

5 Elements of Evidence-Based Design

Recreation

Artwork, music, television,
Internet access, games, books,
magazines

Access to nature

Windows, natural light,
landscaped grounds,
time to sit outdoors

Social support

Family spaces, overnight
accommodations, access
to Internet-based
communications

Calm environment

Muted alarms, dimmed lights,
Earth-toned colors throughout
design

Patient choices

Music, temperature, volume,
recreation times, foods