Rethinking healthcare: Physical Environments that Reduce harm, Improve Staff Retention, Lower Costs and Improve Population Health

PAUL BARACH, DOMINIQUE ALLWOOD NIGEL EDWARDS, JAMES BARLOW COPENHAGEN MAY 17, 2023

Who we are

Paul Barach, Sigmund Freud University, Vienna; Thomas Jefferson University, USA; Imperial College London, UK

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James Barlow, Imperial College, London, UK

Timetable

Introduction and ice breaker	1:15-1:20
Fish Panel— Thought Experiment exercise	1:20-1:40
Debrief	1:40-1:50
Lessons from the Pandemic	1:50-2:00
Lessons from Nightingale	2:00-2:10
Salutogenic environments	2:10-2:20
Wrap Up	2:20-2:30

What was your..... 1. First role 2. Worst role 3. Current role 4. Dream role

LI

Lessons from the pandemic

Polling Question: What were the lessons from COVID about how our buildings and services work

What was you experience of the buildings and environment during covid – what learning do we need to capture?

Go to menti.com meeting id 1729 4104

SEE RESULTS OF MENTI QUESTIONS AT PAGE 60-66

Result



Thought experiments

Mental explorations of hypothetical questions through imaginary scenarios to reveal new insights and possibilities

What if we could change the course of history?

THE QUESTION

If we had the power to go back in time and add just one resource to what was available on March 11, 2020 to respond to the COVID-19 pandemic, so that we could change its course for the better, which would we choose?

Fish-Bowl Thought Experiment

* Bob Klaber, Consultant General Paediatrician & Director of Strategy, Research & Innovation, Imperial College Healthcare NHS Trust.

** Dianne Murray, RN, NHS Education for Scotland

*** Sandra Jayacodi, Chair Imperial BRC Public Advisory Panel, UK



The Quadruple Aim

Article

Medical Quality

Supporting the Quadruple Aim Using Simulation and Human Factors During COVID-19 Care

Ambrose H. Wong, MD, MSEd¹, Rami A. Ahmed, DO, MHPE², Jessica M. Ray, PhD¹, Humera Khan, MD³, Patrick G. Hughes, DO, MEHP⁴, Christopher Eric McCoy, MD, MPH⁵, Marc A. Auerbach, MD, MSci^{6,7}, and Paul Barach, MD, MPH^{8,9}

Abstract

Abstract The health care sector has made radical changes to hospital operations and care delivery in response to the coronavius disease (CoVID-19) pandemic. This article examines pragmatic applications of simulation and human factors to support the Quadruple Aim of health system performance during the COVID-19 en. First, patient safety is enhanced through development and testing of new technologies, equipment, and protocols using laboratory-based and in situ simulation. Second, population health is strengthered through virtual platforms that deliver telehealth and remote simulation testing of equipment and computer-based simulations to predict system performance and realised. Finally, simulations supports health worker wellness and satisfaction by identifying optimal work conditions that maximize producity while periodents stated through representements through and pations and human factors. Will support a realient and reprint through representements through through patients and work conditions that maximize producity while periodents stated through representements through through patients and through through patients and through through period and through through period and the system performance and realised and supports health worker wellness and satisfaction by identifying optimal work conditions that maximize producity while and through through period through through period period to the state of the system performance and realised and through protecting staff through preparedness training. Leveraging simulation and human factors will support a resilient and sustainable response to the pandemic in a transformed health care landscape.

Keywords

health care simulation, patient safety, Quadruple Aim, COVID-19, system preparedness

Introduction

Coronavirus disease 2019 (COVID-19) has uniquely stressed health care systems, policy makers, and

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Medicine, Detroit, MI ⁹College of Population Health, Thomas Jefferson University, Philadelphia, PA

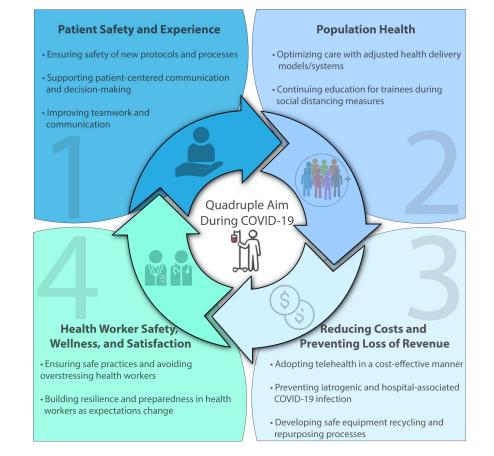
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Ambrose H. Wong, MD, MSEd, Department of Emergency Medicine, Yale School of Medicine, 464 Congress Avenue Suite 260, New Haven, CT 06519. 200, New Haven, CT 05315. Email: wongambrose@gmail.com American Journal of Medical Quality 2021, Vol. 36(2) 73-83 © The Authors 2021 DOI: 10.1097/01.JMQ.0000735432.16289.d2

face the worst health and economic crises of our lifetimes. Administrators are rapidly navigating their institutions through uncertain times, providing leadership and strategic plans to manage numerous evolving systems threats. Many of these plans run counter to the accepted mantra in modern times, including intentional cancelations of profitable elective procedures and layoffs or furloughs of dedicated medical staff during the pandemic.1 The Triple Aim of health system reform addresses

health care workers throughout the world as they

ongoing and future challenges faced by the health care sector,2 with recent calls for expansion to a Quadruple Aim3 to include considerations and protection for staff. These 4 interdependent goals consist of (1) enhancing patient experience and safety, (2) improving population health, (3) reducing costs and preventing loss of revenue, and (4) improving wellness and satis-faction of health care workers. The fourth Aim incorporates the increasing understanding that excellent health care is not possible without a physically and psychologically safe and healthy workforce, COVID-19 has created unique threats and unanswered challenges to each element of the Quadruple Aim (Table 1). Human factors4 is a scientific discipline that addresses the complex interwoven variables that affect health care workers' ability to deliver safe.



Lessons from the pandemic

* Poor flow and layout

- ED
- ICU
- Wards
- * Single / isolation rooms
- Not enough
- Insufficient storage
- * Other
- Oxygen poorly designed / low capacity supply
- Workstations on wheels are a hazard
- Natural light really

* Storage - not in the corridor

*Staff facilities

- Work stations put staff in close proximity and key source of infections and illness
- Small staff rooms with no natural light
- No showers / lockers removed to save money or make space for other functions
- * Remote working
- Outpatient care how does a shift to teleconsultation affect the remaining work?
- We can reduce office space but what do we lose?

German doctors pose naked in protest at PPE shortages



Guardian, April 27, 2020

Risk of hospital admission with coronavirus disease 2019 in healthcare workers and their households: nationwide linkage cohort study

Healthcare workers and their households **contributed a sixth of covid-19 cases admitted to hospital.**

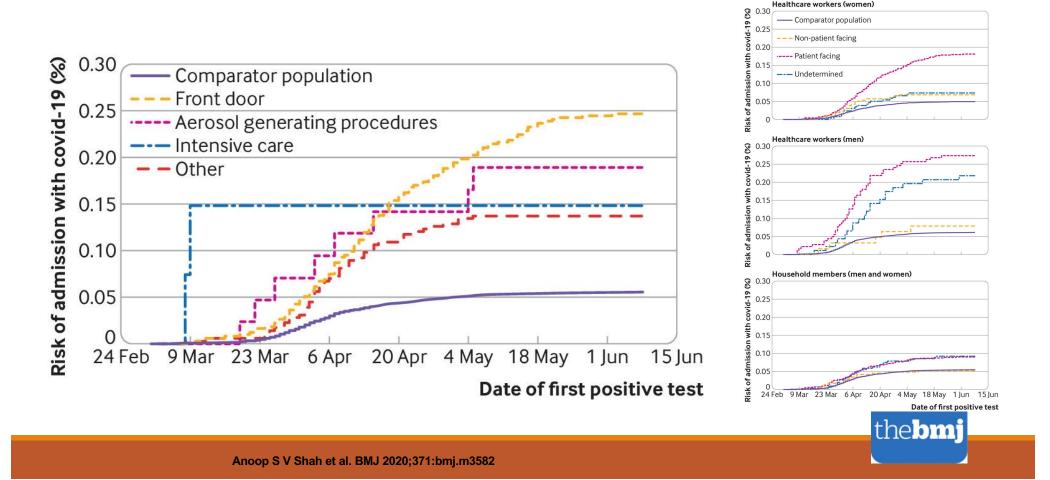
Patient facing healthcare workers had threefold increased risks of admission with covid-19.

HCW household members twofold increased risks of admission with covid-19.

BMJ 2020; 371 doi: <u>https://doi.org/10.1136/bmj.m3582</u>

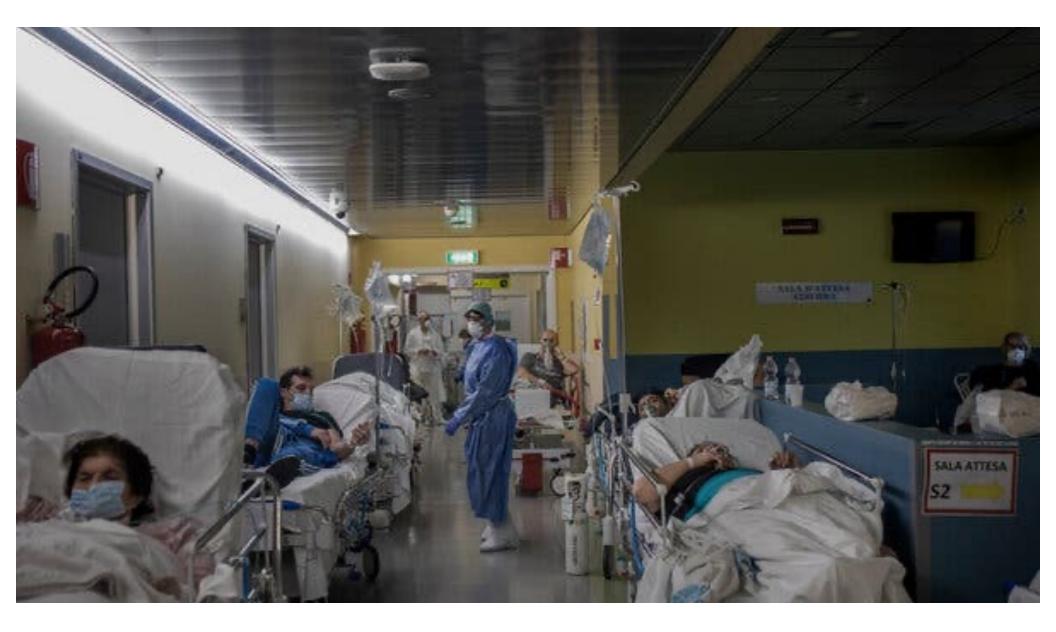
Mutambudzi M, Niedwiedz C, Macdonald EB, *et al* Occupation and risk of severe COVID-19: prospective cohort study of 120 075 UK Biobank participants *Occupational and Environmental Medicine* Published Online First: 09 December 2020. doi:10.1136/oemed-2020-106731

Cumulative incidence (risk) of admission to hospital with covid-19 in healthcare workers, household members of healthcare workers, and the general working age population



Lessons from COVID and beyond

DOMINIQUE ALLWOOD



Florence Nightingale





BIAGRAM OF THE CAUSES OF MORTALITY 8. APRIL 1855 TO MARCH 1856.

1. APRIL 1854 ro MARCH 1855. IN THE ARMY IN THE EAST.

SANUARY INSS

DECEMBER

The Areas of the blue; red, & black wedges are each measured from the centre as the common pertex

one course as one commune sorrese The blue wordges measured from the centre of the eircle represent area for area the dash's from Presentible or Mitigable Lymetec diseases, the red wordges measured from the centre the deaths from wounds, & the black wedges measured from the centre the deaths from all other causes.

The black line across the red triangle in Niv! 1854 marks the boundary of the deaths the derives the real or large to solo as a marks the boundary of the deaths from all other causes during the month In betoler 1854, & April 1855, the black area conneides with the red;

in January & February 1856, the blue coincides with the black The entire areas may be compared by following the blue, the red & the Hack line enclosing than

NHS Nightingale London Turning a conference centre into a hospital

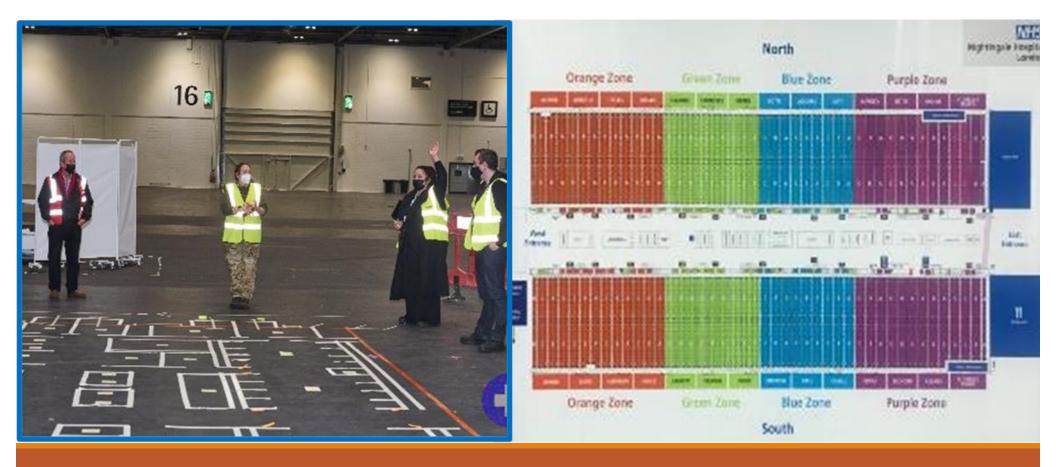


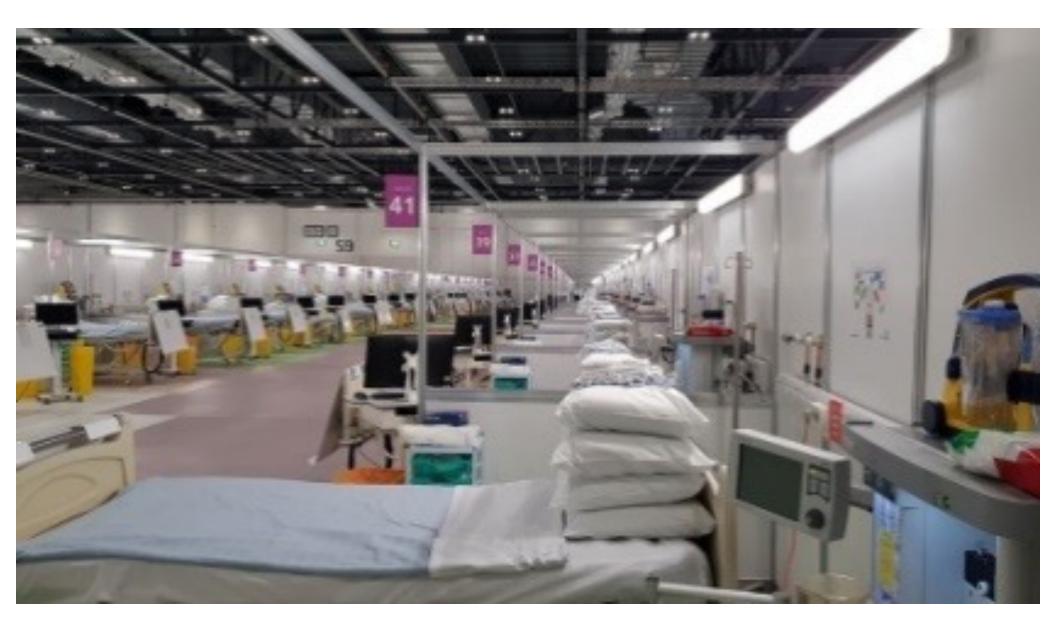


Clinical Model ...build the aircraft in flight

Military planning tools TEPIDCOIL

- Training
- Equipment
- Personnel (Workforce)
- Information
- **C**linical
- Organisation
- Infrastructure
- Logistics



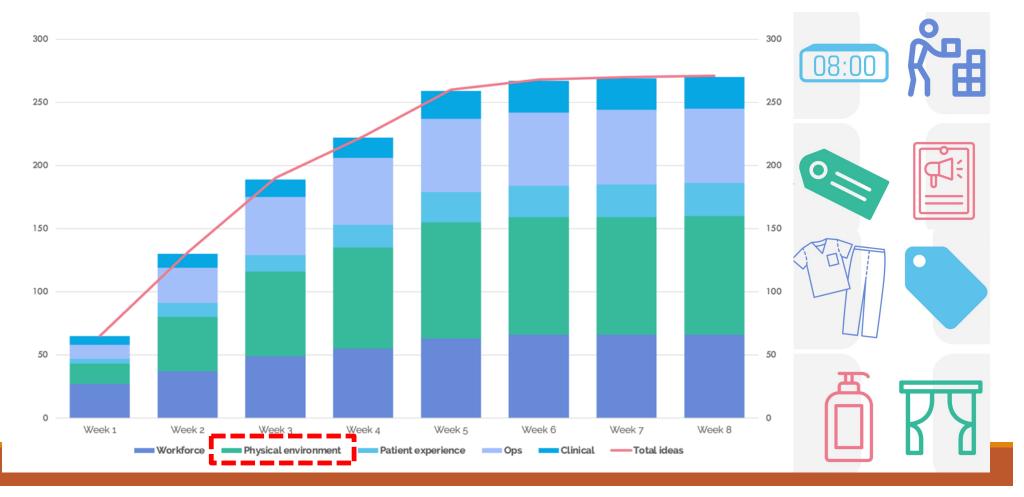




"A crisis isn't a reason to pause improvement work... Rather, it's to put learning where it should be – a mainstream activity for everyone involved in health and care"

ImproveWell.



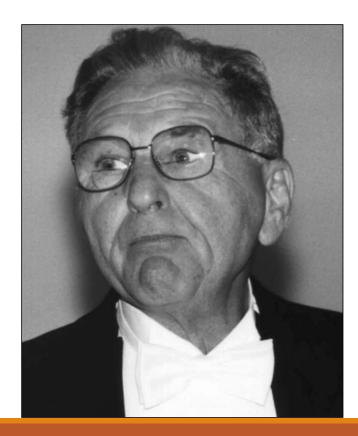


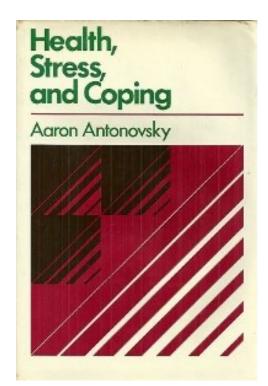






Theory of Health and Salutogenesis





How do we need to change our thinking about design and delivery?

400 submissions to the Wolfson Hospital of the Future Award Competition

Getting the design of the buildings right we need to go right back to the design ideas about:

- How patients and visitors interact with services
- How staff are treated and deployed
- How the services are designed
- How we think about hospitals in the wider system



Translating Salutogenic Theory into Environmental Design Factors that Promote Health and Prevent Stress!

	Lifestyle	Emotion	Experience
Comprehensibility	 Improve legibility by creating iconic form/ identity as land-mark Wayfinding through clear sightlines and use of landmarks Predictability through sensory connections between spaces. Interaction as means of communication to connect to another 	Eco-design by relation of surrounding nature to green, water, plant Perception of how an individual feeling Sense of Welcoming Image: Sense of Welcoming<	Welcoming inviting, friendly and not institutional Wisual order clear navigational choices Natural lighting connecting with outside day and time Clear of obstruction, clarity
Manageability	Ergonomic design for posture correction and efficiency Sustainable/ green energy to foster sustainable lifestyle Digital resources as tools to meet the task Energetic & moving places that naturally inspire to move	Aesthetic elements that carry beauty in detail to facilitate vision and create a pleasant and mood Ensure comfort in the interior environment Visual stimuli for better performance and experiences Appreciation of the quality of work conditions	Restoration as a way for the body energise Access to green environments to reduce stress Effectiveness of the intended use of the space for the task Flexibility and adaptability spaces
Meaningfulness	Using recyclable local materials responsibly Inspiration, artworks/visual form, materials Hope and confidence about the future Opportunities for physical fitness and mental strength	Sentimentality and identity expression of affection from community memories Serene & meditative Prevent stress Provent stress Positive distraction through aesthetic richness Sense of place spaces for positive emotion and mood	 Enhance perception & senses through meaningful environment Appropriately stimulating by natural sound Biophilic, active interaction with landscape garden Music & sounds with natural cultural connection

Edwards N, Barach P, Dilani, Farrow T. 2022

Patients and visitors

Here are some examples – what would you add, emphasise or challenge?

Current practice	Change principle
The patient's time is treated as free – travel and waiting have no costs associated with them	Travel and waiting times are minimised
	One-stop services are created
Patients are passive recipients of care that is	Patients are active participants in their care
often impersonal	and need access to resources to support this.
	Digitisation allows personalisation.
Anonymous and institutional reception space and airport style common areas	Open and inviting, breaking down barriers, smaller more personal spaces
Patients have limited access to information	The patient's record is at their bedside or on their devices
Outcomes are defined in terms of narrow biomedical indicators rather than the goals of the patient	Outcomes incorporate patient experience and personalised needs
Patients interact with the system on a face-to- face basis	Patients can choose a variety of ways, including phone and video, to meet their needs
Patients share rooms	Patients have single rooms
Patients are moved to suit clinical management arrangements or when they deteriorate	Once admitted to hospital, care is brought to the patient (critical care may be an exception to this but outreach and early intervention can reduce this)
There is little design consideration for visitors and carers	Visitors and carers have space to meet with patients and professionals

Co-Production of Improved Outcomes

- In co-production, professional and patient activities, as well as available resources must be coordinated and controlled in an integrated manner.
- Requires rethinking the organizational architecture of healthcare systems.
- Requires organizational architectures that can enable fluid organizing across various temporarily connected "actors" -entities capable of acting intentionally, such as individuals, groups, or organizations.



Received 26 April 2021; Editorial Decision 29 June 2021; Revised 7 June 2021; Accepted 18 August 2021 © The Author(s) 2021; Published by Oxford University Press on behalf of International Society for Quality in Health Care. All rights reserved

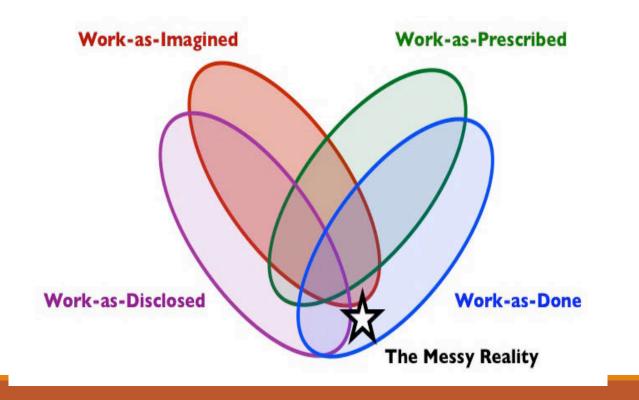


Staff

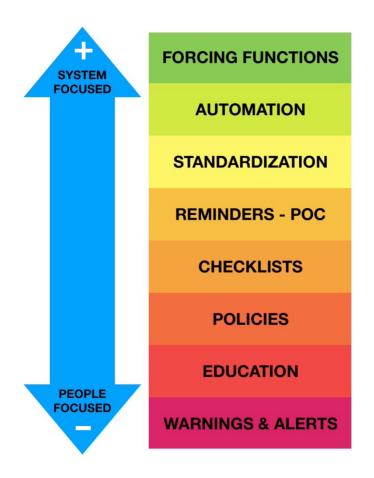
What would you add, emphasise or challenge?

Current practice	Change principle
Casual and social interaction between staff is of low value	Opportunities are created for opportunistic interaction to support socialisation, promote peer-to-peer learning, increase innovation and manage patients better
Offices for busy staff can be a long distance from clinical areas	Teams work together and close to the clinical areas
Staff movement and internal travel are a cost of doing business	Activities are clustered around patient needs and key adjacencies
Expert support is limited to who is available on call or on site	Telemedicine provides the opportunity to spread expertise across distances
Staff facilities can be limited – for example, staff have to change at home and when on night shift they need to feed themselves	There are dedicated staff changing facilities, lockers and support areas; the infrastructure is created to help staff to flourish – hot food at night, mess rooms and so on are provided
Staff may work in areas with limited or no natural light	Stress is reduced by <u>enabling access to light, biophilic</u> <u>design</u> and green space
Staff may deal with multiple room layouts, different storage arrangements and idiosyncratic approaches	Standard room and ward/department layouts reduce frustrations and improve safety
Staff spend a lot of time looking for equipment	Key equipment is tracked wirelessly and stored in standard ways and locations
Staff cope with multiple alarms	Intelligent systems integrate alarms to minimise noise and alarm fatigue
Staff undertake work that can be automated	Work is automated where possible, releasing time for high touch patient contact

Workflow Redesign: Staff Work as Done vs Work as Imagined



Hierarchy of Intervention Effectiveness



PALOMAR MEDICAL CENTER WEST: PATIENT ROOM SUMMARY

HYGIENE ZONE

- Patient bathroom located on the headwall with continuous handrail from bed to door
- · Roll-in shower at all bathrooms for accessibility
- Wide door to accomodate patient & helper

FAMILY BONE

- Dedicated family area with sleeper sofa to promote integrated care in all rooms
- · Electrical and data ports for personal computer and other devices
- Individualized lighting
- · Cubicle curtain for privacy
- Guest seating for 3-4

PATIENT ZONE

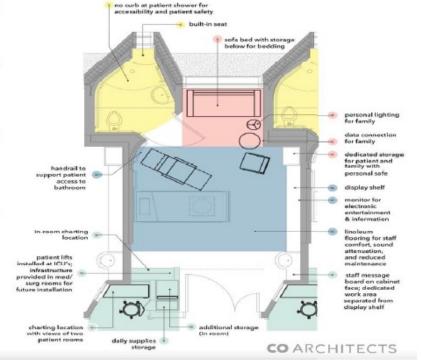
- Patient chair
- Patient wardrobe includes personal safe
- Footwall includes display shelf and electronic entertainment
- & information
- Maximum daylight and views to exterior
- · Control of window shade from bed
- · Control of lighting from bed

STAFF ZONE

- In-room hand washing sink close to door encourages good hygiene
- practices by all who enter
- Work counter provides dedicated space for clinician use
- Cabinet hides motorized lift from view
- · Soap and towels at sink are hidden from view but easily accessible
- Additional storage provided for lesser used items
- Individualized lighting

OUTSIDE ROOM

- Decentralized nurse station provides quiet area for concentrated work
 Work counter is height adjustable
- · Daily meds & supplies located at distributed storage reduces nurse
- time away from patient
- · Windows visual access to two patient rooms from one location
- Work chair has lumbar support for comfort during longer sitting tasks
 Individualized lighting



Barach P Parker D. 2022



Brief Report

Reuse of Personal Protective Equipment: Results of a Human Factors Study Using Fluorescence to Identify Self-Contamination During Donning and Doffing

Devin Doos, MD,^a Paul Barach, B.MED.SCL, MD, MPH,^{b,c} Elisa Sarmiento, MSPH-EPAP,^a and Rami Ahmed, Do,

*Department of Emergency Medicine, Indiana University School of Medicine, Indianapolis, Indiana, ^bJefferson College of Population Health, Thomas Jefferson University, Philadelphia, Pennsylvania, and ^cUniversity of Queensland, Brisbane, Queensland, Australia Reprint Address: Devin Doos, MD, Department of Ernergency Medicine, Indiana University School of Medicine, 720 Eskenazi Avenue, FT 3, Indianapolis, N 46202.

□ Abstract—Background: . At least 115,000 health and care workers (HCWs) are estimated to have lost their lives to COVID-19, according to the the chief of the World Health Organization (WHO). Personal protective equipment (PPE) is the first line of defense for HCWs against infectious diseases. At the height of the pandemic, against infectious diseases. At the height of the pandemic, PPE supplies beame scarce, necessitating reuse, which increased the accupational COVID-19 risks to HCWs. Currently, there are less robust studies addressing PPE reuse and practice variability, leaving HCWs vulnerable to accidental contamination and largen MCWs vulnerable to accidental contamination and any access. Methods: The study included 28 active acute care physician, nurses, and nurse practitioners that evaluated 55 simulated pademics and nurse practitioners that evaluated 5 simulated patients with COVID-like symptoms while doming and doffing PPE between each patient encounter. An N95 mask was contaminated with a transparent fluorescent gel applied to the outside of the N95 mask to simulate contamination that docted by the second statement of the second statement of the N95 mask to simulate contamination that might occur during reuse. Participants were evaluated after PPE doffing for each encounter using a black light to assess for face and body contamination. Results: All participants had multiple sites of contamination, predominantly on their head and neck. None of the participants were able to don and doff PPE without contaminating themselves during five E without contaminating themselves during five simulation cycles, Conclusions: The current consecutive simulation cycles. Conclusions: The current Centers for Disease Control and Prevention PPE guidelines for donning and doffing fall short in protecting HCWs. They do not adequately protect HCWs from contamination.

There is an urgent need for PPE and workflow redesign. © 2021 Published by Elsevier Inc.

□ Keywords—personal protective equipment; PPE; don-ning; doffing; PPE reuse; occupational risks

Introduction

COVID-19 has shone a bright light on the physical and emotional safety burdens that frontline health care workers (HCWs)around the world face. Unsafe working con-ditions and a lack of personal protective equipment (PPE) remain major challenges for HCWs throughout the recurrent waves of the pandemic and reflect on our society's

failings. PPE offers a critical barrier for preventing disease preventing disease in boolth care settings, but its widespread transmission in health care settings, but its widespread use during the COVID-19 pandemic has changed the experience of care delivery. In the United States, an estimated 3600 HCWs perished from COVID-19, which was most likely contracted during work (1). Centers for Disease Control and Prevention (CDC) guidelines and PPE availability were unable to keep HCWs safe from harm. HCWs in low-income countries have been partic-ularly affected due to limited protective equipment and delayed vaccinations (2). Globally, the Director-General of the World Health Organization has o documented

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Journal of Hospital Infection 127 (2022) 59-68



The dangers of reused personal protective equipment: healthcare workers and workstation contamination

D. ${\rm Doos}^{\,a,*},$ P. ${\rm Barach}^{\,b,\,c},$ N.J. Alves a, L. ${\rm Falvo}^{\,a},$ A. ${\rm Bona}^{\,a},$ M. Moore a, D.D. Cooper a, R. Lefort a, R. Ahmed a

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RTICLEINFO	SUMMARY
rticle history: leceived 6 April 2022 accepted 24 May 2022	Background: Persona workers (HCWs). The contamination by HCV
vailable online 7 June 2022	for safe reuse of PPE

Keywords: Healthcare workers Personal protective equipment Human factors Contamination Worker safety Occupational hazards

al protective equipment (PPE) is essential to protect healthcare practice of reusing PPF poses high levels of risk for accidental Vs. Scarce medical literature compares practical means or methods while actively caring for patients. Methods: In this study, observations were made of 28 experienced clinical participants performing five donning and doffing encounters while performing simulated full evalua-tions of patients with coronavirus disease 2019. Participants' N95 respirators were coated with a fluorescent due to evaluate any accidental fomite transfer that occurred during PPF

donning and doffing. Participants were evaluated using blacklight after each doffing encounter to evaluate new contamination sites, and were assessed for the cumulative surface are a that occurred due to PPE doffing. Additionally, participants' workstations were evaluated for contamination. Results: All participants experienced some contamination on their upper extremities, neck

and face. The highest cumulative area of fomite transfer risk was associated with the hook and paper bag storage methods, and the least contamination occurred with the tabletop storage method. Storing a reused N95 respirator on a tabletop was found to be a safer alternative than the current recommendation of the US Centers for Disease Control and Prevention to use a paper bag for storage. All participants donning and doffing PPE were contaminated.

Conclusion: PPE reusage practices pose an unacceptably high level of risk of accidental cross-infection contamination to healthcare workers. The current design of PPE requires complete redesign with improved engineering and usability to protect healthcare workers. © 2022 The Healthcare Infection Society. Published by Elsevier Ltd. All rights reserved

Introduction

Continued mutation the severe acute respiratory syndrome coronavirus-2 means that coronavirus disease 2019 (COVID-19) continues to be a cause of significant illness globally. Recom-* Corresponding author. Address: Department of Emergency Medi-cine, 720 Eskenazi Ave, FT 3, Indianapolis, IN 46202, USA. Tel.: +1 317 963 4097. mended protective measures for healthcare workers (HCWs) remain variable and sometimes ambiguous. HCWs have relied on personal protective equipment (PPE) to protect themselves, E-mail address: devindoos@gmail.com (D. Doos).

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Disaster Medicine and Public Health Preparedness www.cambridge.org/dmp

How Can Personal Protective Equipment Be Best Used and Reused: A Closer Look at Donning and Doffing Procedures

Ashley M. Hughes PhD, MS^{1,2} ⁽ⁱ⁾, Devin Doos MD³, Rami A. Ahmed DO MHPE³, Trang N.D. Pham MD, MS^{1.4} and Paul Barach B.Med. Sci, MD, MPH, Maj (ret.)^{5,6}

Original Research Cite this article: Hughes AM, Doos D, Ahmed RA, Pham TND, Barach P. Hov personal protective equipment be best used and reused: A closer look at doming and doffing procedures. Disaster Med Public Health Prep. doi: https://doi.org/10.1017/ dom:0022.000

Segaritaria of Boundard and Haaki Mohandra Gorava, Olinge of Applied Haaki Science, Hoisenya di Haaki at Schage (Sang, Ju, Ulle, Science Honsteins for Carlege). Forsek Haakinas (Sang), Workersky School Haakin, Hulleschalt, H. Ulle, "Spantmer of Brogeney Medicine, Noticia of Simulation, Indiana Workersky School Haakin, Indianapoliti, H. Ulle, "Spantmer of Bearineign and Bearineits, School of Palici Heakin, University of Binnia et Chicago, Chicago Li, Ulle, "Payme State School of Medices, Detrock, M, Ula ad "Jafferon Callege of Population Haafin, Palikadipila, public ection control; emergency medical services; cupational health; sanitary engineering; Corresponding author Ashley M. Hughes,

Astract Objective: The aim of this study was to examine safety related contamination threats and risks to health-care worker(1KCW) due to the reuse of personal protective equipment (PPE) among emergency department (ED) personal. Methode: We used a Participatry Design (PD) approach to conduct that analysis (TA) of PPE reuse. We used a Participatry Design (PD) approach to conduct that analysis (TA) of PPE reuse. We used the Centers for Disease Control and Prevention (CDC) guidance for PPE doming and disfing specifying the encommeded task and prevent back models and person also and Emergency (SME) with relevant backgrounds in Patient Sidery. Human Factors and Emergency (SME) with relevant backgrounds in Patient Sidery. Human Factors and Emergency to the PPE is near three.

Medicine to iteratively identify and map the tasks, rinks, and protective behaviors involved in the PPE use and reuse. Results: Two emerging threats were associated with behaviors in obtaining, doffing, and re-using PPE: (a) direct exposure to contaminant, and (ii) transmission/spread of contaminant. Protective behaviors included: hand bygiene, not tooching the patients facing surface of PPE. Condustoms: TA was helpful revealed that the procedure for doming and disfing of re-used PPE does not protect Ell personnel from comtinanar approad and inde dergonarc, even with protective behaviors i pream (e.g., hand bygiene, required with PPE use and reuse). Future work should make more apparent the underlying risk associated with PPE use and reuse.

"I'm putting on my PPE. So, I must be safe."

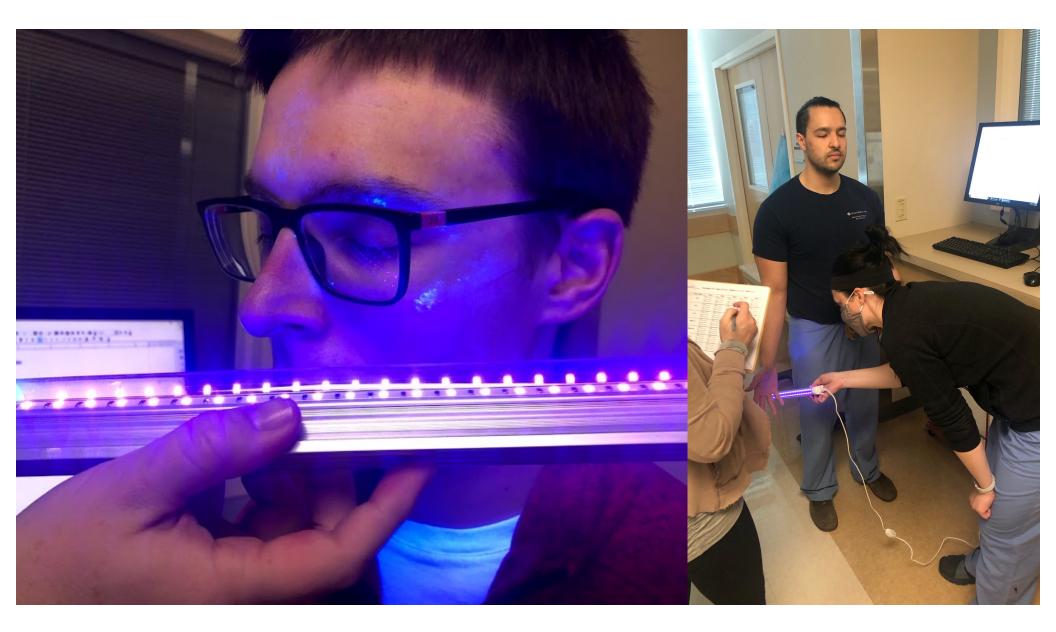
The coronavirus disease 2019 (COVID-19) pandemic is an ongoing existential threat to patients and healthcare workers (HCWs) world-wide. According to the World Health Organization (WHO), in May 2021, approximately 115,000 HCWs, including more than 3,600 United States (US) HCWs, had died from COVID-19 and millions of HCW have been 5,000 United states (US) IT UN 8, ala cited from US VID-19 and minutos or IT-UN via ve been infected while carging for patients²⁴. By the end of June 2020, US HCWs field 4,100 asdey com-plaints surrounding safety concerns due to personal protective equipment (PPE) shortages to the Occupational Safety and Health Administration (OSHA), the USI above Department's work-place safety agency.⁵⁵(9¹³⁾ The Centers for Disease Control and Prevention (CDC) officially repace starty signey, """ in Content to Uncert count of an eventual (LAC) on cause re-"Count pendod recase admitted) and the start of the start of the start of the start of the start "Crists" endod recase admitted) and not addres to that starts of the start over, pendod of "crists" endod of the start over the start of the sta

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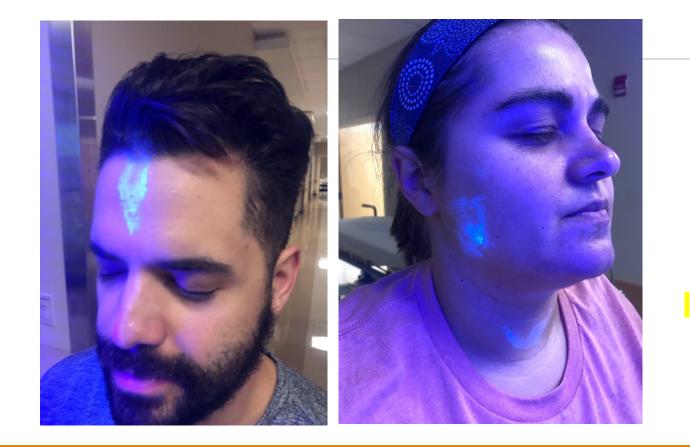
practice.⁹ PPE donning and doffing protocol deviations commonly result in self-contamination, but, have not been addressed at the source.^{10,11} Removal of PPE, for instance, is a deceptively wus, are no een aatresset at the source.^{wus} Removal of PPE, for instance, is a deceptively complex procedure, associated with high rates of doffing error and likely contamisation even with basis PPE.¹⁷ Emerging data suggest that most HCWs were contaminated during doffing PPE during aping use periods, revealing an urgent need to examine the not cause of self-contamisation risks.¹¹⁴ And, particularly, when considering crisis periods for when PPE ishortage required routine reuse.

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SDMPH



Common Areas of Contamination



Neck Fingers Wrist Face

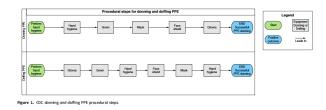
Common Areas of Contamination

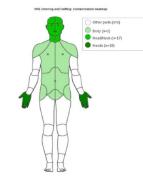




Neck

Fingers Wrist Face





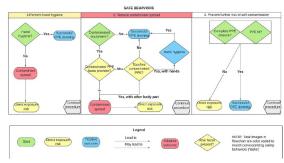
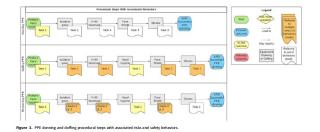


Figure 2. PPE donning and doffing taskflows and safety behaviors.

Table 1. Human centered recommendations for protecting health care workers

Targeted risk	Recommendation	Recommendation components
Prevent further risk of self-contamination; Reduce contaminant spread	Improve training and competency enhancement techniques	Real-time feedback; Guided practice through spotters or technologies (eg, Glo Germ [™]) ^{23,48,50,59,64}
Prevent further risk of self-contamination	Implement stewardship for PPE	Spotters and infection control involvement ⁵⁰
Reduce contaminant spread	Re-design environment for infection control	Standardized protocols and guidelines ³⁷
		Scanner/light to detect or disinfect ⁷³
	Enhance PPE design to promote risk awareness	Physical re-design of doffing area(s) 76
		Color-coded PPE gown ⁷⁴
		Just-in-time screen-based guidance ^{37,77}



Services

What would you add, emphasise or challenge?

Current practice	Change principle
Running at very high occupancy rates is efficient	Systems work at a steady pace, with spare capacity to support infection control and the ability/capacity to deal with variation
Design is for average workflows	Design is able to flex capacity and service configuration
Queuing, waiting and batch processing are efficient mechanisms for programming work	The aim is for flow and 'pull' models designed around the clinical microsystem that supports patient-centred, humane and personalised care
Care is based on face-to-face encounters in the hospital	Telemedicine means clinicians are no longer bound to the hospital in which they work
Care is organised around medical specialties	Care is organised around clusters of specialist multidisciplinary care that reflects the growth of patient complexity
Emergency and planned care workflows can be mixed.	Processes are separately streamed to improve flow of patients and to optimise equipment use
There is a reliance on rules and individual effort to ensure safety	Predictive and proactive high-reliability systems are created- see Appendix 1
Approaches to care delivery are highly variable within the organisation	There are highly reliable standardised approaches that can adapt, scale and flex as necessary
Patients who are medically fit remain in hospital for extended periods due to the complexity of their (often non-medical) needs	Patients are transferred to appropriate alternative modalities of care as soon as they are ready
There is a secondary–primary care split, with hospitals delivering episodic care	Hospitals work closely with local places to support population health management
Referral is the route to expertise	There are <u>multiple other routes to expertise</u> , for example: advice and guidance services, specialist support to primary care and multidisciplinary clinics
General hospitals have a supplicant relationship to tertiary centres	Hospitals are part of networks with balanced reciprocal relationships supported by integrated control centres

THE LEAP UPSTREAM

SALUTOGENIC

ORIENTATION

PATHOGENIC

GOAL:- incremental improvements- broad-based impact on local quality of lifeDRIVERS:- business interests/fee-for-service- commitment to local capacity-buildingWORLD VIEW:- curative- acting to promote causes of healthFOCUS:- disease-centric- knowledge development and learningNORMS:- paternalism and entitlement- self-reliance and public health outlookRELIES ON:- fixing discrete parts of system- shared responsibility for applying a holistic approach to health, wellness and prosperity

Figure 5: The Leap Upstream, by Tye Farrow, 2015 in Chua G. The ultimate test for architecture and design: do our buildings and spaces cause health? (46)

Learning Health System

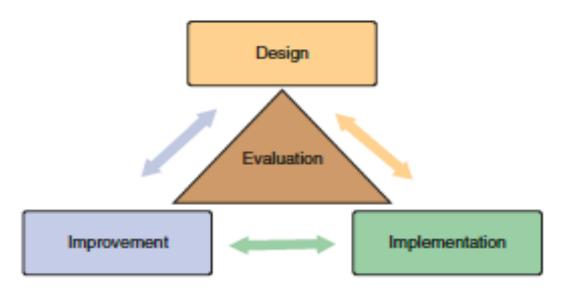


Fig. 39.2 Design Focused Implementation Framework (DFIF)

Ramaswamy R, Barach P, 2022

Hospitals as part of the wider system

How do hospitals need to adapt, change, redesigned?

Current practice	Change principle
Hospitals are standalone institutions and private spaces	Hospitals are integrated with the community and other resources – either within the hospital site or by taking the hospital to the high street Hospitals are important symbols and important components of civic society
Limited health promotion is undertaken	The hospital is an <u>active health promoter</u> , both internally for patients, visitors and staff and also in its participation in its wider community, including schools and leisure facilities
Wellness and leisure happen elsewhere	Hospital ambulatory, rehab and wellness work use leisure facilities and other public space
Centralised procurement saves money	Local procurement saves food miles and puts money into the local economy
Travel, food miles and carbon are externalities	Carbon and other environmental costs are treated as real
	Hospitals contribute to the social, economic and environmental sustainability of the wider system

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ORIGINAL ARTICLE

COVID-19 and Healthcare Facilities: a Decalogue of Design Strategies for Resilient Hospitals

Stefano Capolongo', Marco Gola', Andrea Brambilla', Alessandro Morganti', Erica Isa Mosca', Paul Barach^{23,4}

Politecnico di Milano, Department of Architecture, Built environment and Construction engineering (DABC), Design and Health LAB, Italy; Department of Pediatrics, Wayne State University School of Medicine, Detroit, MI, United States of America; Jefferson College of Population Health, Philadelphia, PA, United States of America; *Interdisciplinary Research Institute for Health Law and Science, Sigmund Freud University, Wien, Austria

Abstract. Background and aim: The COVID-19 pandemic has upended the global healthcare systems. The surge in infections and sick critically ill patients has tested the resilience of healthcare infrastructures and facilities forcing organizations to quickly adapt and embrace emergency solutions. The paper proposes a decalogue of design strategies applicable both to new hospitals and to the refurbishment of existing hospitals. Methods: The authors conducted observations at hospitals, during public health webinars and through experts working groups from March to May 2020. Results: In this commentary, the authors present a list of strategies for creating critical care surge capacity and exploring design strategies for healthcare design for resilient hospital facilities. The strategies are organized into two tiers: I) design and II) operations. The (I) Design phase strategies are: 1) Strategic Site Location; 2) Typology Configuration; 3) Flexibility; 4) Functional program; 5) User-centerdness. The (II) Operation phase strategies are: 6) Healthcare network on the territory; 7) Patient safety; 8) HVAC and indoor air quality; 9) Innovative finishing materials and furniture; 10) Healthcare digital innovation. Conclusions: Hospitals, health care systems, and institutions urgently need to assess their resources, identify potential bottlenecks, and create strategies for increasing critical care surge capacity. The COVID-19 pandemic disrupted healthcare operations and accelerated the processes of innovation and transformation. The design and operational strategies can enable the achievement of resilient hospital facilities. Further multidisciplinary researches is needed to validate the strategies empirically. (www.actabiomedica.it)

Key words: COVID19; Hospital; Healthcare facilities; Built Environment; flexibility; resilience; evidence based design; user centerdness; digital innovation; patient safety

COVID-19 impact on healthcare systems

The coronavirus disease 2019 (COVID-19) virus is creating unprecedented stresses on healthcare facilities and critical care systems. The rate of infections and critically ill hospitalized patients reached unprecedented levels. Hospitals play a crucial role within the health system in providing essential medical care to the community, particularly during a crisis. They are complex and vulnerable institutions, dependent on critical external support and supply lines which operate with limited margin of error, at a very high rate and capacity. Even a modest rise in admission volume can overwhelm a hospital beyond its functional reserve. The COV-ID-19 pandemic has stressed critical support services and interrupted supply chains along with staff shortages and communications have also been challenging topics (1). Hospitals struggled to adequately respond to an unprecedented and sudden demand for emergency care and Intensive Care Unit (ICU) beds for infectious

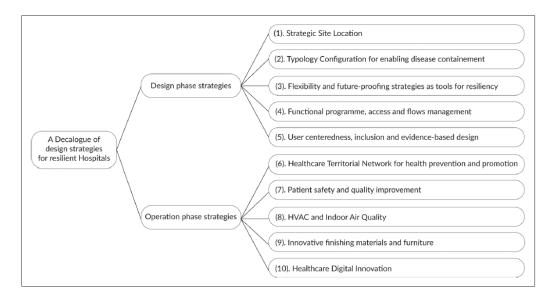


Figure 1. Flowchart of the decalogue of design strategies for resilient hospitals

'Traditional' facilities (open-plan Nightingale-style wards) to 100% single room accommodation in a newly built hospital

Overall aim was to identify the impact on:

- care delivery and working practices
- staff experience
- patient experience
- safety outcomes (including fall and infection rates)
- capital and operational costs.

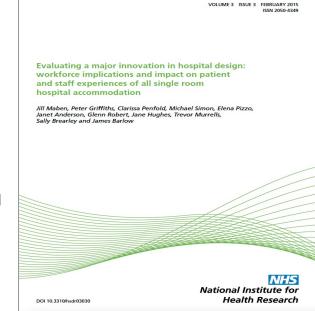
Three workstreams conducted before and after the move:

1. mixed-methods study to inform a pre-/post-'move' evaluation; 2. quasi-experimental before-and-after study using two control hospitals; 3. analysis of comparative costs associated with single rooms.

'Before' data in 2010-11 in four case study wards in the old accommodation, 'post' data collected 12–15 months after the move (2012-13).

Funded by NIHR/SDO

Summary at DOI: 10.3310/hsdr03030, full report at DOI 10.3310/hsdr03030



HEALTH SERVICES AND DELIVERY RESEARCH

Tunbridge Wells Hospital at Pembury

- £225 million new build (2008-2011 construction work)
- 512 single beds
- 8+2 obstetric theatres
- 37 outpatient rooms
- Approx. 65,000 sq.m.
- 1st NHS Hospital with 100% single rooms in England



Cost impact of a single room hospital design

Construction costs no higher as a result of all single room design, as no additional ward space required.

Any increase in **energy, maintenance and periodic refurbishment costs** over hospital lifetime outweighed by total life-cycle costs:

• 1:1:12 ratio between capital expenditure (including major life-cycle work) vs estates-related operating costs (building running costs, equipment upgrades) vs medical costs

Negligible difference in lifetime costs (net present value) between the all-single room design and a 50% single-room design (full life-cycle costs of all single-room hospital would have reduced by only 0.7% over a 60 year period).

Hard to identify any clear cost effect associated with single rooms, apart from **increased cleaning costs** (53% higher in all-single room design) but these represent a very small share of total lifetime operating costs.

49% increase in cost of preparing and serving meals, due to change from a central kitchen to ward-based kitchen model (not related to single rooms design).

Staffing implications

Some impact on operational costs arising from **overall increase in nursing staff and change in the skills mix** after the move:

In <u>all case study wards</u> there was an **increase in the cost of nursing/midwifery staff,** with the exception of the surgery unit.

Changes in ratio of FTE nursing staff per bed:

- 1.16 to 1.47 (elderly ward)
- 3.35 to 4.74 (maternity)
- 1.21 to 1.38 (surgery unit)
- 1.74 to 1.60 (acute assessment unit)

Clinical implications

Loss of staff effectiveness and efficiency due to challenges in surveillance and additional walking, but not possible to determine impact on clinical outcomes

No clear evidence of cost impact of single rooms in terms of falls

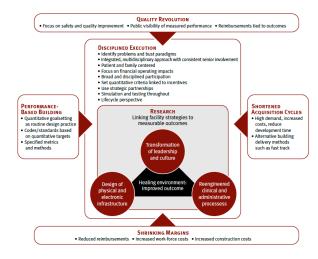
No clear evidence of impact on length of stay and hospital-acquired infections

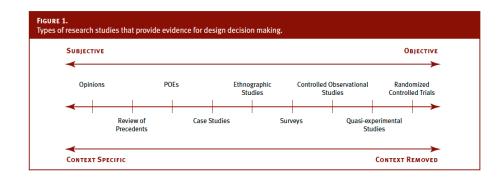
Data collected 12-15 months after the move - longer term study needed to generate evidence on care-related outcomes

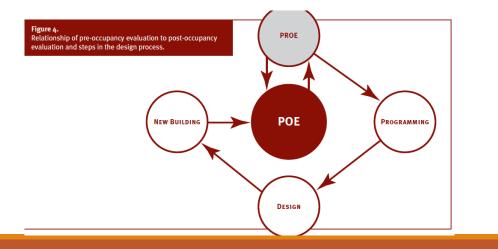
Post Occupancy Evaluation

- User Feedback: Gathering feedback from hospital staff, patients, and visitors regarding their experiences and satisfaction with the building's design, functionality, and overall usability.
- Functional Evaluation: Assessing whether the hospital's spaces and layouts effectively support the intended functions and workflows, such as patient flow, staff efficiency, and coordination between different departments.
- Technical Performance: Evaluating the performance of building systems, including heating, ventilation, and air conditioning (HVAC), lighting, acoustics, and technology infrastructure to ensure they meet the required standards and provide a comfortable and functional environment.
- Safety and Security: Reviewing the effectiveness of safety measures, such as fire safety systems, emergency exits, security protocols, and compliance with relevant codes and regulations to ensure the building provides a secure environment for patients, staff, and visitors.
- Energy Efficiency and Sustainability: Assessing the hospital's energy consumption, water usage, waste management practices, and overall
 environmental sustainability to identify opportunities for improvement and reduce the building's ecological footprint.
- Adaptability and Flexibility: Examining the building's ability to accommodate future changes and expansions, such as the addition of new technologies, advancements in medical equipment, or shifts in healthcare delivery models.
- Cost and Operational Efficiency: Evaluating the building's operational costs, maintenance requirements, and life cycle analysis to identify
 potential areas for cost savings and improvements in the long-term operation and maintenance of the facility.
- Compliance with Design Intent: Comparing the actual performance and functionality of the hospital with the original design intent, architectural drawings, and specifications to ensure that the building was constructed according to the planned vision.

A PRACTITIONER'S GUIDE TO EVIDENCE-BASED DESIGN

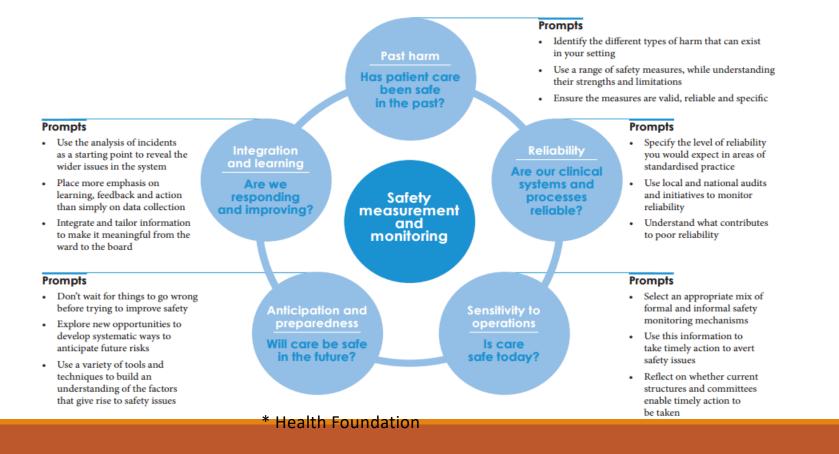






Conclusions

Safety Management System-A Framework for Measuring and Monitoring staff and patent safety*



Consolidated Framework for Implementation Research

1.Intervention Characteristics: The features of the healthcare intervention, including its evidence base, complexity, and adaptability, can influence implementation outcomes.

2.Outer Setting: The external context in which the healthcare intervention is implemented, such as the social, economic, and political factors, as well as the culture and climate of the organization or community, can affect implementation.

3.Inner Setting: The internal organizational factors, such as leadership, culture, resources, and infrastructure, influence the implementation process.

4.Individuals: The characteristics, attitudes, and beliefs of individuals involved in the implementation, including healthcare providers, patients, and other stakeholders, play a role in implementation success.

5.Implementation Process: The strategies and activities used to implement the healthcare intervention, such as planning, engagement, and evaluation, are important for successful implementation.

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E2: Rethinking healthcare: physical environments that reduce harm, improve staff retention, lower costs and improve public health

International Forum on Quality and Safety in Healthcare Wednesday 17 May | 13:15-14:30

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James Barlow, Imperial College London, England; j.barlow@imperial.ac.uk>

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MENTI Audience Responses

What were the lessons from COVI services work / or don't?	D about how our buildings and	Answers Mentimeter	What were the lessons from COV services work / or don't?	ID about how our buildings and	217 Answers Mentimeter
Work from home	Healthcare truly isn't equipped for adverse events	No clear routing	Well	Working in medicine is great!	Flexibility in decision making
One person rooms work	Poor ventilation.	Not enogh place	Don't forget the family	Focus on work as done	Changed to seperate flows of patients to the GP practice.
Work from home	So so so many shared spaces made it impossible for staff and patients to stay physically separated as recommended	They don't work	Lot of space not used efficient	Not prepered	Don't have flexibility to rapid adjustments of patient circuits
					1
What were the lessons from COVI services work / or don't?	D about how our buildings and	Answers Mentimeter	What were the lessons from COV services work / or don't?	ID about how our buildings and	217 Answers Mentimeter
Re-structuring was suddenly possible within a short period of time	Masks work	Virtual medicine	Lack of depot	Crowd control difficulties	We have very limited places in hospital if new requirements are introduced ie isolation
donot shake hands	Human centred design	Insufficient staff rest areas	Space not suitableNo space for equipmentSpace not flexibleDifficult to change fixtures or fittings	Be better for our planet	Smaller units
Teamwork	Shared rooms do not work	Better choices about what is realy necessary	Not suitable for many patients in isolation	Kaotic due to lack of normal rutines	Not ready to scale up

What were the lessons from COVID services work / or don't?) about how our buildings and	217 Answers	Mentimeter	What were the lessons from COVIE services work / or don't?	D about how our buildings and	217 Answers	Mentimeter
Poor ventilation in current buildings	Buildings dont work	Spaces too crammed.		Instructions	Telehealth is goodIT systems need to be betterAirflow and ventilation issues	Separation of emergency and elective	e patient flow
Availability	Services not set up or ready to cope with a pandemic	The need for specific count of supply		Togetherness	Building and servicesblacked flexibility	Teamwork, stand togethers	
Access to PPE that we would've used anyways improved	ED environment difficult for mental health delivery during covid	Wording without rigid rules lovely		Lack of storageLack of flexible spaces	We completely rebuild the way ofcworkibgcwothin one month	Lack of sufficient space, leadership an	nd tools.
			100 1				1 •
What were the lessons from COVID services work / or don't?) about how our buildings and	217 Answers	Mentimeter	What were the lessons from COVIE services work / or don't?) about how our buildings and	217 Answers	Mentimeter
We have to work together.	There are very few ways into the building so that made it easy to require masks and screening at entry	No backup surgical services in case of Workflow did not exist, hence large bac patients left behind, which we now hav	backlog of	Easier to arrange meetings as people don't have to meet up for them	Virtual care	Not prepared for 1 meter rule	
Universal designed wards work better than specials	Healthcare workers are courageous and resilient	with.		Face to face appointments were impacted for a number of weeks. PPE impacted on interactions	You need separed flows	Good ventilation is important	
The straf was rendt ti workshop togethers Buldings SAS not goood for isolation	We CAN get caught by surprise	Teamwork and ambitions - very import	.ant.	with derive users. The hallways are too narrow to pass	It doesn't really supportt	Unapproriate rooms	

What were the lessons from COVIE services work / or don't?	D about how our buildings and	217 Answers Mentimeter	What were the lessons from COVII services work / or don't?	D about how our buildings and	217 Answers	Mentimeter
Mindfullness	More operational, More collaboration with other organizations	Maximise every space for clinical space	Not enough single rooms and plain basic rooms	We needed outdoor tent for triage at the ER	The ability of working in distance	
God with Manu single rooms	Telecommunications work beautifully but thermal sensors judge febrile people poorly	Buildings in Mental Health for patients were poorly designed to support Infection control due to risks.	Work jome	Don't act too quickly	Lack of isolation rooms	
Isolation from single rooms. Difficulty with visibility of healthcare staff.	Spaces were too close together so there wasn't	Ingress and egress proved to be pinch points. People in a crowd act as a fluid and these created	We have open areas in the dept to allow few staff to look after lots of patients. This does not work for infectious disease.	Work From Home	Big waiting rooms	
	enough space to work autonomously or innovatively.	dams				

What were the lessons from COVIE services work / or don't?	D about how our buildings and	217 Answers M	<i>l</i> lentimeter	What were the lessons from COVII services work / or don't?	D about how our buildings and	217 Answers	d Mentimeter
Team work is dream work We are lucky to have an NHS We can adapt to change	Importance of team work and collaborative working	Don't work. Difficult ti isolate patients		We had much too much paper based. Old building with many small rooms were actually very good	Need more telemedicine	A lot comminications is necessary	
				during the pandemic			
Open workplace is not optimal	Planning	Work from home			Entrance and exits not set up for social distancing	A lot of life has close contact with others.	5.
on the second research in the second second of the second of				Less hieraki			
		_					
Importance of team working and sharing the work load	Work from home	Too many people squashed into offices not b enough for them	big	Depots sete lacking,	Reduce amounts of protocolsTeamworkEfficiency	Lockouts had a major impact on workford was a major weakness	rce, aircon

What were the lessons from COVIE services work / or don't?	D about how our buildings and	217 Answers Mentimeter	What were the lessons from COVI services work / or don't?	D about how our buildings and	Answers Mentimeter
Clinical spaces not adaptable, insufficient rest spaces and showers etc for staff,	Too few isolationrooms	Work from home	Isolated sides were difficult to organize.	Limited family participationInfection preventionWorking from home	How important it is to have health system and government partnership in bring agile change to system improvement and change management y
Norutine	A lot can be do from home, if Zoom works	6 bedded rooms made isolation very difficult. Moving of patients disrupted continuity of care	Sometimes you need to break te rules in order to help your patients or your colleges	- isolation equipment was key !!!	Isolation
Quick change is possible	Open work spaces dont work with digital meetings	People tent to think about them selfes if pressured	Benefits of working from home	The lack of flexibility of our infrastructure to adapt to a pandemic of this proportion. New infrastructure is being thought in a more modular way	Passionate

What were the lessons from COVII services work / or don't?	D about how our buildings and	217 Answers Mentimeter	What were the lessons from COVI services work / or don't?	D about how our buildings and	Answers Mentimeter
Too little workspace, close together. Narrow hallways. What did work: flexibility, different use for	Total New Working skills with COVID patient.	Waiting Rooms too small.	We want to be together	Poor accessibility to support hand washing	Big chance can happen quickly with a common goal
same rooms etc.	Need to be nimbleExpand and contractAdapt	Claustrophobic but in a small dept it was helpful	We need flexible buildings where we Can upscale	More digital	
Not enough isolation rooms	Cooperate	for human connection.	very fast	Wole digital	Our 50 y old estate needs really lacing
				We isolated patients from their loved ones	
Workung from home/ use of webex	Constante change	Social distancing does not work in small corridors	transversal cooperation		Separate offices made it possible to stay in the workplace

What were the lessons from COVIE services work / or don't?	D about how our buildings and	217 Answers Mentimeter	What were the lessons from COVI services work / or don't?	D about how our buildings and	217 Answers Mentimeter
Team work is dream work!	Shortsge of isolation Rooms	Not room enough	Home workingAlternative care provisionTelephone consults	Not enough space for lines	Lack of isolation units
No infectionsrooms in the emergency	We need more connection between outpatient clinic and clinic	Digital working	Not flexible	Not enough knowledge about the disease	More serapate doors eikö be needed in the future
The pandemin knew no borders	Fast decision. Lot of task could be done. Collaboration.	Experts didn't always take care of the sickest patients	Together	Bravery!	Working from Home

What were the lessons from COVID about how our buildings and services work / or don't? What were the lessons from COVID about how our buildings and services work / or don't? 🛃 Mentimeter 🛃 Mentimeter 217 Answers 217 Answers Worked Well We all came together Work environment was didn't work Family involvement in care reatricted Up site Down, and teamwork Inequity got clearer Working from home Source scarcity Teleconference As an administrative employee, it totally works Telimedicin Difficult to provide safe care with the team and working from home. patients split up geographically across the hospital Crowded Education Use of technology Strong organisation We need to get people more outside Many people in the same room, spred ivirus

What were the lessons from COVII services work / or don't?	D about how our buildings and	217 Answers Mentimeter	What were the lessons from COVII services work / or don't?	D about how our buildings and	Answers Mentimeter
Single person rooms	Work from home	Good teamworkDifficult to adapt physical environment	Digital opportunities available and work well	Need for overflow	Some Doors open automaticly, some don't!
Fast dissisions	Work generally ok, but our nursing homes have minor problems vith flow without contact.	Bridges between all the islands in the hospital	Much work	Good teamwork - everyone on board	Lack of access to outside spaces
Shortage of communication	Better workroutins	Isolation from the working community	Shorter lines	Fixed buildings	Not enough space
Shortage of communication	Better workroutins	Isolation from the working community	Shorter lines	Fixed buildings	Not enough space

What were the lessons from COVID about how our buildings and services work / or don't? What were the lessons from COVID about how our buildings and services work / or don't? 🛃 Mentimeter 🛃 Mentimeter 217 Answers 217 Answers Kommunikation difficult with masks Very bad, the help come much later then you have Using or's for non-covid icu patients Worked well: telemedicine and innovationBad: Teamwork Bureaucravy needed too have that ventilation and multiple pts per room the barrier to digital training is the employees Poor ventilation in older buildings everything is possible Great at adapting A lot of Viborg isolations caused by patient Roms Not enough Rooms to isolate for serveral patients in one room. Better ressources Small roomsPersonal care How Quick we could upscale Mask

Empowering patients to carry out their care

What were the lessons from COVID about how our buildings and services work / or don't?



🕍 Mentimeter

What do you think is the most important aspect of the environment that promotes health and healing?

🛃 Mentimeter

1

Ventilation not good for transmission of virus. . Red and green areas in ED difficult to manage

179

What are your ideas about new design principles?

🕍 Mentimeter