

# The Significance of a Sensory Garden in the Formation of «the Room of Closeness»

## An Action Research in a Nursing Home in Norway

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# Content:

- **Background**
  - Previous Research
  - Purpose
- **Method**
  - Appreciative Action Research
- **Findings**
  - «The room of closeness»
  - Implications



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# A sensory garden is:

A planned, fenced and cultivated outdoor area used in caring for persons that suffers from dementia, to reduce symptoms, provide the opportunity to cope, and to get contact with nature.

Ref.: Berentsen, Eek & Grefsrød (2007:8).

Different terms:

- Therapeutic garden
- Horticultural garden
- Healing garden
- Wander garden
- Garden
- Sensory garden

# Previous Research shows that ...

.... sensory garden has a positive effect on function, well-being, behavior, habits and spiritual needs.

..... home and feeling at home have significant meaning in terms of human beings health and well-being.

.... significance depends on the staff's attitudes and knowledge, relational and communication skills and knowledge of patients' lived life

# Theoretical perspective - Health Geography

- Place is an important factor in the creation of language (Gesler 1999; Andrews 2005,2006)
- Language and place are continually creating each other
- Local dialects reveal local environments
- (Liaschenko 2000; Kearns 2005; Malone 2003; Rosenberg 2014)

# Purpose

.... was to explore the patient-nurse relationship,  
in the context of the sensory garden

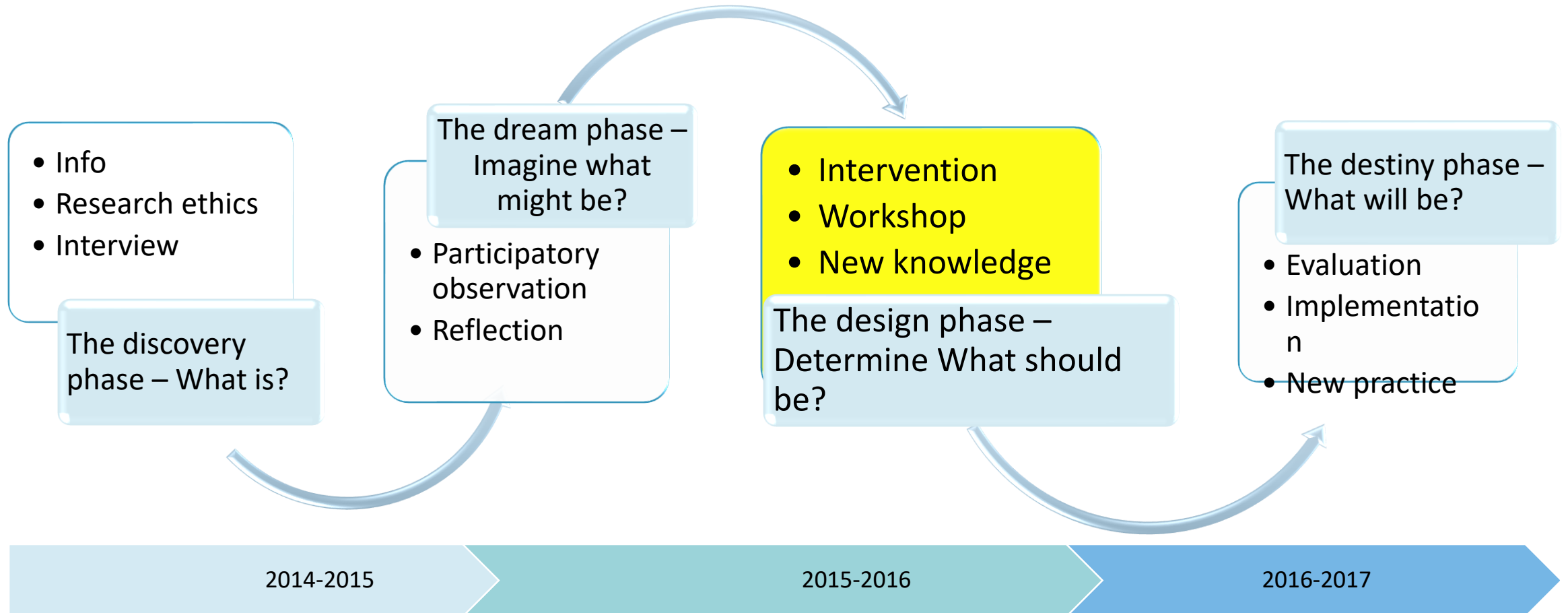
..... increase the insight into the role of the  
sensory garden in nursing home care



Foto: Karin Magnussen

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Carelead

# Action research with appreciative approach



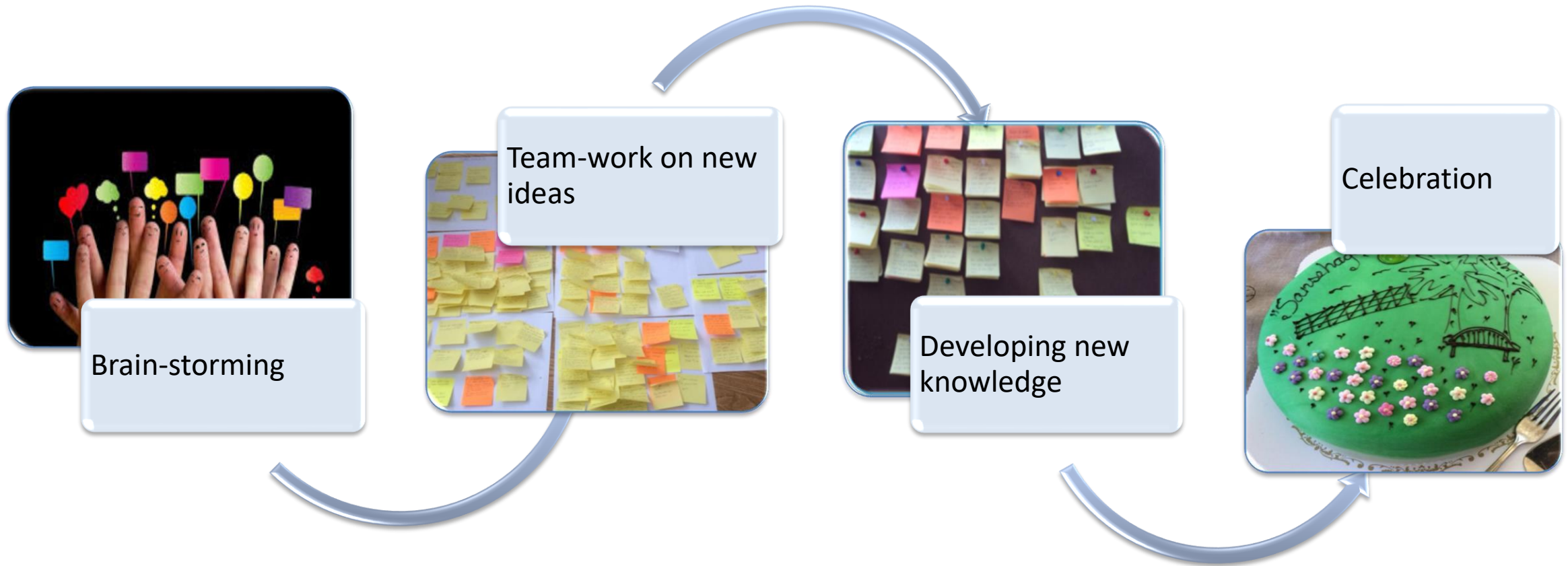
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# The interventions .....

| <b>Intervention</b>   | <b>Period</b>               | <b>Data</b>   |
|---|-----------------------------|---|
| 1. Conversations about sensory garden forms “the room of closeness” | April– may 2015             | Discovery of «the room of closeness»  |
| 2. Testing «the room of closeness»                                  | July– september 2015        | Discovering factors that promote and inhibit the formation of «the room of closeness»   |
| 3. Workshop – to learn from and with each other                     | September og november 2015  | Developing knowledge about «the room of closeness» as a joint project   |
| 4. Developing «the room of closeness»                               | September 2015–februar 2016 | New understanding of the sensory garden's possibilities and impact for the formation of “the room of closeness” and in nursing. |



# Work-shop – Creative and joyful collaboration



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# Findings

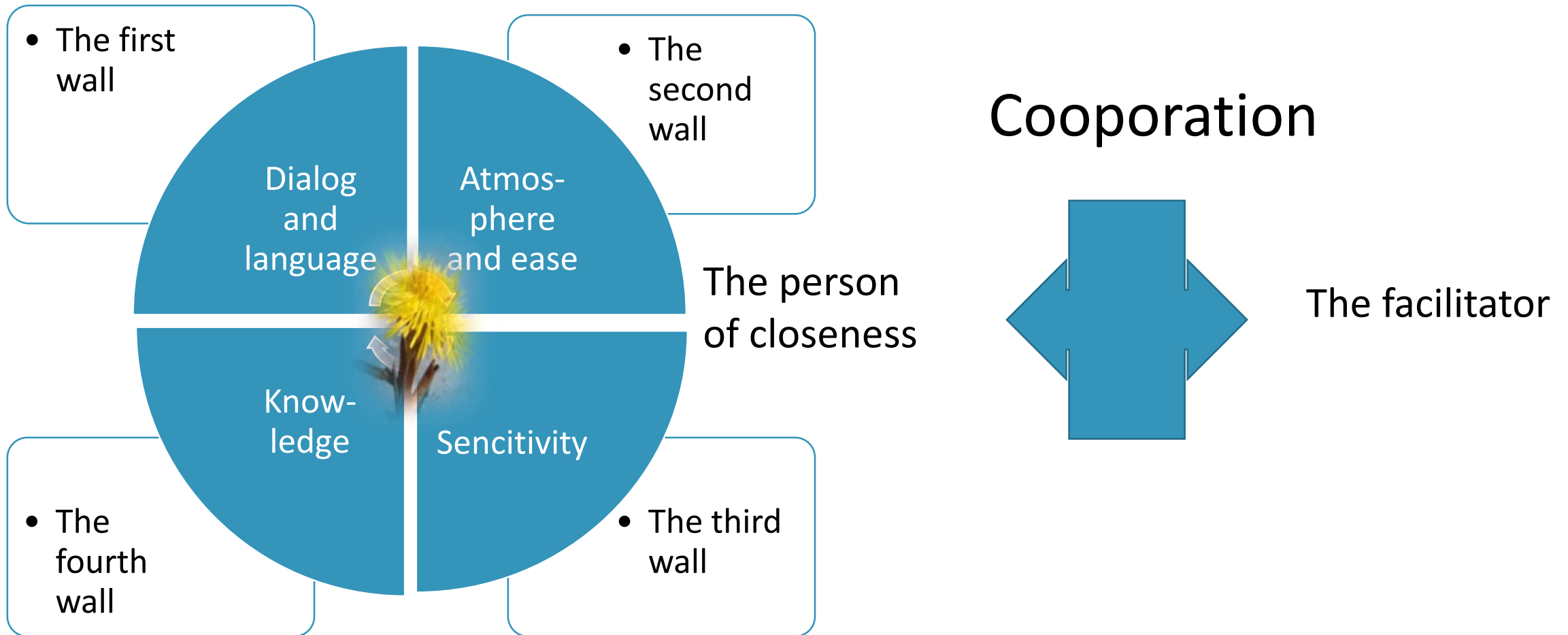
1. The formation of «the room of closeness»
1. «The room of closeness» – a significant relationship in dementia care



Photo: [www.google.no](http://www.google.no)

A sensory garden-patient-nurse relationship.

# «The room of closeness»



*I saw “the room of closeness” around the patient and my colleague when they talked about Christmas and the seasons.*

*(Healthcare provider)*

*They were "engrossed" in each other, the patient seemed happy and satisfied, and my colleague was there for her.*

*(Healthcare provider)*

# «The room of closeness»

*“It is important to get into conversations that forms “the room of closeness”, where the patients can experience appreciation and find peace (Healthcare provider)*

*It's important to follow up the situation there and then and to have the moment to last (Reflection from two healthcare providers)*

# Factors that promote or inhibit .....

- Nature
- Attention and presence
- Willingness to care
- Closeness, both physical and sensual
- Tranquility
  
- Unrest
- Heavy work-load
- Inadequate cooperation
- Insufficient sensitivity



Photo: [www.google.no](http://www.google.no)

New knowledge of «The room of closeness» has contributed to:



*«The room of closeness» - in  
Nursing education  
Why?  
How?*





# Conclusion .....

- “The room of closeness” – new knowledge in nursing science
- New knowledge - important in future nursing education
- Interventions such as work-shops may be well suited for supervision and teaching in nursing education



Photo: K. Magnussen

# The nature – Our garden



Many thanks!

Photo: R. Magnussen

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