

The Connecticut Collection:

Artwork Standards for Donations and Acquisitions

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 biophiliaconnecting 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.

- 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

• 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:

- Waterscapes
- Landscapes
- Flowers/Botanicals
- Birds and non-threatening wildlife
- Figurative Art

Examples in this presentation come from The Connecticut Collection at UConn Health

- 1. Waterscapes
 - Calm, nonturbulent water
 - Gently flowing water and waterfalls











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











3. Flowers/Botanicals

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











4. Nature Photographs and Paintings of Wildlife

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











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











****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
- <u>The Purpose of Art for Healthcare Spaces</u>
- <u>Patient Perceptions of Landscape and Abstract Art in Inpatient Cardiac</u> <u>Units: A Cross-Sectional Survey</u>

Abstract/Conceptual Art

Some limitations apply











