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What are the benefits of Healing Gardens in Hospital Designs?

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Abstract

Healing gardens have emerged as an important component of contemporary healthcare architecture due to their positive influence on patient recovery, staff well-being, and the overall hospital environment. This study explores the benefits of incorporating healing gardens into hospital design and examines their contribution to physical, psychological, and social well-being. Through a review of relevant literature and existing healthcare projects, the research investigates how access to natural elements such as vegetation, flowers, water features, shaded seating areas, and therapeutic outdoor spaces enhances the healing process. Evidence suggests that exposure to nature can reduce stress, anxiety, and depression, while improving mood, cognitive functioning, and overall patient satisfaction.

Furthermore, healing gardens provide restorative spaces for healthcare workers and visitors, helping to reduce mental fatigue, improve emotional well-being, and encourage social interaction. The findings indicate that healing gardens serve as valuable therapeutic landscapes that complement medical treatment by fostering a connection between nature and health. The study concludes that integrating healing gardens into hospital design can significantly enhance healthcare outcomes, support holistic healing, and create more sustainable and patient-centered healthcare facilities. Consequently, architects, healthcare planners, and policymakers should consider healing gardens as an essential element in the design of modern hospitals.

Keywords: Healing Gardens, Hospital Design, Healthcare Architecture, Therapeutic Landscapes, Patient Recovery, Well-being, Biophilic Design

Introduction

- Hospitals are traditionally clinical and stressful environments
- Modern healthcare design recognizes the role of environment in healing
- Healing gardens integrate nature into hospital architecture
- They support patients, staff, families, and sustainability goals

Methodology

This study followed a qualitative research design based on a detailed review of literature from:

- academic journals
- healthcare design books
- WHO hospital design guidelines
- research on therapeutic landscapes

Qualitative Research:

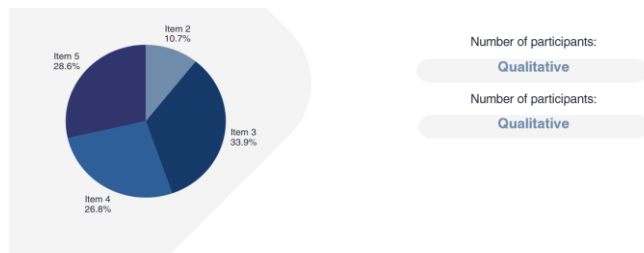
Review of literature from:

Academic journals
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Results

Benefits for Patients

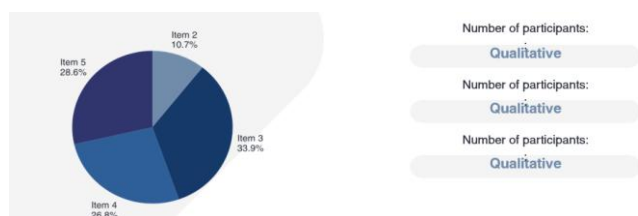
- Reduced stress and anxiety
- Lower heart rate and blood pressure
- Faster post-surgery recovery
- Improved mood, sleep, and pain tolerance



2. Kaplan R, Kaplan S. *The Experience of Nature: A Psychological Perspective*. Cambridge University Press, 1989.
3. Marcus CC, Sachs N. *Therapeutic Landscapes: An Evidence-Based Approach to Healing Gardens*. Wiley, 2014.

Benefits for Healthcare Staff

- Reduced burnout and mental fatigue
- Improved concentration and emotional balance
- Restorative break spaces
- Enhanced job satisfaction and care quality



Architectural & Environmental Benefits

- Improved natural ventilation and daylighting
- Passive cooling and temperature regulation
- Reduced energy demand
- Enhanced hospital identity and wayfinding



Discussion

- Healing gardens promote holistic healing beyond medical treatment.
- They humanize hospital environments.
- Support sustainability and patient-centered architecture.
- Should be considered essential, not optional.

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References

1. Cooper-Marcus C. *Gardens in Healthcare Facilities*. Journal of Therapeutic Horticulture, 2010.