

The Connecticut Collection: Artwork Guidelines

Art in the hospital setting

- Creates an environment where patients and visitors feel more at ease and comfortable.
- *Cultivates* a soothing atmosphere during treatment, inspired by *biophilia*-connecting with nature to promote healing
- Evokes positive emotion.

Research* indicates that art can:

- Reduce stress and anxiety
- Lower blood pressure
- Reduce the need for pain medication
- Increase patient trust and confidence
- Be a positive distraction for patients, visitors and staff

Studies show a direct link between the content of images and the brain's reaction to pain, stress and anxiety. Research suggests patients are positively affected by nature themes and figurative art.

Nature images fulfill our need as humans to remain connected to the natural world while indoors

* *Healing Arts, R.S. Ulrich, L. Gilpin 2003*

Visual art in displayed in patient areas should have positive subject matter and convey a sense of security and safety.

The following types are recommended:

1. Waterscapes
2. Landscapes
3. Flowers/Botanicals
4. Birds and non-threatening wildlife
5. Figurative Art

* *Healing Arts, R.S. Ulrich, L. Gilpin 2003*

To convey a sense of security and safety and minimize stress, the following characteristics should be avoided:

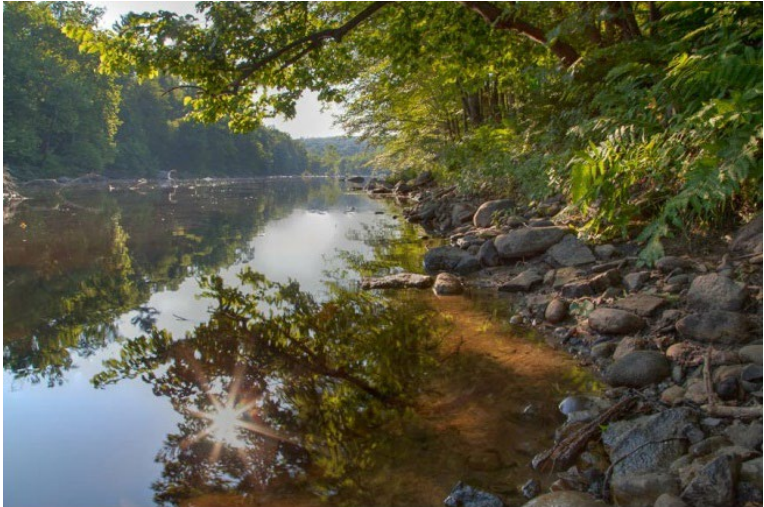
- Ambiguity or uncertainty
- Emotionally negative or provocative subject matter
- Surreal qualities
- Hard edges
- Elements that appear optically unstable or appear to move, Op Art
- Restricted depth or claustrophobic images
- Dangerous or close-up animals staring directly at the viewer
- Outdoor scenes with overcast or foreboding weather
- Bleak or turbulent landscapes

* Healing Arts, R.S. Ulrich, L. *Gilpin* 2003

1. Waterscapes

- Calm, nonturbulent water
- Gently flowing water and waterfalls

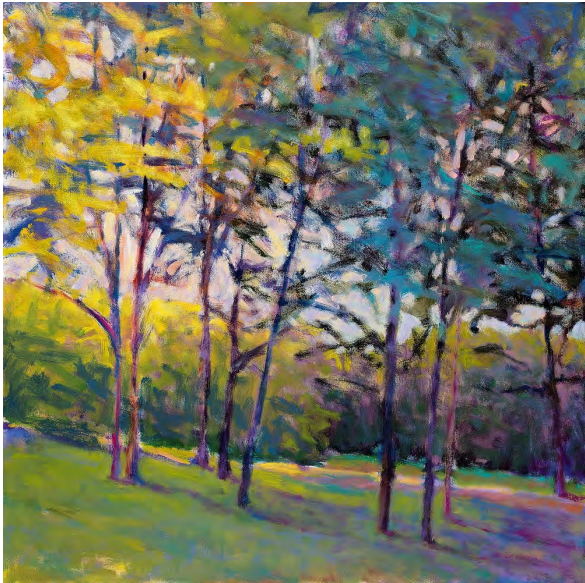
Waterscapes



2. Landscapes

- Visual depth/openness in the foreground
- Landscapes depicting warmer seasons with verdant vegetation and flowers
- Scenes with positive cultural artifacts such as barns
- Landscapes with low hills and distant mountains
- Trees with sheltering canopies

Landscapes



3. Flowers/Botanicals

- Appear healthy and fresh
- Flower types that are generally familiar to patients
- Garden scenes with openness in the foreground

Florals and Botanicals



4. Birds and non-threatening wildlife

- **Birds in flight**
- **Nurturing scenes**
- **Baby animals**
- **Still imagery**

Nature Photographs and Paintings of Wildlife



5. Figurative Art

- People at leisure in natural settings
- Emotionally positive facial expressions
- Relationships among people that are friendly, caring, or nurturing
- Generational and cultural diversity

Figurative Art



****Bonus** Abstract and Conceptual Art**

- Mentally Stimulating but not intense
- Cool tones with warm highlights
- Should not induce stress or anxiety
- Display in public spaces like hallways, waiting rooms, lobbies, or in administrative areas.

Articles about Abstract art in hospital setting

- Evidence Based Gaps: Art in The Healthcare Setting
- The Purpose of Art for Healthcare Spaces
- Patient Perceptions of Landscape and Abstract Art in Inpatient Cardiac Units: A Cross-Sectional Survey

Abstract/Conceptual Art

Some limitations apply

