

COLLEGE OF POPULATION HEALTH

Hospital Gardening Programs to Prevent Healthcare Worker Burnout during Climate-related Crises

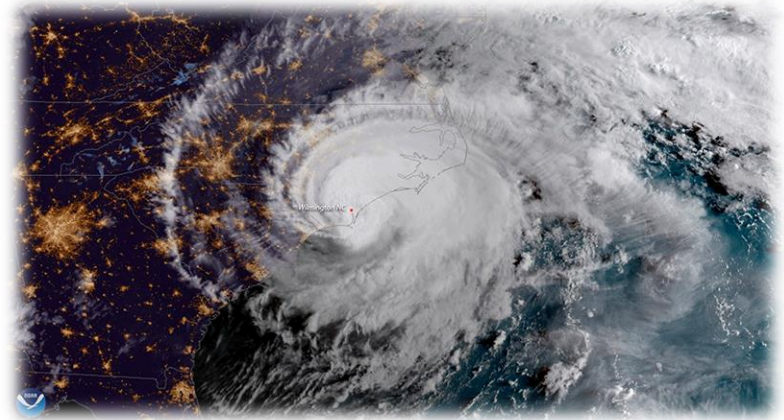


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Global Climate Change will Disrupt Society

- Extreme Heat
- Water Disasters
- Wildfires
- Storm Events
- Migration
- Conflict
- Food, Water Availability



Hospital Systems will be Challenged by Climate Change

- Increased morbidity and mortality
- Increased rates of depression, anxiety, sleep disturbances, post-traumatic stress disorder
- Unstable and inequitable medical system
- Hospital systems need to develop programs and policies to prepare for and deal with these crises

Healthcare Workforce will be Stressed during Climate Crises

- Hospital systems are reliant on the healthcare workforce
- Stress induced burnout is common among healthcare workforce
- Increased stress and mental health issues among healthcare workers during COVID-19 pandemic
- Mental Health issues lead to poor quality of care
- Hospital systems have had success implementing programs for worker stress reduction, but this it's not enough



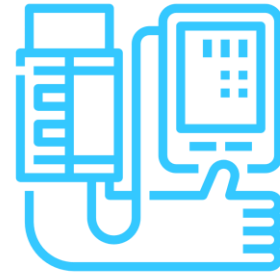
Green Space, Gardening, and Health

- Mental health benefits
 - Anxiety, depression, stress
- Physical health benefits
 - Exercise, blood pressure, diabetes
- Community gardening
 - higher levels of subjective well-being, optimism and resilience



Hospitals Can use Gardening Programs to Prepare for Climate Change Crises

- Hospitals need to prepare
- Current programs are not meeting the challenge of worker burnout
- Gardens reduce stress and improve components of resilience
- Hospitals own land
- Creating gardens is a low cost, sustainable intervention



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