

Salutogenesis Design for Elderly People in Iranian Healthcare Facilities

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1. Abstract:

Iran is faced the huge of the population of elderly in next decade, and it caused the changing planning in healthcare facilities, for instance, the hospital is the one of main residence of them, but the big question is that what should be the design of this facility? The theory of healthcare salutogenic believes how the design of the environment to order either promotion health and getting wellness for humankind, in this study the theory of salutogenic are defined and this important question will be answered how this salutogenic design can be used in the design of healthcare buildings for the ageing people.

2. Introduction:

1.1. What Is Salutogenic Design:

30 presents of disease are initiated in genetic background but 70% of them are originated in environmental factors, Optimal design of the environment can prevent pathogenic factors that lead to disease (Dilani, 2001).

According to the oldest definition, Salutogenesis alludes to a model depicted in detail in Antonovsky's 1979 Health, Stress, and Coping, which sets that beneficial encounters help shape one's sense of coherence the sense of coherence. A solid sense of coherence causes one to assemble assets to adapt to stressors and oversee pressure effectively. Through this component, the sense of coherence decides one's development on the health Ease/Disease continuum.

As of late, the term 'salutogenic' has turned into a trendy expression for showcasing design for health also, nursing care. The term was instituted to portray a model for socio-environmental effects on health, yet in the planners' metaphor it presently once in a while implies more than fluffy expectations to make therapeutic conditions by giving perspectives that speak to nature: regardless of whether it be structured parkland, lush zones, perspectives about the sky or even video portrayals of these things. The term is along these lines dyed of significance(Aaron Antonovsky, 1979).

According to (Aaron Antonovsky, 1979), salutogenic means:” worldwide introduction that expresses the degree to which one has an inescapable, continuing though dynamic sentiment of certainty that one's inside and outside situations are predictable, furthermore, that there is a high likelihood that things will work out just as can sensibly be expected.”

The planned design needs a hypothesis to set up regardless of whether perspectives of nature are likely to be therapeutic on a case-by-case premise, and maybe more vitally, to reach past this saying, furthermore, find different approaches to plan and enhance helpful conditions. In terms of the feeling that salutogenic hypothesis is an integral asset for understanding the effects of the planned procedure on the health furthermore, sickness continuum is very much put; as Antonovsky (1996) recommended, salutogenesis could be the main exhaustive hypothesis of health advancement, something the business requirements for the structure process itself, not only to showcase turn(Aaron Antonovsky, 1996).

Salutogenic hypothesis is definitely not an ideal model of health(Strümpfer, Gouws, & Viviers, 1998), however as hypothesis, it does have an extension and point of view that different methods for understanding health need (Dilani, 2005). Salutogenesis is a method for understanding the whole range of health and sickness, paying little mind to particularity and detail. As such, it gives a general account structure that rises above the singular contrasts among individuals, and the separation between conclusions, conditions, ecological variety, etc. Salutogenic hypothesis is in this way helpful for 'expansive stroke' approaches to catching the prosperity and wellbeing/sickness spectra, and thusly, it is helpful for overseeing aberrant, perplexing, dark or obscure factors in health conditions (this multifaceted nature embodies the health impacts of the physical condition). Since Salutogenic hypothesis has this more elevated amount legitimacy that bodes well past the explicit discoveries of specific investigations and structure mediations (Dilani, 2001), it gives a premise to educated basic leadership in the nonappearance of explicit learning, or at whatever point conditions are excessively unpredictable to propose simple arrangements.

Understanding this, Dilani (2005, 2017) and the International Academy of Design and Health (which the seats) has effectively elevated the hypothesis to industry. The outcomes have been a

quick enhancement in the general nature of new human services structures the world over, and keeping in mind that this is exceptionally welcome, industry does not have the nuanced comprehension of the hypothesis expected to bespeak and extends the extent of salutogenic mediations (Dilani, 2017)(Dilani, 2005)

Salutogenesis suggests that great enthusiastic, mental and physical health is kept up through a dynamic capacity to adjust to groundbreaking conditions. The inverse is likewise valid-powers that keep the capacity to adjust apply an etiological impact on ailment (A. Antonovsky, Maoz, Dowty, & Wijnenbeek, 1971)(Kobasa, 1979).

As opposed to the customary way to deal with health office engineering, salutogenic configuration expects to upgrade only reasonability for the foundation, as well as the manageability, *Comprehensibility*, and meaningfulness of the patient.

According to (Golembiewski, 2016), Salutogenic is an Architecture for Patient Comprehensibility. Comprehensibility is the ability to comprehend and arrange the facilities we end up in. As Donne saw in 1624, clinics have a long convention as spots where such comprehension is assigned. In a healing centre, a patient is infrequently anticipated that would comprehend what they are experiencing or how the administration will improve them. At the point when a patient enters a healing facility, an assistant or triage medical attendant will disclose to them where to go and it is the specialist's duty to recognize what wasn't right with them and how to treat their pain. Be that as it may, this is evolving. Patients presently have devices available to them for self-funding and treatment, and this mindfulness has turned out to be basic for the essential support of good health and for distinguishing ailments early (Parker, 2000). After a time of disregard, design has now started to accommodate tolerant conceivability definitively.

1.2. Salutogenesis for Mental and Physical Health

Salutogenesis suggests that great enthusiastic, mental and physical health is kept up through a dynamic capacity to adjust to groundbreaking conditions, but Evidence-based design is the decision-making process for planning, designing and building health centers based on valid evidence, to achieve the best possible outcomes.

In terms of challenges, Salutogenic design face with little regard for on-going healthcare cost, poorly informed decision makers who simply do not believe in the capacity of aesthetics to influence health, Facing with shrinking budgets, tight deadlines, constricted sites, and profit-oriented project managers and etc.

2. Methodology:

2.1. Salutogenic philosophy in Healthcare Facilities:

In the following study the salutogenic concept will define in three steps:

Step 1:

Resources that enhance manageability the capacity to preserve homeostasis and physical function;

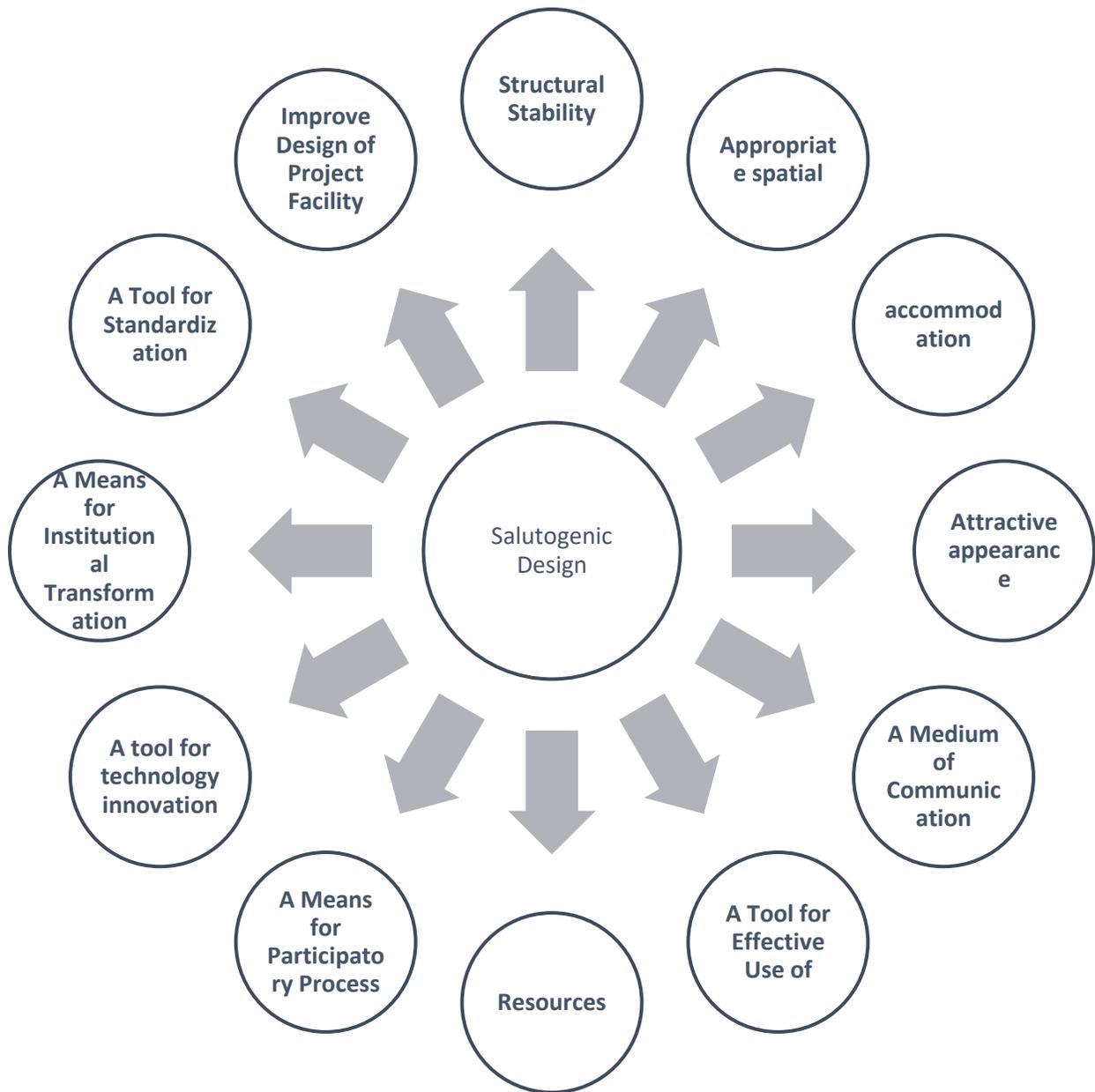
- Resources that enhance comprehensibility an ability to discuss situations in order to maximize their advantage; and
- Resources that enrich a sense of meaningfulness the ambitions, causes, and concerns that give us the necessity to resist sickness in the first place.

Attributes	Salutogenic Design
Process	Defining goals, Fining resource, ..., inclusion of the 13 steps Salutogenic process (as in table 2) as part of project delivery schedule.
Resources	Resources fall into three basic (but interrelated) domains—those that enhance comprehensibility, those that enhance manageability, and those that enhance meaningfulness.

Evaluation	Operations Evaluation, Maintenance Evaluation, Post Occupancy Evaluation
Goal Orientation	Salutogenesis is an approach focusing on factors that support human health and wellbeing. "STRESS" reduction and as well as coping with factors that causes "STRESS".
Definitions	Salutogenesis proposes that good emotional, psychiatric and somatic health is maintained through a dynamic ability to adapt to life's changing circumstances.

Step 2:

In diagram 1, we can see the matrix of the consequences of this model after it is used in the design of a health center. In fact, this matrix will explain the benefits of using this method(Golembiewski, 2016; Mazuch, 2017; Tsekleves & Cooper, 2017).



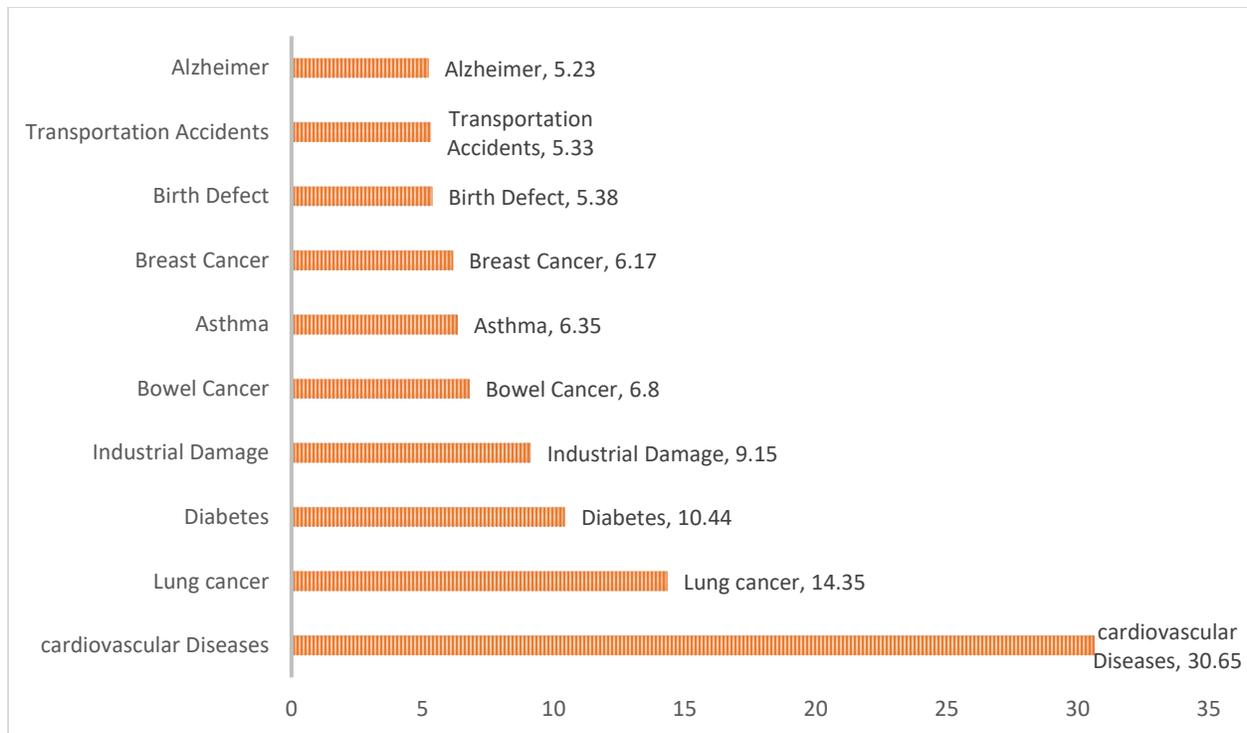
Step 3:

In addition to the benefits, this method is facing their own challenge, see the list in (Golembiewski, 2016)

Salutogenic Design Adapted From	<p>In most countries the procurement systems are conservative-led by precedents and guidelines, and controlled by stakeholder groups who struggle to save capital, often with little regard for on-going healthcare cost</p> <p>The decision-makers are usually poorly informed or simply do not believe in the capacity of aesthetics to influence health</p> <p>The pathogenic model of health is dominant in the healthcare sector, and that has enormous inertia, which will not reorient towards health promotion easily</p> <p>Stakeholder groups usually value functional efficiencies, traditional finishes and approaches (such as central staff stations) over what they may consider risky new inventions.</p> <p>Facing with shrinking budgets, tight deadlines, constricted sites and profit-oriented project managers</p>
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2.2. Elderly People in Iran:

Based on Population Statistics of Iran was published in 2018, indicate that 9.2% of population is up 60 years old, and 51% are male and 49% are female, based on diagram 2 has been refined in Statistics Center of Iran Health Ministry 46% of them has extremely diseases or under getting one these tremendously illnesses (Sheidaei et al., 2017).



3. Discussion:

Based on diagram 2, roughly 94.62% of the disease for aging people was instigated in environmental factors or under these factors, yet they are extremely dominant in healthcare facilities.

The primary analysis of environmental factors in studying the important factors of environmental quality in the ecological health of different parts of Iran, shows that the air pollution is main cause of 16.2% of the death in of elderly Iranian metropolitans (Ghorani-Azam, Riahi-Zanjani, & Balali-Mood, 2016), and the 18.87 of aged people have hearing problems that are rooted in noise pollution in the municipal environment (Golmohammadi, Abbaspour, Nassiri, & Mahjub, 2009; Mohammadi et al., 2017; Samuels, 2005). Absence of the appropriate shield or anti ultra-waves reflected, it has increased the incidence of skin cancer in Tehran to 0.8% (Razi et al., 2015).

4. Conclusion

The majority of the elderly community needs care, and health is one of their places of care. Therefore, it is important in designing the site for environmental factors as factors that can both be healing and harmful to exacerbate the disease.

Salutogenic modeling for healthcare facilities could remedy the space in order to optimized environment for healing and wellness.

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