



EVALUATION OF HEALTH CENTERS OF GİRESUN CITY WITHIN THE CONTEXT OF HEALING GARDENS

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ABSTRACT

The open green areas in the cities have positive effects on people. People want to be away from the stress of the day, to be in nature to feel better. It has been seen that people who live with nature are healthier and more positive than other people. People have always been in search for their health since the past. They understood that high motivation is important to be healthy. Healing gardens are needed in areas requiring special care, such as hospitals, nursing homes, rehabilitation centers, so that both employees and patients feel happy and that they are healthier individuals. In fact, in the past, healing gardens have been important besides medical treatments. The healing gardens, which have begun to lose their importance along with the increasing population, have come again in the 1990s. In this study, the application principles of the improvement gardens, the Atasev Special Education and Rehabilitation Center in Giresun city center, Giresun Elderly Care and Rehabilitation Center, Giresun Community Mental Health Center, İlhan Özdemir State Hospital recommendations are presented.

KEY WORDS: Healing Gardens, hospital gardens, Giresun.

1. INTRODUCTION:

It is widely believed that plants and nature are beneficial to patients in terms of health. Historical accounts suggest that this belief was an organizing principle for the exemplary hospitals of the past, where a primary goal was making patients more comfortable (Stein, 1990). Monasteries in the Middle Ages treated the patients within their garden cloisters where the patients' rooms were offered with plenty of sunlight and fresh air, lawns, seasonal plants and places to sit or walk (Whitehouse, 2001). Later, improved treatment methods against emerging diseases and developments in engineering in the late 19th century have enabled the construction of high-rise hospital buildings and have caused changes in hospital designs.

Layouts of new hospitals were determined by the new discoveries in medical technology, and any lack of attention to patient comfort seemed unimportant compared to the dramatically improved patient recovery rates in the new, technologically driven hospitals (Whitehouse et al., 2001). Health professionals, architects and landscape designers have begun to believe that the negative hospital environment can adversely affect the mood, stress level and well-being of patients and their families. Then, the idea of using the healing aspects of nature to help the healing process of patients started to emerge.

Healing gardens are mostly designed to support healing processes and recovery of stress (Elings, 2006). They are usually situated near care institutes or in the gardens of nursing homes, rehabilitation centers and hospitals, which aim to reduce stress and affect health status well (Elings, 2006) (Bulut ve Göktuğ, 2006). Well-designed healing gardens in hospitals and healthcare facilities reduce stress, improve clinical outcomes, provide opportunities for escape from stressful clinical settings, heighten patient/consumer satisfaction with healthcare providers, increase care quality, and consequently improve economic outcomes by reducing the costs of care (Ulrich, 2002). In particular, determining that natural environments and designed spaces play an important role in accelerating the healing period has been a factor in transforming gardens into healthcare spaces. In this context, Therapy gardens, healing gardens are commonly designed spaces (Arslan and Katipoğlu, 2011).

There is considerable evidence that the positive effects of natural landscapes appear only in three to five minutes as a combination of psychological / emotional and physiological changes. Vegetation or gardens increase the levels of positive emotions (sweetness, calmness) and reduce negative-toned feelings such as fear, anger and sadness.

Some nature scenes effectively keep attention and caution and reduce stressful thoughts in this way. Laboratory and clinical investigations have found that viewing nature settings can produce significant restoration within less than five minutes as indicated by positive changes, for instance, in blood pressure, heart activity, muscle tension, and brain electrical activity (Ulrich, 1981; Ulrich et al., 1991).

It is seen that the physical and psychological healing processes are positively influenced by the use of natural spaces which have many positive contributions for human beings and designed with the framework of appropriate design principles with their purpose outdoors of health facilities. Therefore, it is seen that the treatment process will be accelerated by designing the hospital outdoor spaces. In this context, the design of healing gardens should be considered importantly.

Just as, the interior spaces of the institutions and the equipment used in these places are valuable the designing the outdoor spaces should be provided by taking into consideration the values of these spaces.

2. MATERIAL VE METHOD:

The main materials of the study are Giresun Disabled and Care Center, Atasev Special Education and Rehabilitation Center, İlhan Özdemir State Hospital, Giresun Elderly Care and Rehabilitation Center, and Giresun Community Mental Health Center in Giresun city center.

In this study, landscape research methods based on data collection, analysis and synthesis were used. The first part of the research is the reviewing of the literature on the subject. Afterwards, investigation on site were made and photos of the research areas were taken. Lastly interviews were held with hospital authorities to present existing and planned studies.

Then, in the light of the data obtained, the hospital and rehabilitation centers were evaluated and their current situations were analyzed. After that, lackings and requirements were put forward. As a result of the study, recommendations were made for the gardens of these areas should be more suitable and more usable.

3. FINDINGS:

5 Care and Rehabilitation Centers in Giresun province were examined and the data related to these centers are summarized below.

Giresun Disabled and Care Center:

It is located in the Teyyaredüzü neighborhood. The care of the elderly and elderly people with disabilities are carried out in this center. The center is located on the village road far away from the center, so the surrounding of the area is covered with hazelnut gardens. The center has its own garden but the whole garden is covered with concrete. The garden is suitable for sports and various activities, but, it is restricted to contact with the soil because of concrete material. Individuals who getting service in the centre are usually taken to different areas for activities. River edge across the road is preferred for walking activities. There is a parking area for 10-15 cars. People in the institution can spend time together and the activities such as picnic, excursion, planting and painting are done. While there is a possibility of being converted into a more comfortable area, the number of people is high and the care is insufficient, and also the iron bars make this area more pessimistic.

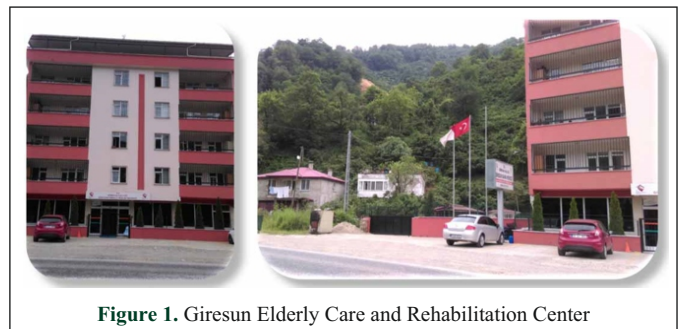


Figure 1. Giresun Elderly Care and Rehabilitation Center

Atasev Special Education and Rehabilitation Center:

The institution has been serving for 10 years. It is interested in children in need of special education. The center is a house with a garden and is a place where children can have fun in the grass and among the a few trees. The garden walls are concrete and the place is covered with trees. One-to-one education is given to children, and picnics, painting, seeing historical places, planting etc. activities are done and the development of children was supported. There is no parking area for cars. Outside the grass area and several seating units, the garden does not have a special function.



Figure 2. Atasev Special Education and Rehabilitation Center

Giresun İlhan Özdemir State Hospital:

It is located in the Teyyaredüzü Atatürk Boulevard and is easy to reach. State Hospital, Obstetrics and Gynecology Hospital, Community and Mental Health Center, Mouth and Dental Health centers are together. As in many hospitals, there is a shortage of parking area in the state hospital and the existing parking area is not sufficient. The surroundings of the state hospital is reserved for car park and emergency situations. There is limited space for patients, their relatives and hospital staffs to spend time outside of the hospital. There are no seating areas or green areas except for a few banks and canteen around the hospital. The lack of small recreation facilities around the area appealing to a large audience is an important deficiency. Despite the new construction, the area is not used regularly and does not obviate the needs of the users.



Figure 3. Giresun İlhan Özdemir State Hospital

Giresun Elderly Care and Rehabilitation Center:

It is located in Erikliman-Giresun and is access from the Giresun Island view. The institution was put into service in 2015 and is serving the patients over 60 years of age. There are 77 patients and 65 staff. The green area /construction rate was complied with while the institution was being built. The institution is located in the green area and has a garden with promenades, benches, camellias and sports equipment. There is a sports coach in the institution and sports with elderly and patients, are performed regularly. There are promenade areas where the elderly and the patients can walk around the area to make themselves more self-confident. Within the area, roads are designed to allow vehicles for emergencies and parking and gazebos are located at the back of the building.



Figure 4. Giresun Elderly Care and Rehabilitation Center

Giresun Community Mental Health Center:

It is located in next to İlhan Özdemir State Hospital as the administrative department. Parking area and garden are common areas for that two facilities. The building is shared with Mouth and Dental health center. The building is surrounded by parking area and the seating areas are insufficient. There are no places where patients can spend free time.



Figure 5. Giresun Community Mental Health Center

4. RESULTS:

As a result of the investigations, it was found that these areas where the stress was most concentrated have not healing gardens sufficiently and that the perception that these areas usually consist of only one building. The existing gardens have been surrounded by heavy hard floors by designing lot of parking areas and similar uses and there are generally no suitable areas for sitting, resting and walking. It is not very difficult to make these spaces a healing garden. Even the smallest spaces can be transformed into areas that can provide the right services to their patients and employees. While people found healing in nature long time ago, it is an undeniable fact that this important factor is ignored in most of these spaces.

The gardens of these areas in Giresun can be made more functional. Color effects of plants is an important matter of the healing gardens. Effective points can be created with walking and living spaces designed with color effect. The sense of smell besides color is also an issue to be evaluated in the healing garden designs. In the hospital garden, Pool and objects with water element should be created by using the advantage of the relaxing effect of the view and sound of the water (Aksu and Demirel 2012). It should be ensured that individuals can be socialized with each other by making seating places under the trees. Greenhouse areas and hobby gardens should be made and individuals should be kept in contact with soil, vegetables and fruits. Places should be created to provide opportunities for physical movement and exercise. It is important that the gardens are should be usable in all four seasons. There should be continuity in well-defined spaces and transitions between these spaces.

Different spaces should be created in order to enable people to move together and encourage them to get social support. In this context, picnic areas can be created by leaving large green areas and people can spend more time in lawn areas.

The visual pollution and confusion created in the garden area should be avoided by using alternative methods for car parking areas. It should be kept in mind that lighting in hospital gardens is very important and that the lighting of hospital gardens should be considered as a special subject in the landscape designs (Aksu and Demirel 2012).

Nature and areas close to nature have very positive effects on human health. Researches show that views and voices in nature have calming, soothing and healing effects. In this context, hospital gardens should be considered as natural healing environments for patients who are in the hospital for various reasons and their designs should be done carefully. Hospital gardens are places to help patients who get medical treatment being away from hospital's cold and stressful environment and to help the treatment process. Also, the aim of these gardens is relaxing of hospital staffs mentally and emotionally. These features of the gar-

dens should also be considered importantly. 'Healing gardens' designed and implemented with these purposes have the effect of increasing the quality of life of people.

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