



## Touchstone Award and Garden Research Studies

### ***Legacy receives highest honor for garden design; new study shows nature reduces burnout in nurses***

The Oregonian

[https://www.oregonlive.com/portland/index.ssf/2013/06/legacy\\_emanuel\\_medical\\_center\\_8.html](https://www.oregonlive.com/portland/index.ssf/2013/06/legacy_emanuel_medical_center_8.html)

Healthcare Design Magazine

<https://www.healthcaredesignmagazine.com/projects/landscaping-exterior/legacy-emanuel-medical-center-plants-purpose/>

The Hospitalist Magazine

<https://www.the-hospitalist.org/hospitalist/article/125664/hospital-gauge-health-benefits-therapeutic-garden>

Legacy Terrace Garden Dedication: April 14, 2014

<http://www.youtube.com/watch?v=DyQnTX1zkMM>

The Society of Critical Care Medicine

<http://www.survivingsepsis.org/Communications/Critical-Connections/Archives/Pages/What-Can-Therapeutic-Gardens-Offer-to-Intensive-Care-Unit-Family-Visitors.aspx>

Medical Construction & Design

<https://mcdmag.epubxp.com/i/909550-nov-dec-2017/19>

Journal article explores relationship between therapeutic gardens, birthing experience

Health Facilities Management

<https://www.hfmmagazine.com/articles/3161-health-system-studies-therapy-gardens-affect-on-icu-nurses>

Lippincott Nursing Center

[https://www.nursingcenter.com/journalarticle?Article\\_ID=4110425&Journal\\_ID=54008&Issue\\_ID=4109816](https://www.nursingcenter.com/journalarticle?Article_ID=4110425&Journal_ID=54008&Issue_ID=4109816) The impact of a hospital garden on pregnant women and their partners

American Journal of Critical Care

<http://ajcc.aacnjournals.org/content/27/6/508>

The impact of nurses taking daily work breaks in a hospital garden on burnout

Legacy Story Center



<https://www.legacyhealth.org/our-legacy/stay-connected/story-center/stories/2018-stories/people/2018-11-nurses-study.aspx>

Becker's Hospital Review

<https://www.beckershospitalreview.com/quality/why-hospitals-should-let-nurses-take-outdoor-breaks.html>

The Advisory Board

[https://www.advisory.com/daily-briefing/2018/11/15/garden-walks?WT.mc\\_id=Email|DailyBriefing+Headline|DBA|DB|2018Nov15|ATestD](https://www.advisory.com/daily-briefing/2018/11/15/garden-walks?WT.mc_id=Email|DailyBriefing+Headline|DBA|DB|2018Nov15|ATestD)

2018 Healthcare Design conference award film Phoenix, Arizona

Legacy Emanuel's research garden second floor Terrace Garden: [https://youtu.be/gEaLQ\\_7gQH0](https://youtu.be/gEaLQ_7gQH0).

2018 is the second year The Center for Health Design has awarded the Evidence-Based Design Touchstone Award. This award is given to recognize outstanding projects throughout the world that demonstrate exemplary achievement across the touchstones of the EBD process; collaboration, evaluation, and sharing.

[Why research matters top 10 HCD.pdf](#)



Accepting the 2018 Evidence-Based Design Touchstone Award Platinum level

[https://www.youtube.com/watch?v=gEaLQ\\_7gQH0&feature=youtu.be](https://www.youtube.com/watch?v=gEaLQ_7gQH0&feature=youtu.be)

Minot Cleveland, M.D. Medical Director for Employee Health, Legacy Health

Teresa Hazen, MEd, HTR, QMHP Coordinator for Legacy Therapeutic Garden Program



Serene Perkins, M.D., FACS, Director of Surgical and Clinical Research for Legacy Research Institute  
Roger S. Ulrich, Ph.D., EDAC, FASLA, co-project investigator, Chalmers University, Sweden

The Lund Report

<https://www.thelundreport.org/content/press-release-legacys-therapeutic-garden-receives-highest-honor>

Nature Sacred: A Nature Place Heart of the Hospital launches:

<https://naturesacred.org/heart-of-the-hospital-launches/>

The Scribe the official publication of the Medical Society of Metropolitan Portland "A healing garden: A nature place at Legacy Emanuel offers relaxation to providers"

<https://indd.adobe.com/view/dc65b326-bb08-493d-91d0-6df683076950>

November 22, 2019 "Legacy staff weed out stress in therapy garden"

<https://www.koin.com/news/human-interest/legacy-staff-weed-out-stress-in-therapy-garden/1613094599>

March 5, 2019 "Legacy Health Emanuel adds new greenery to North Portland campus"

<https://katu.com/news/local/legacy-health-adds-new-greenery-to-north-portland-campus>

March 8, 2019 "Voz workers are part of an equitable green economy!"

<https://portlandvoz.org/blog/2019/02/05/voz-workers-are-part-of-an-equitable-green-economy>

March 12, 2019 "Hospital garden reduces burnout: Nurses report less stress after spending time in Legacy Emanuel's hospital garden during 6-week study" Health Facilities Management

<https://www.hfmmagazine.com/articles/3571-hospital-garden-reduces-burnout>

March 14, 2019 "Positive impacts of a hospital garden on patients, families and nurses." HCD Icons and Innovators Live Webinars presentation by Minot Cleveland, M.D., Brian Bainson, ASLA, and Teresia Hazen <https://www.healthdesign.org/events/202>

March 26, 2019 "Gardens can cure the nursing shortage and counteract bullying" Flower Power with Jill the first daily floral news site [www.flowerpowerwithjill.com/gardens-can-cure-the-nursing-shortage](http://www.flowerpowerwithjill.com/gardens-can-cure-the-nursing-shortage).

June 26, 2019 Legacy Emanuel Medical Center to Begin Large Tree Planting Project around 50-Acre Campus"

<https://eliotneighborhood.org/2019/06/26/legacy-emanuel-medical-center-to-begin-large-tree-planting-project-around-the-50-acre-campus/>

August 7, 2019 "ICU Patient Family Stress Recovery During Breaks in a Hospital Garden and Indoor Environments." Health Environments Research and Design Journal, Sage Publications.

<https://journals.sagepub.com/doi/abs/10.1177/1937586719867157>



August 29, 2019 “Hospital Finds Gardens Help with Healing” REI Blog post  
<https://www.rei.com/blog/stewardship/hospitals-find-gardens-help-with-healing>

September 20, 2019 “Evidence of hospital gardens’ therapeutic value grows” Legacy Story Center.  
<https://www.legacyhealth.org/about/news-and-media/story-center/stories/2019-stories/community/2019-09-ICU-healing-gardens.aspx>

October 16, 2019 New Report: The Healing Power of Nature  
<https://nauresacred.org/the-healing-power-of-nature-report/>

November 3, 2019 Healthcare Design Expo Conference  
<https://www.hcdexpo.com/conference/conference-sessions>

The Positive Impacts of Hospital Gardens on Patients, Families, and Nurses presented by Teresia Hazen, MEd, HTR, QMHP, Coordinator, Therapeutic Gardens, Legacy Health; Minot Cleveland, MD, Medical Director, Employee Health, Legacy Health;

Bridget Martin, BSN, RN, CCRN, Clinical Nurse, Legacy Health. Despite previous studies on the benefits of gardens and nature on people in healthcare facilities, many knowledge gaps remain. This presentation describes findings from new studies of the effects of a garden located near three medical departments in a hospital complex. The studies used rigorous research methods to examine impacts of the garden on three hospital populations: stressed family members of intensive care patients; critical care nurses working in high-stress units; and postpartum mothers and their partners. No previous research has examined the influences of a garden on these groups. The findings show that the garden improved various outcomes in these populations, and provides new insights concerning the value of well-designed



healthcare gardens. • Apply the latest research findings on the effects of gardens and nature on clinical outcomes to your garden design. • Employ a multidisciplinary, evidence-based design process for designing successful healthcare gardens that includes involvement of clinicians, family, and former patients. • Understand research methods that yield sound evidence directing the design of therapeutic gardens and nature in healthcare buildings. • Apply the therapeutic benefits of programs in a well-designed garden for stressed family members of ICU patients, critical care nurses, and postpartum mothers and their partners.



November 4, 2019 Center for Health Design Expo & Conference – “State of the Science: A Review of Notable Studies Published in HERD” “ICU Patient Family Stress Recovery During Breaks in a Hospital Garden and Indoor Environments” Session Number: A25. *This presentation provides an information-rich retrospective review of studies published in HERD, the Health Environments Research & Design Journal, during the past 10 years. The HERD journal has become the premier source for peer-reviewed research on health environments and reaches an international audience of researchers, clinicians, and design practitioners. Session participants will expand their knowledge about the current state of the science of healthcare design. Health related environmental science has been emerging over the past decade, and there are currently enough published studies to develop systematic literature reviews to guide healthcare design decision-making and the development of design guidelines.*

November 4, 2019 Congratulations to Clare Cooper Marcus, who was presented the Russ Coile Lifetime Achievement Award at the 2019 Healthcare Design Expo & Conference!



“We are living at a time when the planetary garden which is our home is under enormous stress from climate change; under threat of actual survival, and we with it. I salute many of you here who work to create more sustainable hospital buildings, saving water, saving energy, saving materials”.

Clare Cooper Marcus  
<https://www.ahca.org/blog>

<https://www.youtube.com/watch?v=5lTCWdKStz8&feature=youtu.be>

January 23, 2020 Oregon Association of Nurseries trade journal, *The healing power of trees*  
<http://www.diggermagazine.com/category/nursery-operations/>

April 3, 2020 Legacy Health during COVI-19, *Caring for the Caregiver*  
<https://www.youtube.com/watch?v=sUKOyF8wvGE&feature=youtu.be>

May 6, 2020 KGW TV *Therapeutic gardens offer nurses respite during the pandemic*  
<https://www.kgw.com/article/news/local/it-is-transformational-therapeutic-gardens-offer-nurses-respite-at-legacy-health/283-223864ce-4ed1-4360-96cd-377313fa037a>



July 17, 2020 [The SHIFT Awards](https://shiftjh.org/2020-shift-award-recipient-announced/) recognize individuals, initiatives, or organizations that make innovative, impactful and replicable contributions to the advancement of the health benefits of time outside.  
<https://shiftjh.org/2020-shift-award-recipient-announced/>

### Research

Louise Chawla, PhD Boulder, CO

Christine Ekenge, PhD St. Louis, MO

Teresia Hazen: Legacy Health Therapeutic Garden Program Portland, OR

Jill Litt, PhD Boulder, CO

Don Rakow, PhD: Campus Nature Rx Network Ithaca, NY

Mat White, PhD: Blue Health University of Exeter Medical School, England

<https://nauresacred.org/2020-shift-award-honorees-include-a-nature-sacred-board-member-firesoul-and-long-time-collaborator/>

July 17, 2020 SHIFT Award

<https://nauresacred.org/2020-shift-award-honorees-include-a-nature-sacred-board-member-firesoul-and-long-time-collaborator/>

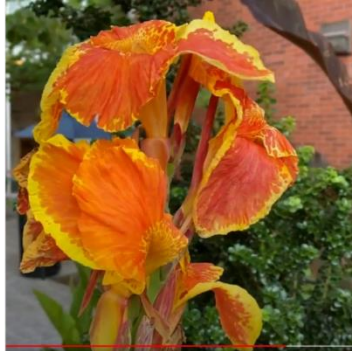
July 30, 2020 Nature Sacred Updates <https://nauresacred.org/firesoul/teresia-hazen/>  
Fire Soul Chats <https://vimeo.com/442186602>

August 13, 2020 Legacy Health Front Page

Legacy Health Employee Health---Therapeutic Gardens as a COVID Coping Resource

- [The healing power of Legacy Health’s hospital gardens](#) (1:12, with narration, subtitles, and music/water sound)
- [Step into Legacy Health’s hospital gardens](#) (1:11, music/water sound only)

## Your next break awaits in a Legacy hospital garden (videos)



We've encouraged you to [Check on You, Check on Two](#) this summer. One good way to support your health is to take a break in a Legacy hospital garden.

Whether you're alone or with others, the 12 world-class gardens offer an ideal change from a busy setting and real health benefits. Among other

findings, Legacy studies show just 20 minutes reduced fatigue, stress and burnout for our acute-care nurses.

Employee Health has hosted hundreds of staff at special garden events recently, and there are more to come. In the meantime, two new videos — [The Healing Power of Legacy's hospital gardens](#) (1:12) and [Step into a Legacy hospital garden](#) (1:11) — will get you there virtually.

The second video is for relaxation, so have your earphones nearby. See you in the garden!

August 20, 2020 Growing Research Supports Benefits of Healing Gardens, *Healthcare Design Magazine*, <https://www.healthcaredesignmagazine.com/?blocked=true>

September 10, 2020 YS Climate EP15 BBC News Coronavirus Your Stories, Philippa Thomas, *Nature & Climate Series* <https://t.co/p1pozyDyCq?amp=1>

September 16, 2020 IPPC-IPPS-AHTA, *Supporting Health and Well-being in Hospital Communities during COVID-19*, webinar [https://www.ahta.org/index.php?option=com\\_jevents&task=icalrepeat.detail&evid=97&Itemid=115&year=2020&month=09&day=16&title=webinar-series-part-1-horticulture-and-the-community&uid=98ce7e758debbd39da564223f8275a9a](https://www.ahta.org/index.php?option=com_jevents&task=icalrepeat.detail&evid=97&Itemid=115&year=2020&month=09&day=16&title=webinar-series-part-1-horticulture-and-the-community&uid=98ce7e758debbd39da564223f8275a9a)

September 19, 2020 *Destressing in Nature & Rehabilitation in the Garden*, Garden Time TV <http://www.gardentime.tv/>

October 14, 2020 SHIFT Conference, *Psychological Resiliency: Nature Contact in the Time of COVID*, webinar <https://shiftjh.org/sessions/nature-contact-and-psychological-resiliency-in-the-time-of-covid/>



**Legacy Health Therapeutic Garden Research Publications:**

Ulrich, R. S., Perkins, R.S., (2017). The Impact of a Hospital Garden on Pregnant Women and Their Partners. *The Journal of Perinatal & Neonatal Nursing*: Vol 31(2). 186–187.  
doi: 10.1097/JPN.0000000000000247.

Cordoza, M., Ulrich, R. S., Manulik, B. J., Gardiner, S. K., Fitzpatrick, P. S., Hazen, T. M., Mirka, A., Perkins, R. S. (2018). Impact of nurses taking daily work breaks in a hospital garden on burnout. *American Journal of Critical Care*, 27(6), 509–512. doi:10.4037/ ajcc2018131.

Cordoza, M., Ulrich, R. S., Manulik, B. J., Gardiner, S. K., Fitzpatrick, P. S., Hazen, T. M., Mirka, A., Perkins, R. S. (2019). Feelings of Emotional Exhaustion and Depersonalization Predict Self-Report of Trouble Sleeping for Nurses Working in Hospital Environments. *Sleep*, 42(1), A74.  
doi.org/10.1093/sleep/zsz067.179.

Ulrich, R.S., Cordoza, M., Gardiner S. K., Manulik B.J., Fitzpatrick P.S., Hazen, T.M, Perkins, R.S. (2019). ICU Patient Family Stress Recovery During Breaks in a Hospital Garden and Indoor Environments *Health Environments Research and Design Journal*, Sage Publications.  
doi/abs/10.1177/1937586719867157.

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[www.legacyhealth.org/gardens](http://www.legacyhealth.org/gardens)

Gardens for rehabilitation, recovery and restoration.

9.12.2020