

# Analysing the Relevance of Therapeutic Lands Cape for Hospitals: In Context of Nekemte, Ethiopia

**Rahel Shiferaw**

School of Engineering and Technology, Wollega University, Nekemte, Ethiopia

**Email address:**

Rahelshiferaw2017@gmail.com

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**Abstract:** The Therapeutic Landscape is an evolving concept that is gaining popularity today. what makes landscape therapeutic and not another? In what way are landscapes healing? The benefits of therapeutic landscape design in healthcare are discussed in this study. As a result of research findings from a case study, a set of recommendations for therapeutic landscape design has been proposed to show how therapeutic gardens may be used to better serve the community as a whole. The maps and site layout have been examined. As a main research project, a case study is employed. The findings of the case studies helped in the formulation of theories, policy recommendations, and the use of gardens for therapeutic purposes in hospitals. This research looked at a range of approaches to learning about the therapeutic environment in hospitals a bast from general (normal) facilities provided. These include how gardens might be utilized to improve patient treatment and the realization that nature is another name for health. The application will focus on the hospital's site location in order to produce a peaceful therapeutic garden in the context of Nekemte City's dry tropical climate.

**Keywords:** Therapy, Nature, Therapeutic Gardens, Nekemte

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## 1. Introduction

### 1.1. Background of the Study

The World Health Organization (WHO) defines health as complete physical, mental and social well-being. The term therapeutic landscape was originally defined in 1992 by the geographer William Gessler as a place where physical and built environments, social circumstances and human perceptions come together to create an environment that is favorable to healing [3].

There are three health care elements.

**Curing:** - doctors, nurses, specialist do this directly for the patients.

**Healing:** -takes place within the patient body has to do it for itself.

**Caring:** -when patients cared by medical staff, family, and other patients etc.

### 1.2. Significance of the Study

Given the present hospital physical environment in Nekemte Specialize and Referral Hospital, there is a need to investigate options for improving the entire hospital physical environment, as well as the patients, visitors, and staffs' perceptions of it.

This study will aid in the understanding of a fresh perspective on health care (Hospital Architecture) in order to enhance the current environment [8]. This research will look at the hospital gardens, which give a natural and peaceful view while also stimulating patients' feelings of treatment. Garden kept track on hospital patients' progress and addressed their four senses (Looking, Smell, Sound and Touch) [7].

**Looking at a garden:** -observing a beautiful flower and different attractive colors make our mind calm and cure.

**Smell a garden:** - squeeze and smell the leaves and fruit of plants encourages them to imagine the taste.

**Sound in a garden:** - Birds, moving water and gazebo and wind whistling through leaves bring a variety of sounds to the garden.

**Touch a garden:** - there are a plant which has different textures.

## 2. Literature Review

### 2.1. Therapeutic Landscape

The therapeutic landscape has experienced a tremendous increase in attention in recent years. These landscapes were created with a number of purposes in mind, including hospital, therapeutic, rehabilitative, and other settings. In

reality, the American Society of Landscape Architects maintains a professional practice network of therapeutic garden design consultants [10]. Green features, such as gardens, tree-lined paths, and green walls, give the hospital a sense of life. Furthermore, trees and plants emit oxygen into the environment, as well as humidify and chill it. A regular supply of fresh air enables the body to detoxify airborne pollutants and can significantly improve one's mood [4].

## 2.2. Understanding of Terms

### 2.2.1. Therapy

Is a viable option for treatment in variety of mental and emotional issues. Simply conversing with an individual by making one feel better through release of mental and emotional blockage [4].

### 2.2.2. Hospital

Is a center for diagnosis, prevention, treatment, recovery, cure of disease, sickness, injury, and other physical and mental impairments in individuals, as well as the maintenance or enhancement of health [3].

### 2.2.3. Nature

Includes all non-human-made creatures, flora and fauna as a supreme power has given. The most beautiful part of nature is its boundless variety and becoming more widely recognized as a source of health promotion. It has the ability to heal since it is where we came from and is an important element of our health and survival also assists us in maintaining our independence [2].

### 2.2.4. Therapeutic Landscape

Therapeutic landscapes are restorative medications or methods used to treat illnesses or diseases through the design and building of outdoor living spaces that use a variety of aspects to produce a functional and appealing location for outdoor living. It encompasses both the physical and psychological aspects of therapy or healing [4].

## 3. Even After So Much Advancement, What Is the Cause of the Recent Increase in Illness

### 3.1 Due to Drifting Away from Nature

Man is drifting away from nature as technology advances,

and man is technically becoming further away from nature. Our rising attachment to electronic devices, known as "videophilia," has completely replaced it. Technology has the potential to have a major impact on users' mental and physical well-being. Being overly connected can cause distraction, a desire for immediate gratification, and even despair [1].

### 3.2. As a result of Population Increase

Increasing population densities and urban poverty causes the extraction of resources from the environment as well as the transmission of viruses; people are more susceptible to respiratory and gastrointestinal diseases while living in unhealthy settings. In Nekemte, access to improved water supply and sanitation has been very low and hence majority of the communicable diseases are associated with unsafe and inadequate water supply. The majority of the country's population lacks access to safe drinking water and sanitation. As a result, people are suffering from ailments including diarrhea, skin disorders, and trachoma [14].

### 3.3. Mind Pollution

Mind pollution is the most harmful sort of pollution as it is the source of all other types. Thoughts have the power to transform an experience from pleasure to sickness. If we want to achieve a long-term change in the world, we must first address people's attitudes and mindsets [9].

## 4. Need of Therapeutic Landscape in Hospital

The therapeutic landscape has seen a significant increase in attention in recent years. These landscapes are specifically designed to address a variety of applications within healthcare, therapeutic, rehabilitative, and other contexts [8]. The American Society of Landscape Architects, in fact, has a professional practice network of consultants that specialize in therapeutic garden design. Green spaces such as gardens, pathways lined with trees and green walls infuse a sense of vitality into the hospital. Furthermore, trees and plants release oxygen and humidify and cool the atmosphere [14].



Figure 1. Study area.

## 5. Study Area

### 5.1. Introduction to Nekemte

Nekemte is a market town and a separate district in western Ethiopia. It is located in the East Wollega Zone of the Oromia Region. 331 kilometers from Addis Ababa, Nekemte is located at 9°5'N 36°33'E/9.083°N 36.550°E and

sits at a height of 2,088 meters above sea level. There are a lot of fauna and floras in the town and expected to have a population of 110,688 people. The average annual rainfall in the town is 1988 millimeters, with an average temperature of 17.6°C. In and around the city, there are two public hospitals: Nekemte Specialized Hospital and Nekemte Referral Hospital.

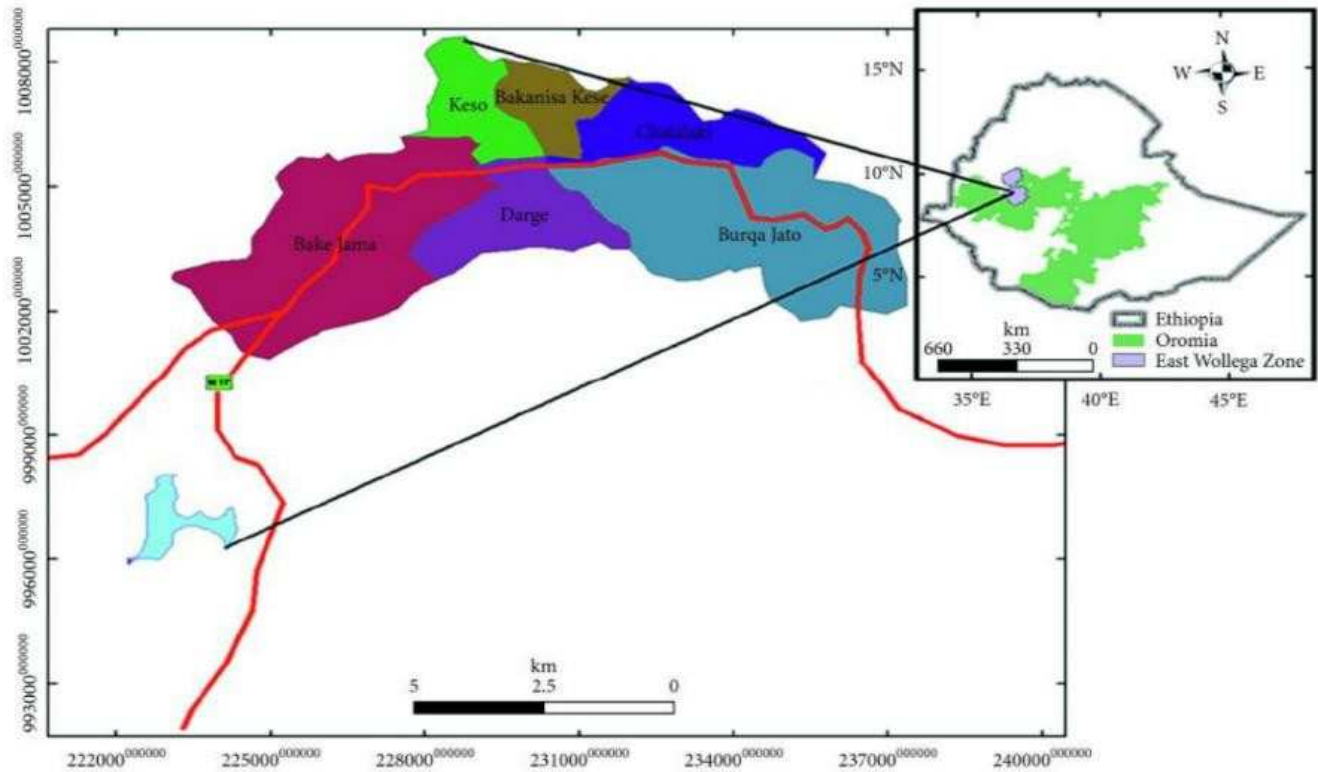


Figure 2. Location map of study area.

### 5.2. Location and Selection Criteria of Hospitals

*Nekemte Referral Hospital* is located in the Beke Jama sub city, while *Nekemte Specialized Hospital* is located in the Burqa Jato sub city. The two hospitals are positioned far apart, making them accessible to city residents.

*Nekemte Specialized Hospital (NSH)* is one of the region's oldest and most burdened hospitals, charged with playing a fundamental role in reducing morbidity, mortality, and disability, as well as improving people's health status, by providing a comprehensive package of pro-motive, preventive, curative, and rehabilitative health services of the highest possible quality in an equitable manner, in collaboration with all stakeholders [11].

*Nekemte Referral Hospital (NRH)* is the only referral hospital in East Wollega zone and gives different health service for more than 1,756,952 populations [12].

## 6. Case Study of the Hospital

In the facility, there isn't enough greenery. Patients do not

use the hospital garden because it is only around the entrance. The gardens are neglected and the environment is generally inaccessible. There are no comfortable chairs with sunny and shady locations around the facility, which is a barrier that is inconvenient for wheelchair users, and all of the windows in the hospital ward are painted, making it impossible to see outside. There is no pleasant, quiet space in the hospital for groups of all sizes. With considerable intervention, *Nekemte Referral Hospital* may be converted into a healing garden. Substantial amount of the hospital's grounds is underutilized. There are no physical responses that bring users back to tranquility or indicate for patients' survival [5].

According to on-site observation and checklist analysis *Nekemte specialized Hospital* is partially fulfill the therapeutic landscape principles they can be transformed in to therapeutic garden with high intervention. Because of the paint in the window, there is no view from inside to outside. The hospital's entrance is covered by foliage on one side and has a lawn, while the park-like grounds have simply grass. The walking garden in the hospital used to pass through it

Despite the fact that the bulk of the complex is inhabited, there are still unused areas that are utilized for landscaping.

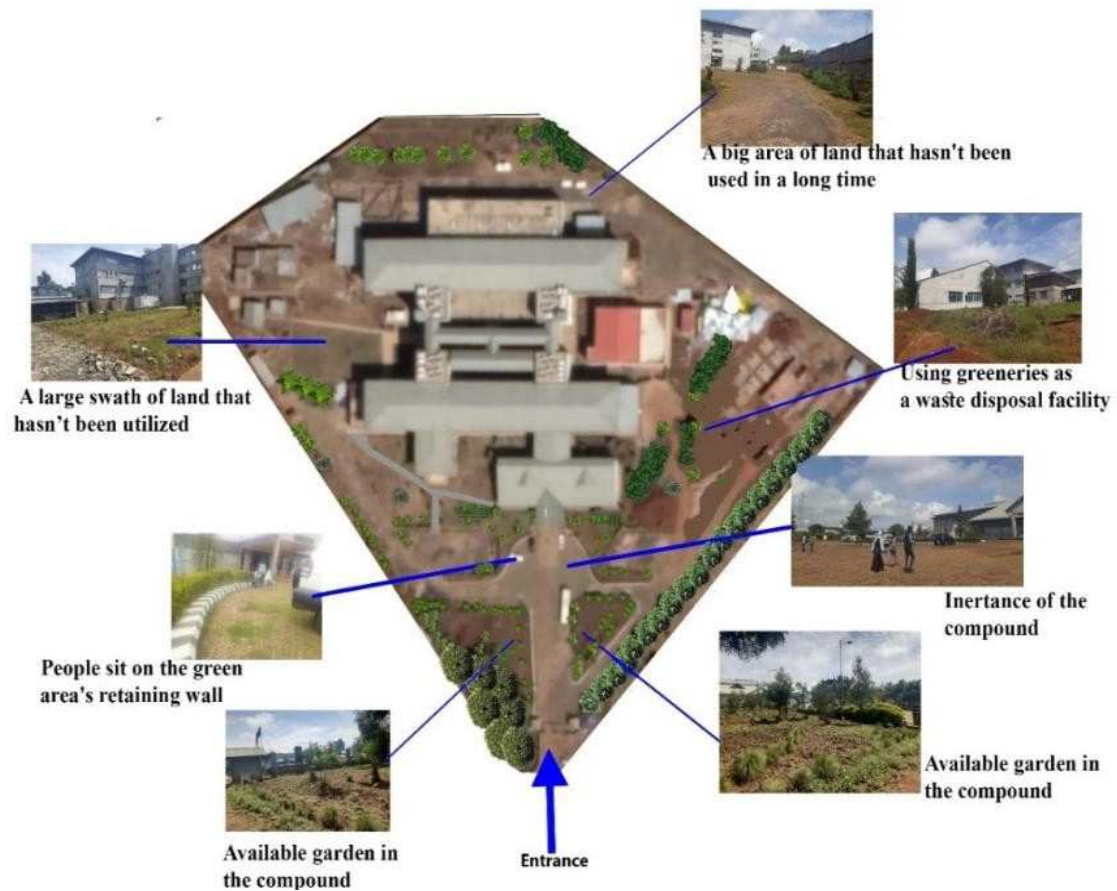


Figure 3. Picture of existing compound of NRH.



Figure 4. Picture of existing compound of NSH.

## 7. Conclusion

Hospitals are associated in most people's minds with illness, accidents, stress and death. The usage of hospital gardens and the therapeutic advantages of these outside areas were investigated. Ninety-five percent of those who visited the gardens said the therapeutic gardens were beneficial [13].

New sustainable standards now prioritize areas like integrated design, connection to nature, and relaxing spaces. Natural sunshine and views of nature are increasingly recommended as ways to bring natural light into the facility. These suggestions are supported by evidence and research, as well as their influence on health outcomes [6].

## 8. Recommendations

- 1) Create a board of advisors consisting of competent therapeutic garden experts (Landscape Architects, planters).
- 2) The therapeutic landscape must be prioritized in health-care planning.
- 3) The outdoor and indoor environment requires equal attention.
- 4) Before any project begin networking with therapists and other health care provider.
- 5) Design landscape should respond to the needs of patients, family, and employees, and seek for domestic (native) flora.
- 6) Management and staff must be involved in the design of the therapeutic landscape.
- 7) The entrance to the Gardens is clearly marked, as are maps and signage around the complex.
- 8) Utilization of volunteers from among the patients is a common way to maintain a garden.

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