighted than developmentally one, that is, a reason less can be found in the children's wards a playing room. A look at the past few decades shows that the hospital environment was not kind to the child and the family. The parents were not allowed to attend the ward and could only visit the child at visiting hours, while now parents are allowed to stay with children in hospital.

The most attention paid to children's hospitals in recent years in our country has been painting and cartoon images on the walls, while hospital architecture has a profound effect on the mind and body of the child.^[3] In designing the pediatric ward, nurses' and physicians' clothing and equipment must take into account the psychosocial and physical needs of children based on Piaget's developmental stages that would be more important, especially for young children who have magical thoughts about the events that happen during hospitalization.

Physical environment status of care units influences the clinical psychosocial outcomes of the child and his/her family. "I want to feel at home" is an optimal environment with daylight, fresh air, comfort, and lovely atmosphere.^[4] Natural lighting had positive impact on ill child and healing process.^[5] The results of a systematic review showed that having single room; quiet artworks,

naturalistic and home-made, oriental windows, plants; acoustic ceiling tiles; a window to nature can facilitate recovery of patients.^[6] Large aquariums can be used in hallways and waiting rooms. Equipment such as imaging devices and stethoscope can be painted or prepared as cartoon characters. Playrooms with appropriate facilities should be available in hospitals. Wonderful corridors, chess table, and hopscotch drawing should be used in the waiting rooms and courtyards. Boards and colored lines should be also visually appealing.

The guideline is strongly needed for architects and designers to create caring and healing spaces for children and their families in stressful hospitalization situations, and pediatric nurses can be the starting point. Finally, it is recommended to conduct a study to investigate the attitude of parents of inpatient children on the impact of physical atmosphere on the treatment process.

Conflicts of interest

There are no conflicts of interest.

Authors' contribution

All authors had enough contribution in conceptualization and writing the manuscript.

Financial support and sponsorship

Nil.

Fereshteh Araghian Majarad¹, Seyed Abdollah Mousavi², Akram Sanagoo³, Leila Jouybari³

¹Department of Fundamental Nursing, Faculty of Nursing and Midwifery, Mazandaran University of Medical Sciences, ²Pediatric Infectious Diseases Research Center, Department of Pediatric Surgery, Mazandaran University of Medical Sciences, Sari, ³School of Nursing and Midwifery, Golestan University of Medical Sciences, Gorgan, Iran

ORCID:

Fereshteh Araghian Mojarad
0000-0002-0147-3999
Leila Jouybari 0000-0003-2113-318X

Address for correspondence: Dr. Leila Jouybari, Nursing Research Center, Golestan University of Medical Sciences, Gorgan, Iran.
E-mail: jouybari@goums.ac.ir

Received: 25 December 2019; **Accepted:** 16 April 2020; **Published:** 23 July 2020.

REFERENCES

1. Keyvanara M, Roholamin L. Comparison of physical space of pediatric wards in Isfahan Hospitals with standards. *Health Inf Manage* 2007;4:123-32.
2. Kligler B, Homel P, Harrison LB, Sackett E, Levenson H, Kenney J, *et al.* Impact of the urban Zen initiative on patients' experience of admission to an inpatient oncology floor: A mixed-methods analysis. *J Altern Complement Med* 2011;17:729-34.
3. Artemis K, Fani V. *Innovative Materials in Children's Hospital Design*; 2014.
4. Abbas MY, Ghazali R. Physical environment: The major determinant towards the creation of a healing environment? *Procedia Soc Behav Sci* 2011;30:1951-8.
5. Ghazali R, Abbas MY. Assessment of healing environment in paediatric wards. *Procedia Soc Behav Sci* 2012;38:149-59.
6. Linebaugh KB. *A Systematic Literature Review on Healing Environments in the Inpatient Health Care Setting* [doctoral dissertation]. College of Nursing, The University of Arizona; 2013: 350.

This is an open access journal, and articles are distributed under the terms of the Creative Commons Attribution-NonCommercial-ShareAlike 4.0 License, which allows others to remix, tweak, and build upon the work non-commercially, as long as appropriate credit is given and the new creations are licensed under the identical terms.

Access this article online	
Quick Response Code:	Website: www.jnmsjournal.org
	DOI: 10.4103/JNMS.JNMS_60_19

How to cite this article: Araghian Mojarad F, Mousavi SA, Sanagoo A, Jouybari L. Healing environment: A look at the value of color and light in pediatric hospital wards. *J Nurs Midwifery Sci* 2020;7:216-7.

© 2020 Journal of Nursing and Midwifery Sciences | Published by Wolters Kluwer - Medknow