



# Wood and Health

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## Why wood in Hospital Buildings

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# SYKEHUSBYGG

Norwegian Hospital Construction Agency

Ca. 110 employees

- **Main Office in Trondheim**
- **Local Offices**
  - Oslo
  - Kristiansand
  - Stavanger
  - Molde
  - Bodø



# Sykehusbygg - the knowledge hub in hospital planning and building



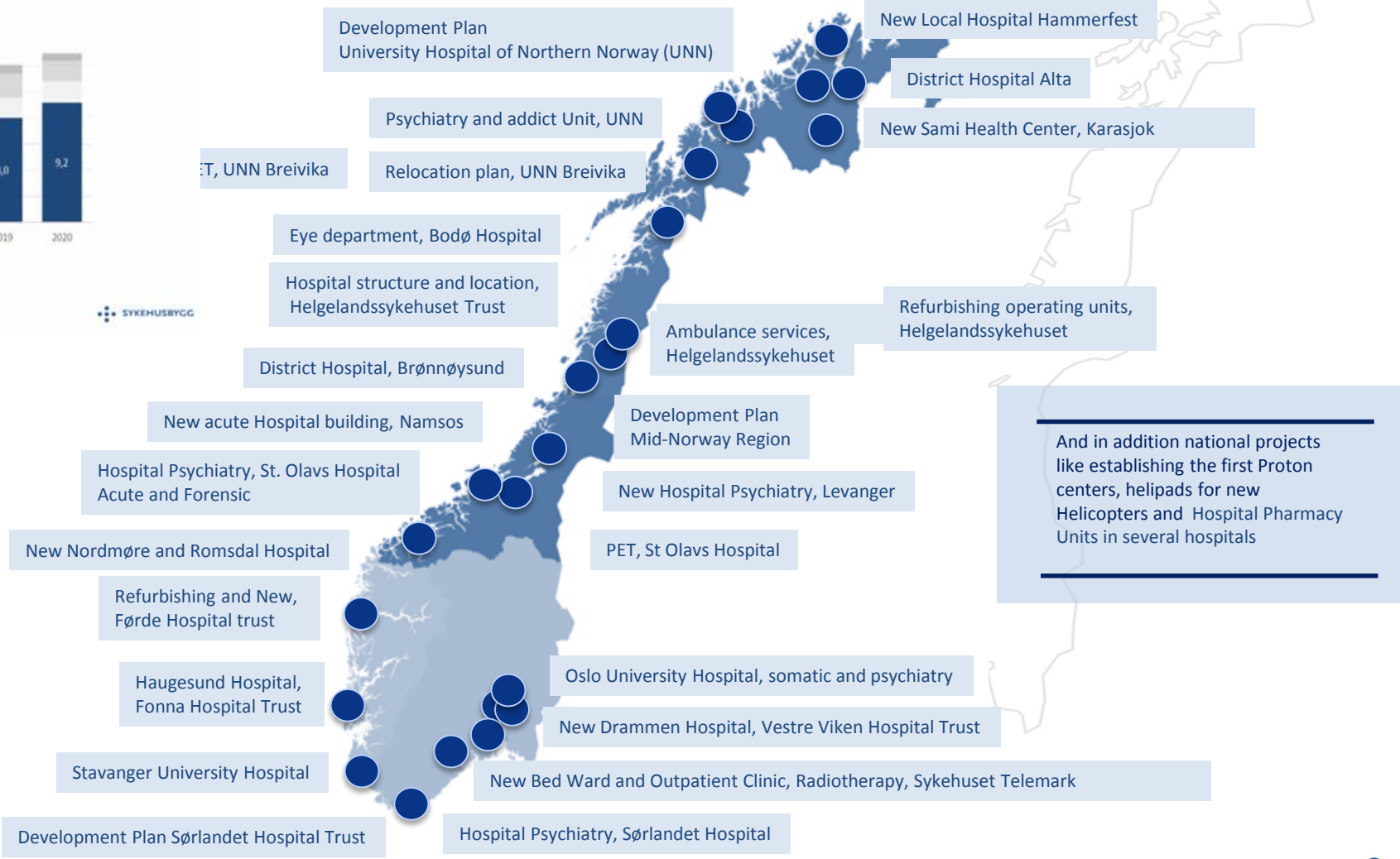
# Hospital planning and building projects

For å møte den økende etterspørselen skal det investeres 4 – 9 milliarder i sykehusbygg hvert år de neste 5 årene



Kilde: HOD

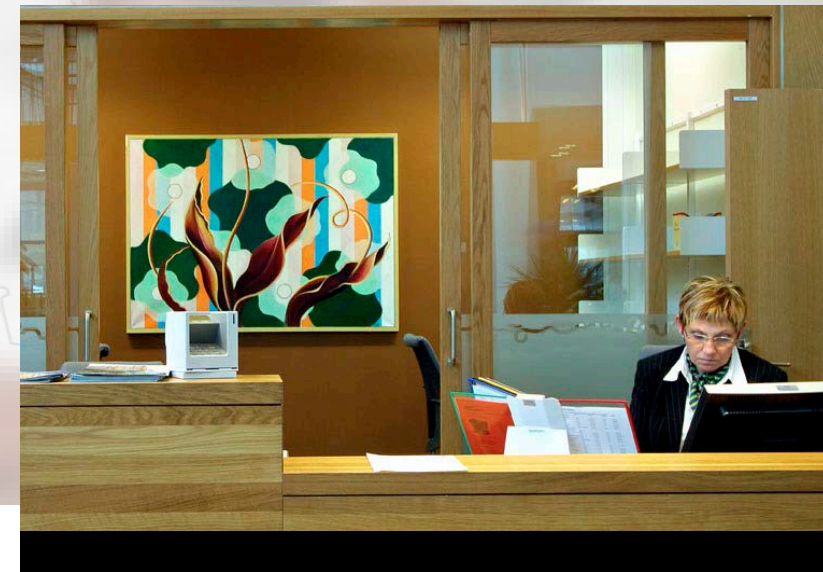
SYKEHUSBYGG



And in addition national projects like establishing the first Proton centers, helipads for new Helicopters and Hospital Pharmacy Units in several hospitals

# Wood -what's in it for Health and Wellbeing?

- Patients are vulnerable
- Surroundings are important
- The use of wood can make a difference

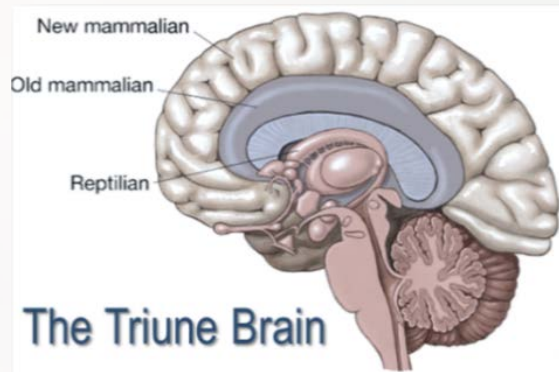
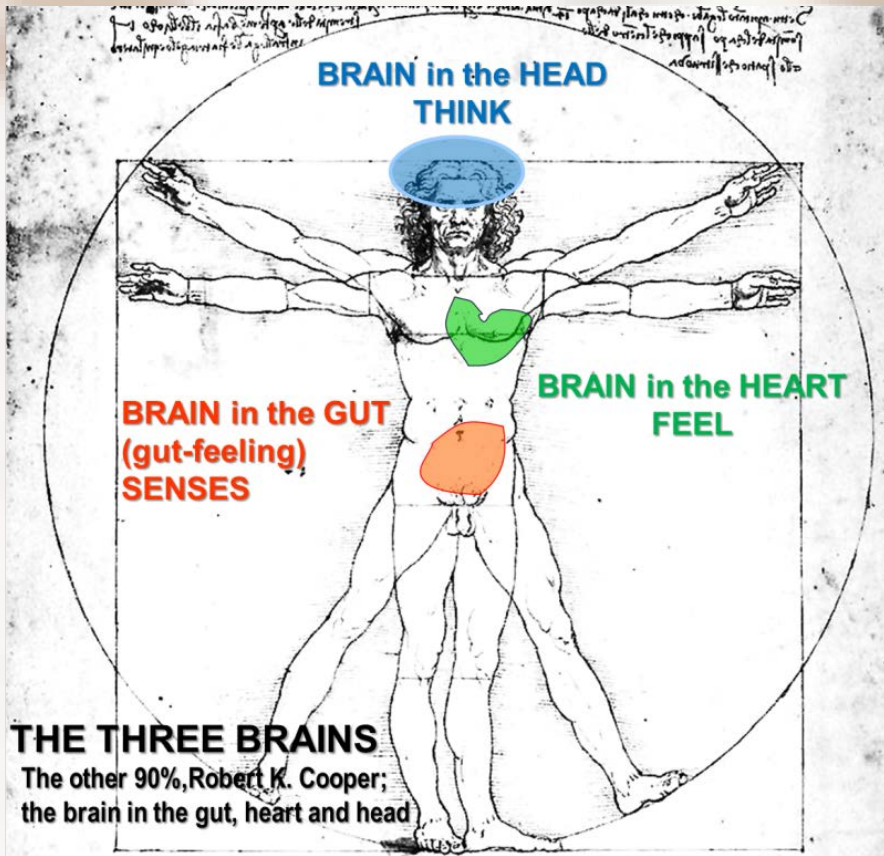


«Building for the patients health service»



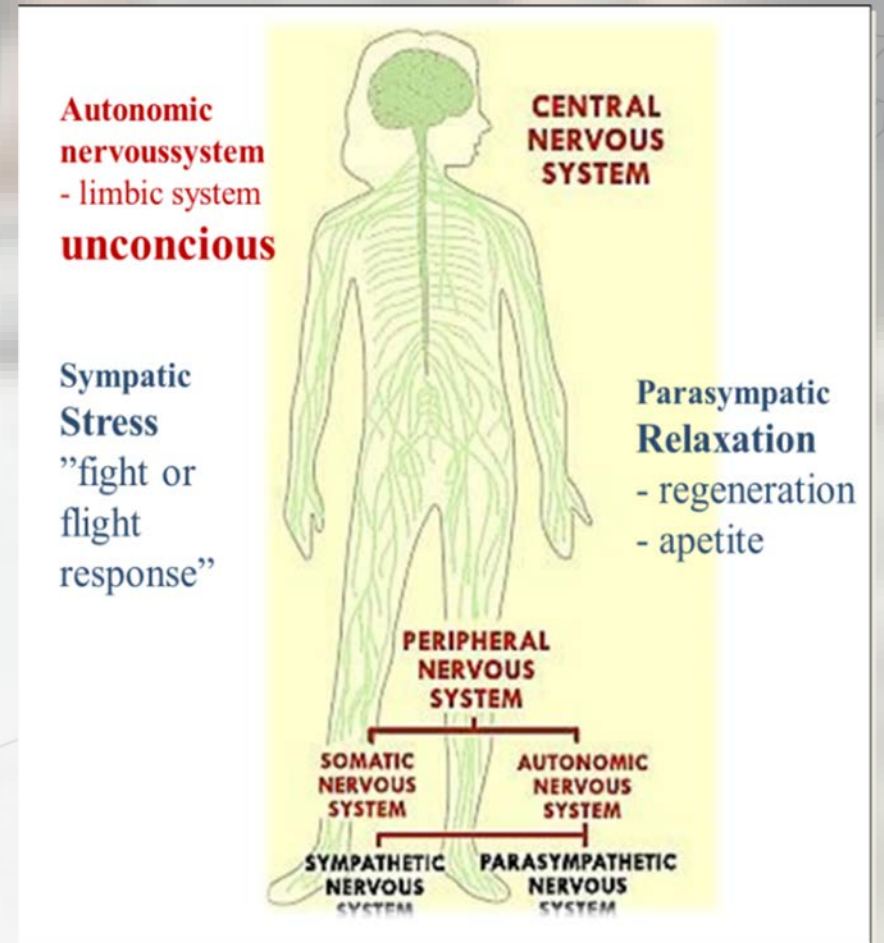
Single bedrooms, nature view,  
transparence, wooden elements,  
warm colours





# neurophenomenology and brain research and science

Illustration of our unconscious reaction  
-The intelligence of our senses and feelings



**DON'T (STRESS) FRIGTHEN THE PATIENTES !**



# The patients resilience against infections

When in a Hospital:

Unbalance between «fight and flight» and need for «slow space»

The patients are worried and anxious

The body is injured or ill

Health professionals keep hurting their bodies

Noise and disturbances

Lack of distractions: scenery, art, natural materials





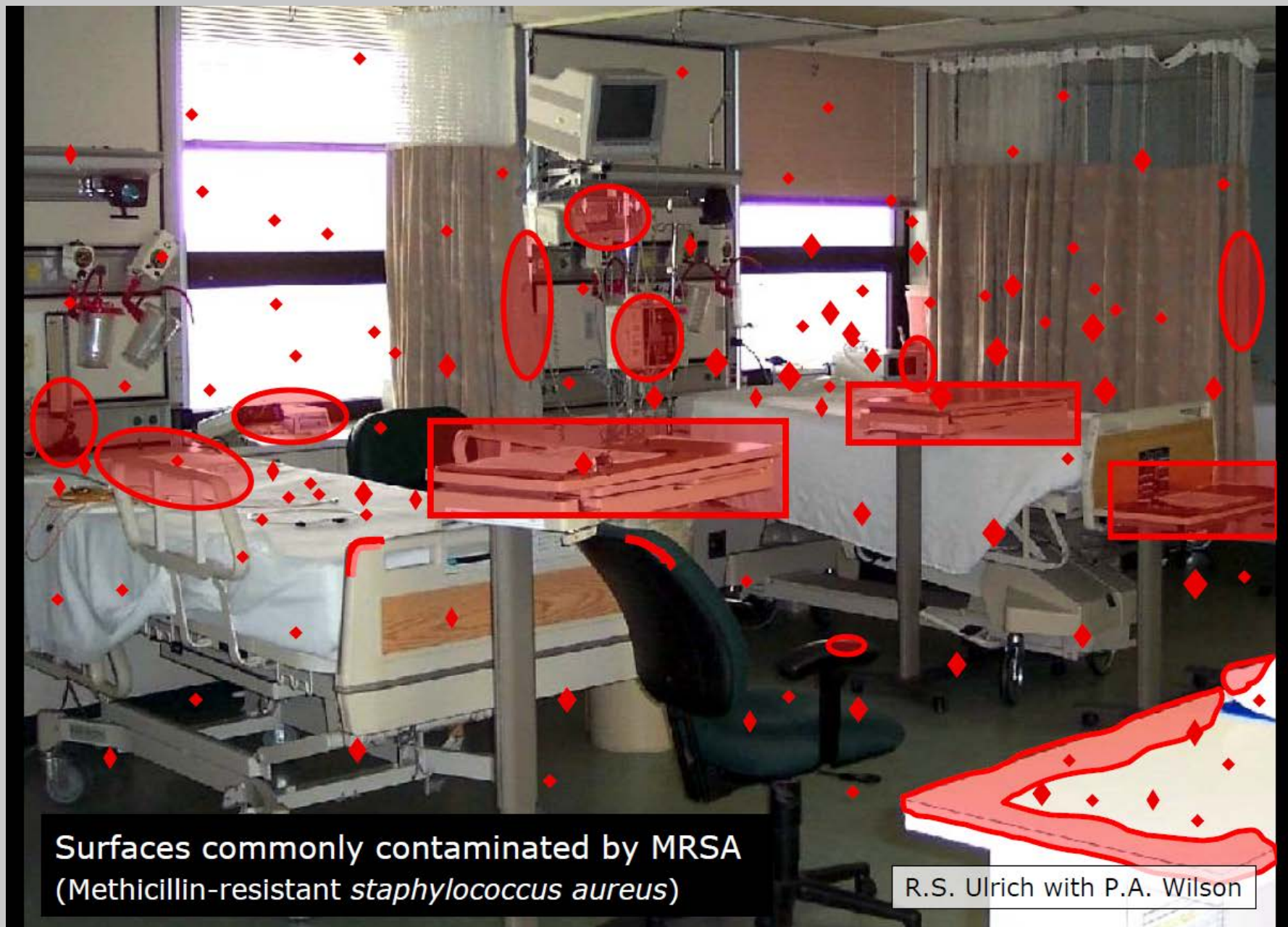
# To have effect– how to use wood in hospitals

- Easy **visible** in patients areas – where patients stay
- Surfaces must **look like** they are made of **wood**
- Possible to **touch** – with the **sence of wood** still there
- Cover **parts** of rooms and walls – not everywhere



# If wood – what are the challenges?

- Prevention of hospital acquired infections (HAI)
  - cleaning and desinfection
- Durability and maintenance
- Withstand heavy loads
- Fire requirements – wood as construction material
- *Which areas can be suitable for wooden surfaces?*



Surfaces commonly contaminated by MRSA  
(Methicillin-resistant *staphylococcus aureus*)

R.S. Ulrich with P.A. Wilson

# Wood and effects on microorganismes

- Untreated wooden surfaces – what do we know
- With surface treatment – gains and losses
- From Sykehusbyggs point of view – more research is needed

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