

# Current situation and development of outdoor landscape in women's specialized hospital

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**Abstract:** In order to create a more suitable outdoor environment for physical and mental rehabilitation of female patients in specialized hospitals, the problem of mismatch between the existing medical environment and humanization needs is solved. Based on the literature research method, in view of the outdoor space structure of typical women's specialized hospitals at home and abroad and the use of patients, the existing problems of outdoor landscape of women's specialized hospitals and the use of patients' needs were sorted out. The design strategy of outdoor landscape of women's specialized hospital is put forward to provide reference for related practice, in order to provide users with a higher quality medical environment.

**Key words:** women's specialized hospital; Outdoor landscape; Current situation and development

## 1. Introduction

Outdoor natural environments have been well documented to have psychological, physical, and social benefits, especially as they relate to health care facilities. Some of its beneficial health effects include physical and mental benefits; Entertaining or aesthetically enhancing; Relieve stress; Develop public relations; Improving air quality, etc. In recent years, some large urban women's specialized hospitals have begun to deeply realize the importance of outdoor environment for female patients' self-rehabilitation, began to establish new hospital areas, and actively began to organize the transformation of outdoor space. These excellent cases are worthy of our in-depth study and research, but there are still quite a few women's specialized hospitals due to land restrictions, late maintenance and other factors. As a result, the outdoor environment space is chaotic, the green space is single, can not provide users with a safe, soothing and diversified experience, and has not reached the purpose of assisting users to achieve physical and mental rehabilitation.

## 2. Research status of outdoor landscape in women's specialized hospitals in China

### 2.1 Women's specialized Hospital

At present, domestic medical resources for women mainly come from obstetrics and gynecology hospitals, maternal and child health care hospitals, women's and children's medical centers and general hospitals. Among them, women's specialized hospitals refer to obstetrics and gynecology hospitals, including gynecology, obstetrics and reproductive medicine departments of maternal and child health hospitals and gynecology and obstetrics and reproductive medicine centers, excluding gynecology, obstetrics and reproductive medicine departments of general hospitals. According to different types, it is divided into: obstetrics and gynecology of public hospitals, obstetrics and gynecology of private hospitals and obstetrics and gynecology of private high-end chain institutions.

In our country, with the full implementation of the "three-child" policy, the obstetrics and gynecology industry has become the focus of attention. In addition, environmental pollution, competitive pressure, accelerated pace of work and many other factors, resulting in the incidence of gynecological diseases in our women increased significantly, and showed a trend of younger people, becoming a threat to our women's health "killer". As a result, China's obstetrics and gynecology medical market has been rising year by year, the existing maternity medical institutions of environmental equipment can not fully meet the growing demand for women's services, environmental improvement is imperative.

### 2.2 Outdoor landscape of women's specialized hospital

China started relatively late, and the special research on women and women's hospital landscape planning is relatively few in China. The relevant research mainly focuses on the inheritance and deepening of foreign advanced research results, and there is a lack of relevant research data. At present, in the construction of medical landscape, most of them focus on the architectural streamline organization, internal functions and the design of components of outdoor medical environment, and some typical cases have been accumulated, but there is still a lack of data collection and view transformation for healing effects.

Compared with general hospitals, the humanized design of women's specialized hospitals in China is relatively backward, and most women's specialized hospitals in China have problems such as insufficient medical staff, shortage of beds, poor environment, poor

equipment, and so on, not to mention the outdoor landscape of the hospital under such conditions. Although the number of private obstetrics and gynecology hospitals in China exceeds that of public hospitals, due to the relatively small size of private hospitals, their lack of green space, health landscape is almost no. In addition, the outdoor landscape of women's hospitals is rarely designed by professional landscape designers, which basically ignores the feelings and needs of patients and medical staff, and lacks space and venue suitable for women's psychological and physiological rehabilitation.

### 3. Research status of outdoor landscape in women's specialized hospitals abroad

#### 3.1 Theoretical Research

For thousands of years, people have believed that nature has healing powers for people suffering from mental and physical problems. This belief began in ancient Egyptian civilization, through early Asia, Greece and Romania, and then to the monasteries of the Middle Ages. This interest continued until the early twentieth century, however it began to wane due to a preference for functional efficiency and a preference for financial gain. Now it is being rediscovered in the form of therapeutic landscapes and therapeutic gardens. With growing evidence that proximity to nature is an element of healing, research has focused on examining the process of designing and evaluating therapeutic gardens. The American Horticultural Therapy Association (AHTA) classifies natural environments that contribute to the healing process into several different types based on user groups and garden design schemes: therapeutic gardens, therapeutic gardens, and horticultural therapeutic gardens. While these terms (therapeutic garden, therapeutic garden, and horticultural therapy garden) are intended to improve health by spending time in a garden, the American Horticultural Therapy Association has developed definitions that explain the differences between them.

#### 3.2 Practice Research

The practice study found that the therapeutic landscape is not a design feature of any healthcare facility. Although all medical facilities were planted with plants to help improve their surroundings, a closer look revealed that these plants did not meet the therapeutic landscape criteria. Instead, they are provided for aesthetics and shade. This shows that in the study area, therapeutic landscapes were not used in the construction of medical facilities.

In addition, some therapeutic garden designs, when investigated, found it difficult to discern whether they were for the frail elderly, the mentally ill, Alzheimer's or cancer patients. As a result, it mostly fails to meet all the needs (psychological, physical and social) of all users (patients, visitors or staff). Due to the different types of therapeutic gardens and the different needs of users, it is necessary to identify design criteria that meet this difference in order to improve the effectiveness of these gardens.

In addition to specialty hospitals, relevant studies in general hospitals are also worth learning from. Studies have shown that even healthy patients can be uncomfortable and physically and emotionally weakened by the traditional hospital environment, and the focus is on ensuring that patients have a pleasant experience at all stages of arrival, waiting and visit. Moreover, despite the recognition of the beneficial role of green Spaces, the lack of proper green Spaces is accompanied by a low level of satisfaction with the space available.

### 4. Problems and trends exist

#### 4.1 Theoretical level

Through the above research on the outdoor landscape of women's specialized hospitals at home and abroad, it is found that at the theoretical level: the treatment garden is a rehabilitation garden, but it is more targeted and specialized, and more effective for specific categories of patients. The design considerations should be divided into general and specific.

##### (1) General design considerations

① Pre-planning considerations: Before the outdoor space design begins, it should be considered in the planning process of the project.

② Integrated design considerations: All components of outdoor space that apply to all facilities, whether medical or otherwise, such as safety, security, and privacy.

③ Wellness landscape considerations: These considerations should apply to all elements within the outdoor space, such as paths, seating, plants, etc.

##### (2) Design considerations for special populations

In addition to meeting the general design considerations, the treatment garden also needs to target specific groups, such as women, men, oral patients, eye patients, etc., in a good medical rehabilitation environment, to provide "humane" care, which is expected by patients and families.

In addition, as the latest research, green health care combines landscape design with rehabilitation medicine. With natural environment

as the background or natural elements as the medium, health intervention can assist patients in treatment, promote physical activity, relieve stress and achieve psychological rehabilitation. In the later stage, green health care can be used to study the hospital green space, so that it can play a rehabilitation effect and be effectively used.

#### 4.2 Practical level

In reality, there are obstacles to applying the theories related to healing landscape into practice, lacking technical guidance and clear construction standards, and further targeted exploration is needed. Lack of testing and experimental conclusions.

#### 4.3 Level of consciousness

Through the above analysis, it is found that the awareness of the healing function of hospital landscape at home and abroad is weak, and it still focuses on beauty, without highlighting its healing function. In addition, the domestic degree of attention is insufficient, general hospitals have a certain trial, but for specific groups of specialized hospitals are still lack of exploration, especially in the advocacy of “female-friendly” today, women’s specialized hospital outdoor landscape healing research is an urgent need to be solved.

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