Horticulture: Supporting health and well-being in hospital communities during COVID-19

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A focus on well-being for everyone
This is our mission

Our legacy is good health for

Our people
Our patients
Our communities
Our world
Session objectives:
1) Summarize work role for hospital HTRs during COVID-19 and shifts needed to meet changing demands
2) Discuss how the HTR collaborates with Employee Health
3) Describe why and how staff are given priority service as essential workers
4) Summarize patient care services & practices to support family
5) Status now and what’s next
6,146 hospitals in 2018
36.4 million in-patient admissions
Increase in inpatient admissions generated by baby boomers & millennials now through 2050
Aging and diverse hospital population
Horticulture makes a difference in the health and well-being of people in hospital communities

- Physical
- Emotional -- stress prevention and destressing
- Cognitive – enhancing attention & problem solving
- Social connections
- Spiritual needs
- Environmental awareness to support global health
Previous research on gardens and nature in healthcare settings

- Simply viewing nature, plants, or flowers fosters rapid recovery from stress.
- Nature exposure can reduce pain.
- Viewing nature reduces anger.
- Nature exposure can buffer a person’s reaction to a subsequent stressor.

Ulrich, 1984; Ulrich et al., 1991; Parsons et al., 1998; Kweon et al., 2008; Diette et al., 2003; Lottrup et al., 2013
Evidence base to support gardens in hospitals

See garden research updates: https://www.legacyhealth.org/health-services-and-information/health-services/for-adults-a-z/horticultural-therapy/professional-resources/garden-research.aspx
Legacy Therapeutic Garden Program Overview

- www.legacyhealth.org/gardens

- 1991 - 2020
- 12-hospital gardens
- 6-hospital system across Portland, Oregon & SW Washington region
- Serving patients, visitors, employees 24-7
Rehabilitation Institute of Oregon patient treatments
Visitor restrictions

- Legacy gardens reserved for employee respite
- Limited visitors remain in the patient room with their loved one
Family well-being
Legacy Employee Health

Workplace wellness

- Dr. Minot Cleveland
- Good Health Council
- Good Health Teams
- Destressing during COVID-19
- 14,000 employees including 5,000 nurses
- 3,500 physicians and providers
- 2,500 volunteers
- Caring for the caregivers
Good Health Council

- Healthy Eating
- Active Living
- Peaceful Mind
Healthy eating active living during COVID-19

Hi Teresia,
As an experienced gardener, I'm always intrigued when I come across plants I don't know that are new to me.
SO, I planted some of the seeds from the salad bowl mix packets that were given away at the (3rd year?) anniversary of the Salmon Creek Healing Garden and BOY! are there a lot of little seedlings I don't know. The green and red loose leaf lettuce I recognize but there are many that have the characteristic heart shaped (upside down heart?) crucifer seedling leaves like radish and broccoli and kale that I don't recognize- guessing 2 or 3 varieties of arugula? And others as well. Beet seedling- Swiss chard? Rough radish-looking leaves-radish? Is there a list of which seeds were in the mix?

Thanks,

Dan Moynihan, M.D.
Legacy Medical Group
Student nurse training in the garden
Significance of burnout in nursing

- Up to 33% of nurses report symptoms of burnout
  - Up to 86% have at least 1 of 3 components of burnout

- Risk for development of PTSD, alcohol and substance abuse, and suicidal ideation

- Leaving the profession and high turnover

- Poor work performance leading to:
  - Medical errors
  - Increased hospital acquired infections for patients

Spring is here

Stress and burnout among health care professionals were huge issues before the COVID-19 pandemic. Now more than ever, connecting with nature and taking work breaks in Legacy’s hospital gardens are so important in caring for our caregivers by decreasing psychological stress and providing a respite for our staff.

Minot Cleveland, M.D.
Earth Day: We could not be together for April site celebrations so we celebrated past events on Yammer—Mount Hood
Salmon Creek Healing Garden
Good Samaritan Stenzel Garden during COVID
Stenzel Garden in COVID times
Children’s Garden at Legacy Emanuel
Walking, resting, meditating, lunch and more

These are unprecedented times, especially for hospital workers. To have the garden to visit is essential to maintaining balance (when all around me seems out of balance). A blooming shrub, the sun on my face, the smell of rosemary...and everything shifts towards the better. Breathing slows down, mind relaxes and energy is renewed.

Bridget Martin, RN NTICU
Children’s Garden distancing in sun and shade
EVS Teams continue onboarding new employees. Gardens are in the orientation checklist.
Terrace Garden at Emanuel
Respite and distancing: Designing for privacy
Resuming staff supportive activities
June 17th 2020
Summer 2020

1. Healthy eating

2. Active living

3. Peaceful mind

Celebrate Summer in the Garden

Join the Good Health Team, Sustainability and Therapeutic Garden programs

July 21, 11:30 – 1:00

in the Healing Garden to celebrate summer.

Enter the garden raffle for a salad bowl and other nature and gardening goodies. Free wildflower seeds with planting directions. Garden resources available.

Learn about Legacy Sustainability initiatives with Pat Lydon, Manager of Sustainability.

Good Health Team review Check on You, Check on Two
https://mylegacy.lhs.org/newscenter/Pages/Insight_2020_07_07_check-you-check-on-two-employee-wellness.aspx and other employee resources for our good health.

Take a garden break and enjoy lunch. Masks and distancing required.

Free fresh air, sunshine and peace.

For more info:
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Taking a knee for social justice
Black Lives Matter

Thank you for being a part of Legacy’s fight against racism and our deep commitment to uphold our mission of good health for our people, our patients, our community, and our world.

*Kathryn Correia*
President & Chief Executive Officer

BERG participates in collective impact of garden events

Black
Employee
Resource
Group
Supporting essential workers

Imaging Team

Lab Team
Summer arrived & resuming nature stations in July
Pediatric nature stations...dinosaur food
Amazing plants &
dog days of
summer…
Monkey puzzle tree
Collective impact

I really enjoyed the few moments at this event! I was in need of nature therapy — timing was great! Nice display of information and collaboration with BERG. And I won a prize! Thank you for this occasion its much need!
Volunteers & contractors through the seasons
What's next for Legacy Therapeutic Garden program during COVID-19 and beyond

August 13
FRONT PAGE
Essential news for Legacy’s frontline team

PPE: N95 bins, droplet masks, anti-fog wipes

Legacy favors tobacco tax on November ballot

Take a break in your hospital gardens
Legacy Therapeutic Garden Program priorities

1. Maintain 12-gardens at high-quality botanical garden standards—daily, weekly, monthly, seasonal and annual protocols

2. Maintain Therapeutic Garden Program calendar of activities to support *our good health* for patients, families and employees through the year

3. Rehabilitation Institute of Oregon HT services

4. Randall Children’s Hospital at Legacy Emanuel Medical Center Children’s Garden Pediatric Nature Station program through the year
The weight and strain of the past six months are undeniable. As we remain on the frontlines of COVID-19, our clinical teams continue to provide the highest quality, safest care within an ever-changing environment, and our administrative and support teams continue to support our mission despite physical separation from their colleagues and workspaces. There is no question that the impact of the pandemic has required you to dig deep professionally and personally. I see you, and I cannot thank you enough.

Kathryn Correia  President & Chief Executive Officer
We are at the cusp of a new season…autumn
Winter follows