

## Referenslista:

- Antonovsky, A. (1996). *The salutogenic model as a theory to guide health promotion 1* (Vol. 11, Issue 1). University Press. <https://academic.oup.com/heapro/article-abstract/11/1/11/582748>
- Bengtsson, A., & Grahn, P. (2014). *Outdoor environments in healthcare settings: A quality evaluation tool for use in designing healthcare gardens*. Urban Forestry and Urban Greening, 13(4), 878–891. <https://doi.org/10.1016/j.ufug.2014.09.007>
- Clark, D. (1999). "Total pain", disciplinary power and the body in the work of Cicely Saunders, 1958-1967. Social Science and Medicine, 49(6), 727–736. [https://doi.org/10.1016/S0277-9536\(99\)00098-2](https://doi.org/10.1016/S0277-9536(99)00098-2)
- Cooper Marcus, C. (2013). *Therapeutic Landscapes : an Evidence-Based Approach to Designing Healing Gardens and Restorative Outdoor Spaces*. Wiley.
- Corda, M., Ulrich, R. S., Manulik, B. J., Gardiner, S. K., Fitzpatrick, P. S., Hazen, T. M., Mirka, A., & Perkins, R. S. (2018). *Impact of nurses taking daily work breaks in a hospital garden on Burnout*. American Journal of Critical Care, 27(6). <https://doi.org/10.4037/ajcc2018131>
- Engström, Åsa; Juuso, Päivi; Liljegren, Madeleine; Alfredsson Lundmark, L. (Ed.). (2022). *Vård, omsorg och rehabilitering utomhus -teori, praktik och nya perspektiv*. Studentlitteratur.
- Emami, E., Amini, R., & Motalebi, G. (2018). *The effect of nature as positive distractibility on the Healing Process of Patients with cancer in therapeutic settings*. Complementary Therapies in Clinical Practice, 32, 70–73. <https://doi.org/10.1016/J.CTCP.2018.05.005>
- Gharaveis, A., Yekita, H., & Shamloo, G. (2020). *The Perceptions of Nurses About the Behavioral Needs for Daylighting and View to the Outside in Inpatient Facilities*. Health Environments Research and Design Journal, 13(1), 191–205. <https://journals.sagepub.com/doi/full/10.1177/1937586719851271>
- Grahn, P. (2011). *Om stödjande miljöer och rofyllda ljud*. Ljudmiljöcentrum, Lunds universitet.
- Gramkow, M., Sidenius, U., Zhang, G., Sustainability, U. S.-, & 2021, *From Evidence to Design Solution—On How to Handle Evidence in the Design Process of Sustainable, Accessible and Health-Promoting Landscapes*. Mdpi.Com. <https://doi.org/10.3390/su13063249>
- Harrison, K. L., Dzeng, E., Ritchie, C. S., Shanafelt, T. D., Kamal, A. H., Bull, J. H., Tilburt, J. C., & Swetz, K. M. (2017). *Addressing Palliative Care Clinician Burnout in Organizations: A Workforce Necessity, an Ethical Imperative*. Journal of Pain and Symptom Management, 53(6), 1091–1096. <https://doi.org/10.1016/J.JPAINSYMMAN.2017.01.007>
- Iqbal, S. A., & Abubakar, I. R. (2022). *Hospital Outdoor Spaces as Respite Areas for Healthcare Staff During the COVID-19 Pandemic*. <https://doi.org/10.1177/1937586722111530>, 15(4), 343–353.
- Johnson, A. Stephen R. Kellert Edward O. Wilson (1994). *Love of Life The Biophilia Hypothesis*. BioScience, 44(5), 363–364. <https://doi.org/10.2307/1312386>
- Kaplan, R., & Kaplan, S. (2008). *Bringing out the best in people: A psychological perspective*. In Conservation Biology (Vol. 22, Issue 4, pp. 826–829). <https://doi.org/10.1111/j.1523-1739.2008.01010.x>
- Liljegren, M., Bengtsson, A., Lindahl, G., & Wijk, H. (2024). *Older Adults' Needs and Wishes for Contact With the Outdoors at Residential Care Facilities: Implications for Theory and Practice*. Health Environments Research and Design Journal. <https://doi.org/10.1177/19375867241276296>
- Nordin, S., Liljegren, M., Bengtsson, A., & Nilsson, M. (2019). *Outdoor stays — A basic human need except for older adults in residential care facilities ? interaction crosses zones and shows the way out*.
- Raanaas, R. K., Patil, G. G., & Hartig, T. (2012). *Health benefits of a view of nature through the window: A quasi-experimental study of patients in a residential rehabilitation center*. Clinical Rehabilitation, 26(1), 21–32. [https://doi.org/10.1177/0269215511412800/ASSET/IMAGES/LARGE/10.1177\\_0269215511412800-FIG2.JPG](https://doi.org/10.1177/0269215511412800/ASSET/IMAGES/LARGE/10.1177_0269215511412800-FIG2.JPG)
- Raj, M., Jimenez, F. E., Rich, R. K., Okland, K., Roy, L., Opollo, J., Rogers, J., & Brittin, J. (2022). *Influence of Evidence-Based Design Strategies on Nurse Wellness*. 15(4), 233–248. <https://doi.org/10.1177/19375867221110915>
- Sachs, N. A. (2023). *Caring for Caregivers: Access to Nature for Healthcare Staff*. <https://doi.org/10.1177/19375867231194780>
- Sand, L. (2013). *När döden utmanar livet. Om existentiell kris och livslänkar som coping i palliativ vård*. Socialmedicinsk Tidskrift, 1. <https://socialmedicinsktidskrift.se/index.php/smt/article/view/945/764>
- Stenmo, C. (2023). *Att leva tills vi dör*. Epsilon Arkiv För Studentarbeten. <https://stud.epsilon.slu.se/17407/>
- Sudimac, S., Sale, V., & Kühn, S. (n.d.). *How nature nurtures: Amygdala activity decreases as the result of a one-hour walk in nature*. <https://doi.org/10.31234/OSF.IO/TUCY7>
- Trnka, M. T. (2024). *Bridging Nature and Care*. Epsilon Arkiv För Studentarbeten. <https://stud.epsilon.slu.se/19681/>
- Ulrich, R. (1984). *View through a window may influence recovery from surgery*. Science, 224(4647), 420–421. <https://doi.org/10.1126/science.6143402>
- Ulrich, R. S., Cordoza, M., Gardiner, S. K., Manulik, B. J., Fitzpatrick, P. S., Hazen, T. M., & Serene Perkins, R. (2020). *ICU Patient Family Stress Recovery During Breaks in a Hospital Garden and Indoor Environments*. Health Environments Research & Design Journal, 13(2), 83–102. <https://doi.org/10.1177/1937586720988243>
- Valipoor, S., & Bosch, S. J. (2021). *In the Moment: Fostering Mindfulness and Reducing Stressors in the Healthcare Workplace*. Health Environments Research and Design Journal, 14(3), 386–398. [https://doi.org/10.1177/1937586720988243/ASSET/IMAGES/LARGE/10.1177\\_1937586720988243-FIG1.JPG](https://doi.org/10.1177/1937586720988243/ASSET/IMAGES/LARGE/10.1177_1937586720988243-FIG1.JPG)
- Viets, E. (2009). *Lessons from evidence-based medicine: what healthcare designers can learn from the medical field*. HERD, 2(2), 73–87. [https://doi.org/10.1177/193758670900200207/ASSET/IMAGES/LARGE/10.1177\\_193758670900200207-FIG2.JPG](https://doi.org/10.1177/193758670900200207/ASSET/IMAGES/LARGE/10.1177_193758670900200207-FIG2.JPG)
- Zanatta, F., Maffoni, M., & Giardini, A. (2020). *Resilience in palliative healthcare professionals: a systematic review*. Supportive Care in Cancer, 28(3), 971–978. <https://doi.org/10.1007/s00520-019-05194-1>
- Webbsidor:**
- Boverket (2022). *Människa och vårdmiljö i centrum/ Vårdmiljöns betydelse i samhället*. <https://www.boverket.se/sv/samhallsplanering/arkitektur-och-gestaltad-livsmiljo/arbetsatt/vardens-miljoer/manniska-och-vardmiljo/> [2025-02-01]
- c/o City (2022) "Ekosystemtjänster i stadsplanering – en vägledning 2.0" <https://www.cocity.se/nyheter/ny-rapport-ekosystemtjanster-i-stadsplaneringen-en-vagledning-2-0/> Järfälla: c/o City, Boverket, Naturvårdsverket [2025-02-03]
- Sveriges kommuner och regioner (2025), *Särskilt boende för äldre SÄBO*, <https://skr.se/skr/integrationsocialomsorg/socialomsorg/aldre/sarskilboendealdre.28193.html> [2025-02-03]
- Sveriges kommuner och regioner, Regionala Cancercentrum i samverkan (2024) Nationellt vårdproram palliativ vård version 3.3 (2023), *Palliativ vård ur ett folkhälsoperspektiv* <https://www.cocity.se/nyheter/ny-rapport-ekosystemtjanster-i-stadsplaneringen-en-vagledning-2-0/> [2025-02-04]
- Världshälsoorganisationen, WHO (2025). Rapport (2021) *Framework for countries to achieve an integrated continuum of long-term care* <https://www.who.int/teams/integrated-health-services/clinical-services-and-systems/palliative-care> [2025-02-04]