



# The Secret Garden – a fresh air space for everyone

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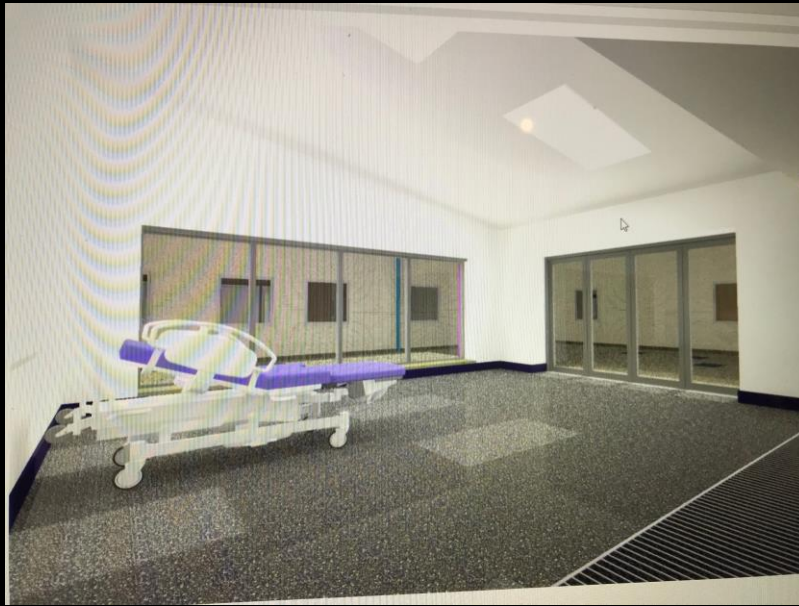




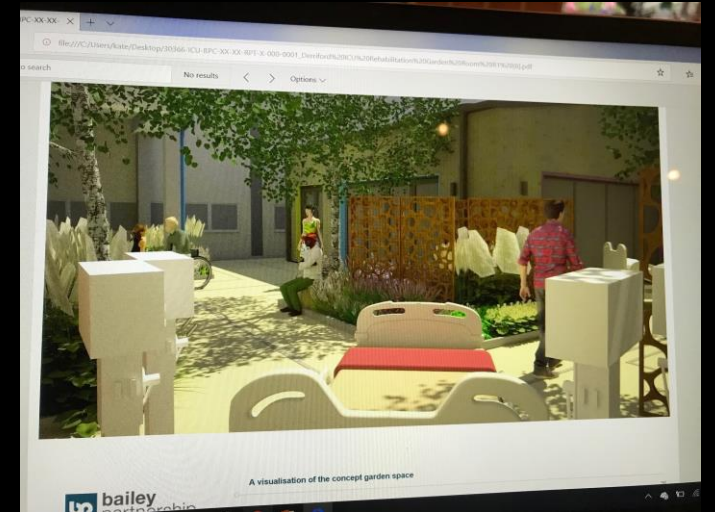
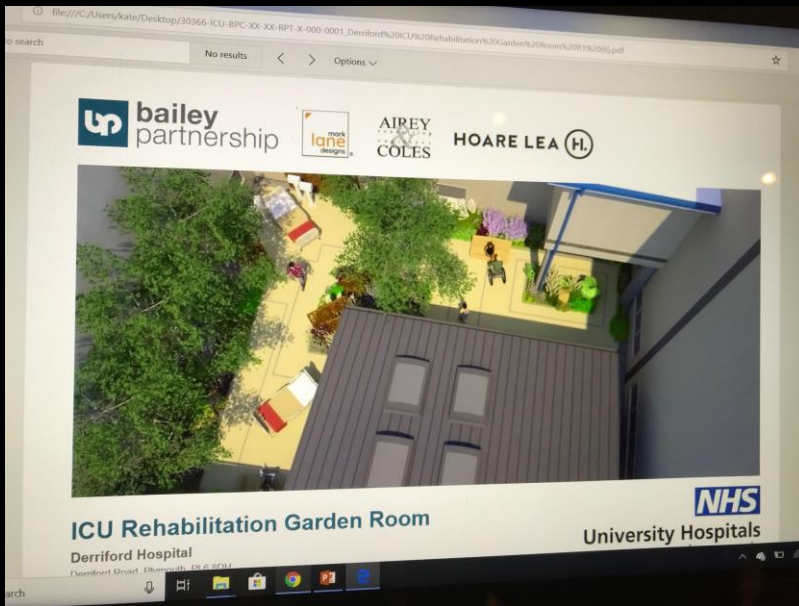








# ICU Rehabilitation Garden Plans





Review Article

## Gardening is beneficial for health: A meta-analysis

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Single-Method Research Article

## “Human Flourishing with Dignity”: A Meta-Ethnography of the Meaning of Gardens for Elderly in Nursing Homes and Residential Care Settings

Global Qualitative Nursing Research  
Volume 8: 1–17

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## Vitamin “G”arden: a qualitative study exploring perception/s of horticultural therapy on a palliative care ward

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Health Environments Research  
& Design Journal  
1–20

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Published online: 19 December 2017

Publication

## ICU Patient Family Stress Recovery During Breaks in a Hospital Garden and Indoor Environments

# What do fresh air spaces offer? And to whom?

- 1. Stress reduction:** Exposure to green spaces has been shown to reduce stress levels in hospital patients.
- 2. Improved mood and well-being:** Green spaces in hospitals have been found to improve patients' mood and overall well-being.
- 3. Enhanced recovery and coping:** Green spaces in hospitals have been shown to facilitate recovery and coping among patients. Impact on pain and engagement.
- 4. Increased social interaction:** Green spaces in hospitals can also promote social interaction among patients, visitors, and staff.





Summer in PPE...Covid 2020

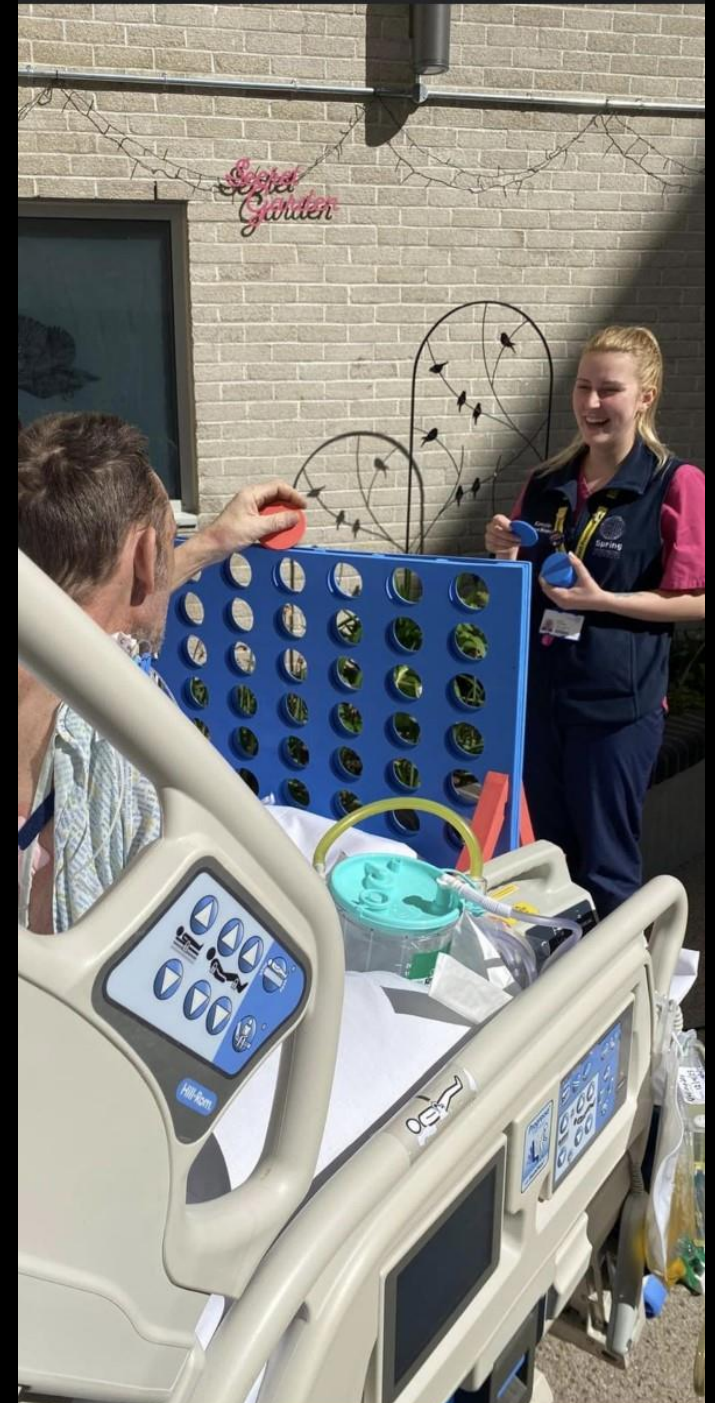


# July 2018 – Jan 2022

## Fundraising and covid











- Goals
- Family Reunions
- “Normal” Activity
- Celebratory Events
- Rehabilitation
- End of life care
- Staff support







# Christmas



**Guidance On:**

Transfer of Critically Ill Patients  
to the Outdoors





# Leo's Story



“Our time outdoors with our son in the secret garden was very special. We were both amazed by and very grateful for the effort and dedication of the team to make it happen”





# Ruby's Story









End of life care in a fresh air space  
– a case study from an Intensive Care Garden

Kate Tantom, Rebecca Clarke, Cassandra Rogers, Diane Keeling

**Introduction**

National guidance and evidence on end-of-life care, within inpatient settings, highlights the impact and value of patient-centred, holistic care which extends beyond managing physical symptoms<sup>1</sup>. Intensive care (ICU) gardens are not a new concept, but the clinical challenges of supporting end-of-life care outdoors have been challenging. New guidance from the Intensive Care Society<sup>2</sup> provides additional support for the palliation of adult patients in garden spaces.

Parents who've utilised previous hospital gardens for their sick infants have found a greater feeling of relaxation and happiness, as well as reduced feelings of anxiety, depression and stress<sup>3</sup>.

The ICU Secret Garden at UHP was established in 2022, providing outdoor space with full access to intensive care equipment and medical gases. It offers critically ill patients and their families the capacity to experience nature in a safe, private environment whilst in hospital.



**Case Study**

A 31-week gestation infant, requiring ICU, was diagnosed with a life limiting condition and the parents expressed a wish to spend time outdoors with their child. Provision at UHP enabled this to become a reality.

The NICU team co-ordinated with adult ICU to facilitate this request. In collaboration with staff from both units, the transfer was planned, using a 'talk through, walk through' simulation approach to identify potential challenges. A safety brief was held prior to leaving NICU, including an honest discussion with parents regarding potential scenarios and how they would be managed. The infant was transferred to the garden, where the family were supported to have skin to skin and the parental feedback was overwhelmingly positive.

"Our time outdoors with our son at the secret garden was very special. We were both amazed by and very grateful for the effort and dedication of the team to make it happen"

The clinical team involved felt an immense sense of accomplishment and a desire to extend the experience to other families. Details of the transfer were disseminated across both teams and in collaboration a standard operating procedure (SOP) and transfer checklist were developed, to facilitate and expedite subsequent transfers.

**Implications for Practice**

Feasible – Outdoor, fresh air spaces are feasible for intensive care

Supportive – Infants, families and staff can experience palliative care in a less clinical environment

Management of Risk – Preparation is required to ensure those involved in the transfer are adequately supported. A SOP and transfer checklist can assist in the planning process.

Personalisation of environment – The garden provides a flexible, private environment which can be adapted to the care needs of individual patients, families and carers.

**Acknowledgements**

Our thanks to the family for sharing their experience and photograph

Visit our garden here!






# Proving it matters....

The secret garden is a very special space. The family that we took down immediately relaxed and enjoyed their time together. It is an amazing garden for babies who would otherwise never get to go outside.

Dr Mel Philipps

"I felt honoured and privileged to be able to take a critically ill baby down to the garden and was one of the proudest moments in my career. I have never felt such a feeling of accomplishment and it was quite surreal having such a sick baby and all our medical equipment outside in the sunshine (this was the first time we as a unit had done this). I still remember parents and staff becoming emotional when we made it outside. It was a beautiful afternoon and one I will never forget."

## Neonatal Intensive Care Unit Guidelines

### Transfer of an Infant to the Secret Garden

**Introduction:**

Research shows that 39-63% of mothers with infants on a NICU suffer with post-partum depression compared to 13-19% of mothers who do not spend time on a NICU (Williams et al., 2018). NICU parents often experience anxiety, stress, loss of control, and feelings of uselessness and hopelessness (Obeidat et al., 2009). There is extensive research evidencing the benefits of green space on physical and mental wellbeing. Parents who've utilised previous hospital gardens for their sick child have found a greater feeling of relaxation and happiness, as well as reduced feelings of anxiety, depression and stress (Hodson, 2018). Allowing parental involvement in the planning of the garden visit also allows them to have an improved sense of control.

**Aim:**

To prepare and safely transport infants to and from the ICU Secret Garden.

**Indication:**

Infants of any gestation can be taken down to the Secret Garden.

If mothers are unwell and receiving intensive care, discussions should be made with the adult critical care team regarding the transfer of mum to the garden to enable bonding and memory making with their infant.

This SOP is mainly focusing on infants needing palliative/end of life care but should be adapted for our special care and high dependency infants.

Infant should be:

- Individually assessed for suitability
- Discussed with service/named consultant and wider MDT (senior nursing staff/named nurse/medical team/technicians)

**Caution:**

The infant should be risk assessed by the clinician responsible for their care and confirmed as stable for transfer.

In such circumstance where the infant is requiring palliative or end of life care, then an individual assessment will need to be made with the involvement of the wider multidisciplinary team. A plan of escalation of care should be discussed, documented and agreed with parents, in case of deterioration or endotracheal tube displacement.



# What next ...

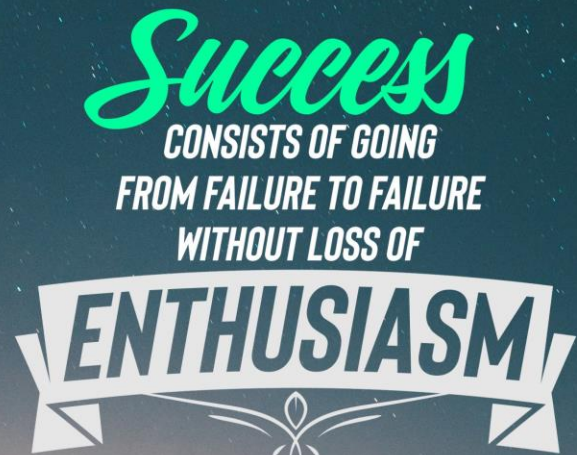
- Making fresh air space a real possibility for everyone
- Collaboration with National Neonatal Bereavement services, NHS E, RHS, Palliative Care teams to include fresh air space within current frameworks and guidelines.
- Creating a national voice for all patients including neonates, their families/carers, in the provision of outside spaces within organisations.
- Building the evidence base through research to capture the impact of fresh air spaces for all.



#LittleThingsAreTheBigThings

#FreshAirTherapy

Huge thanks and credit to all who use our  
#SecretGardenspace and who share their  
experiences to support us in our work to get  
#FreshAirTherapy for all



*Success*  
CONSISTS OF GOING  
FROM FAILURE TO FAILURE  
WITHOUT LOSS OF  
**ENTHUSIASM**

QuotesBook.com



“ALONE WE CAN  
DO SO LITTLE;  
TOGETHER WE  
CAN DO SO MUCH.”  
- Helen Keller



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