

## **DESIGN FOR SPIRITUALITY IN HEALTH FACILITIES**

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### **Objective**

This research aims to explore the protocols for religious practices in a hospital setting and implementing new guides to accommodate a various cultures in our societies and bring them to design. This research will narrow down the many religions practice today and focus, for a thorough study, a single religion I will be focusing on, the religion of Buddhism. However, this research can be conducted for many other spiritual groups.

What are the protocols for religious practices in a hospital setting and how can we implement new guides to accommodate the various cultures in our societies? We want to design for everyone, every medium, and every concern. Healthcare facilities should be a welcoming place of healing of both body and spirit.

### **Background**

A strong system of mental support aids greatly in the physical recovery of the body. However, very little attention is given to one's spirituality in design of health facilities. In most places, there are sparse guidelines to accommodate a person's spiritual and religious affinity. Health centers should aspire to kindle the culture of various religions and open the conversation to accommodate the many different types of practices. Architects should strike to create a healing environment not only of the physical but of the mental.

### **Methods**

An in-depth literature review will be conducted to develop a deeper understanding of the impacts of religion in the healthcare setting. They are grouped into several themes: the view of life and death, the contact with people, the special needs of worshipping, and the perception of privacy. These spiritual and religious needs then will be translated into design strategies.

Religions can make a difference in the way we create our healing environment. This research goes through and analyzes one of the major religions in the world, the Buddhist traditions, and the way the healing environment will have an effect on these practices.

### **Results**

A guideline in creating universal patient- centered care facilities to use for design. The overall understanding of religious beliefs can make a difference when designing for a health facilities in the major religion trades. Lessons I have learned in my research became strategies that can be adapted to design. A small design such as a simple change of bed arrangements helps. In the Buddhist traditions, a nice and quiet space is need for meditation. The design conundrum is how to use space to help patients easily cope with their stay in hospitals, therapy, etc.

### **Conclusions**

A good state of mind would help patient heal quicker. We want to design an environment comfortable for everyone. Through research and understanding of the Buddhist religion, I have come up with major adjustments which we may act on. We can use these ideas to incorporate or to reflect on the effects of religious beliefs in the healing environment.

All religions and cultures have different beliefs and practical procedures. The design of healthcare facilities should be based on a good understanding of patient's demographic and religious background. This study provides a framework of how to link spiritual needs with healthcare space in the Buddhist religion, which can be applied to other religions and cultures.