

GREEN OUTDOOR  
ENVIRONMENT FOR  
CARDIAC PATIENTS  
REHABILITATION THERAPY

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Heart disease is the number one killer in Malaysia and alarmingly, the number of patients is increasing throughout the year. Currently, the rehabilitation therapy for cardiac patients are in majority using the equipment found in the rehabilitation unit, rather than utilising the green outdoor environment (GOE) which can be found within the hospital compounds. Green environment is often hypothesised to be restorative which refers to the process of renewing, recovering, or re-establishing physical, psychological, and social resources or capabilities diminished in on-going efforts to meet adaptive needs. Therefore, staying within an outdoor environment or nature gives a lot of positive impacts to the society and especially to those who are recovering from sickness. In order to identify the effectiveness of using the outdoor environment as

the settings for the rehabilitation therapy for cardiac patients, an observation was carried out at the Department of Rehabilitation, Serdang Hospital on how the GOE was utilised, especially by the patients. The artefact presented intends to show the segments of the images captured at the site starting from 8am until 5pm in a one-day observation. The video used in the presentation managed to show how the changing of the lighting, shade and shadow through-out the day influenced the users' preferences on the spaces and activities in the GOE. The study is considered essential as the weather factors are constantly being overlooked when aiming GOEs imbue with restorative qualities at hospitals especially for a tropical country like Malaysia.



Sequence of photos showing three different times-2016

