

SALUTARY HUB

a core for healthy habits

In southern Sweden the Region Blekinge is planning to relocate their public healthcare center in the city of Karlskrona after the old facility did neither fit their technical, programmatical or physical needs for a modern healthcare building and had to be abandoned some years ago. The building of the old healthcare center at the city's main square Stortorget will be demolished and replaced by a new cultural center soon.

The site of choice for the new healthcare center is located on the northern part of the city's main island Trossö, on a former bus square and in direct neighborhood to Hoglands Park, a big public park. The whole north-west of the island is currently under redesign, with a new neighborhood called Pottholmen and also the main street will be replaced to strengthen the main land connection and axis of the baroque city grid.

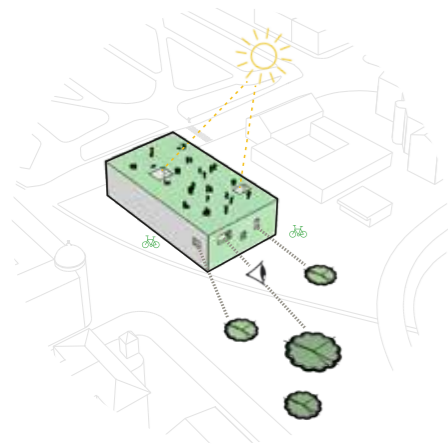
Region Blekinge follows a vision to create an 'attractive, health-promoting and sustainable health care building with the human in focus'. Our task was to challenge and develop a given brief of 4500 m² BTA, including different healthcare departments like medical, dental, women's and child care as well as a rehab center. To address the future developments and preconditions we were asked to formulate specific Design Strategies and translating them into a concept, shape and layout that will be presented to you in this booklet.



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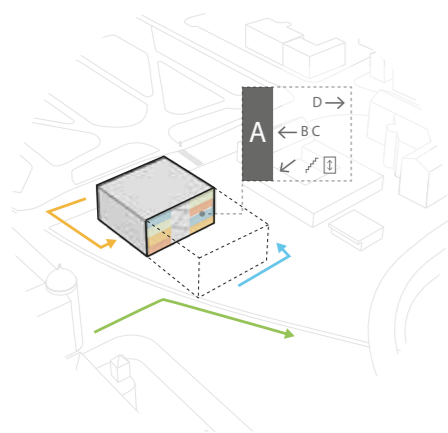
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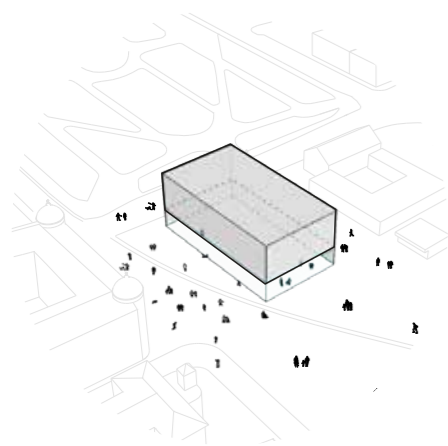
HEALING

Encouraging visitors in the process of self-healing and promoting a healthy lifestyle is a central idea for this healthcare building. The center and its surrounding will be designed in a way to be nurturing and therapeutic, to create a calm and stress-reducing atmosphere. With a health promotive design our goal is to focus on physical activity, nature, healthy nutrition, social interaction and inclusiveness.



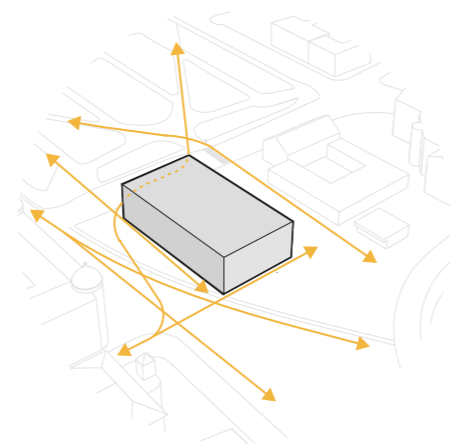
PERSON CENTERED DESIGN

We would like to view the patients and the staff as "equal partners" in care to make sure the building is most appropriate for their both needs. Person centered design will prepare a quality in patient and workforce experience. Our aim is also to create team-based organisation to maintain clarity for better orientation, and a human scale for collaboration, and participation.



TRANSPARENT PUBLIC PART

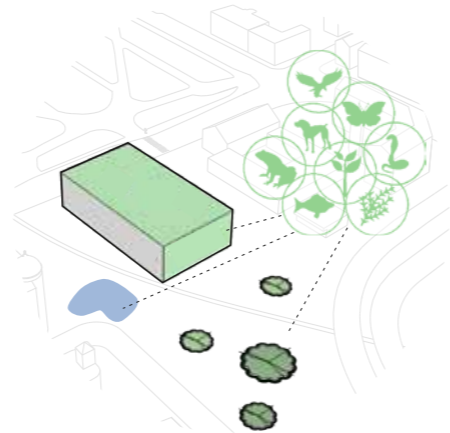
Our aim is to connect the interior with an urban space through an active ground floor as transition between the building, the public square and other areas. It is important for us to provide the user an easy access to the building with its related structure to the urban space. The users shall feel the continuity of the outdoor inside, so that the building can become an important component of the public space.



SITE FLOWS

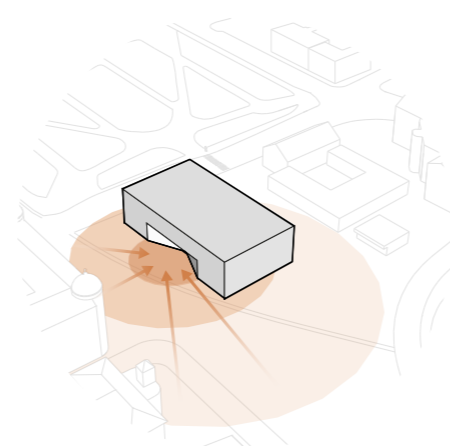
Site & Context

With the position of the plot in between the city center and the only entrance to Trossö, it has potential of being a place where many people pass. We intend to strengthen the existing sight lines and pathways, and add some new, to create easier flows on the site. These flows should also highlight the cultural heritage, concerning the buildings around and the old railway crossing the plot.



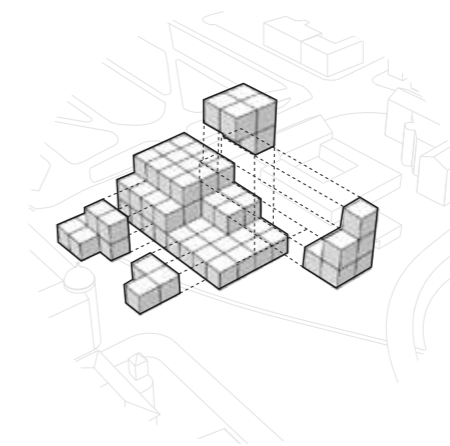
URBAN GREEN

Kungsplan was originally formed as a railway park, working as a buffer zone to the railway. We want to include greenery to reflect the former function of Kungsplan as a park. Different kinds of vegetation, interacting with a water collecting system, will be incorporated in the design of the building & its surrounding, to form an urban green atmosphere and act as a buffer zone towards the car traffic.



COMMUNITY CORE

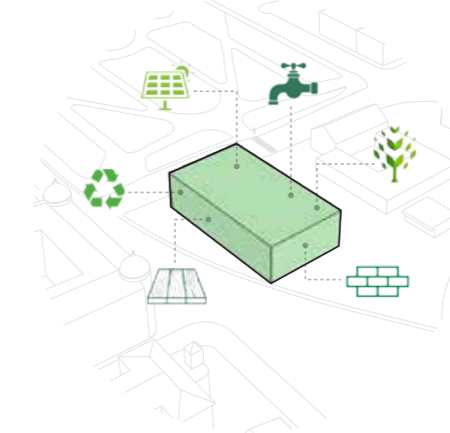
The plot can be reached from all directions. Our intention is to make the site function as a welcoming and attractive core for the whole neighborhood, not only the people visiting the healthcare center. Different zones inside and out will offer various functions, and levels of openness. The zone on the east side works as a distinct meeting point to attract all groups of people and encourage them to not only pass by but also stay.



ADAPTABILITY

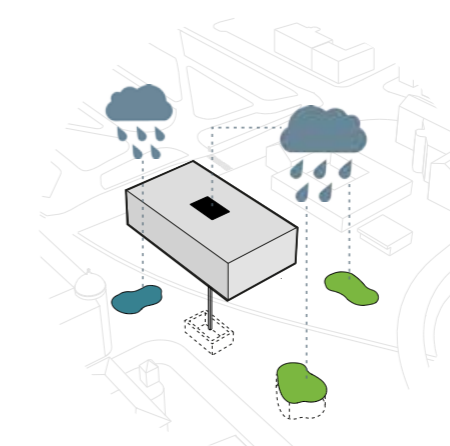
Sustainability & Future Proofing

We would like to strengthen the flexibility within and between the several units and therefore implement a general and big grid in floor plan layout and the loadbearing construction. Treatment rooms shall have mainly a similar size to allow the departments or teams to grab space from each other. Also the whole building could be remodelled and change to host another function in the future.



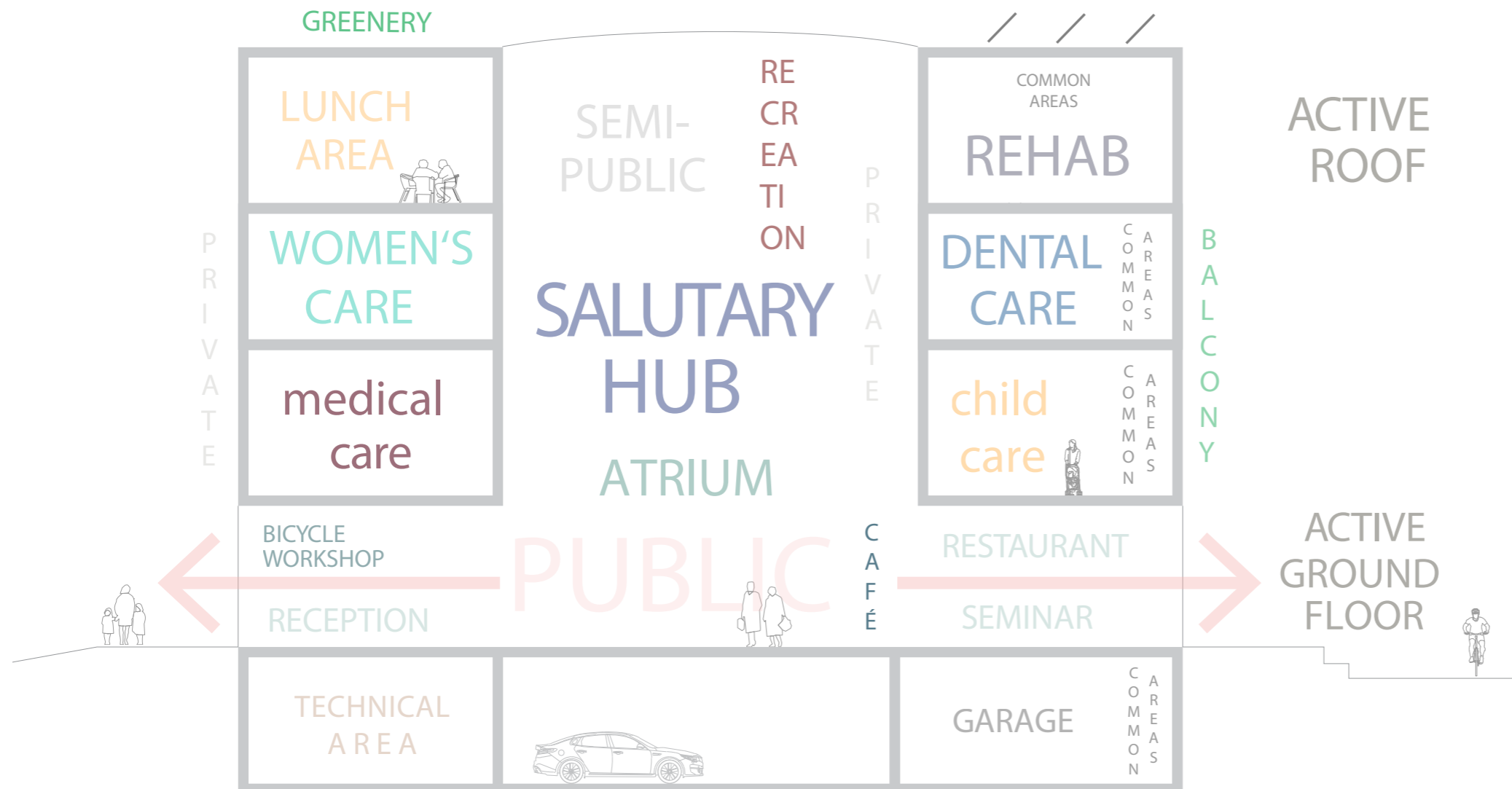
POSITIVE FOOTPRINT

Dealing with the environmental impact of our new building we set ourselves the goal to force an overall Positive Footprint. To minimize our future impact we concentrate on the efficient use of energy. To avoid impact during the construction we use bio-based and reused materials as much as possible, e.g. a wooden post-beam structure and reuse bricks of the former healthcare building.



COLLECTING RAIN WATER

We would like to handle and clean the rain- and grey-water directly on our site. More soft surfaces can be used not only to raise the attractiveness of the area but also act as a sponge, absorbing water to cool and feed the plants and surrounding area. Next to our building, zones of hard surface could serve as urban park, seating furniture and ramps to the building and in case be flooded as a pond to prevent drowning of the neighbourhood.



Concept Idea

We aim to design a healthful, nourishing, restorative and beneficial whole of a building as well as the surroundings. With a team based layout our concept is to obtain better health outcomes, improved patient experiences, lower costs, and increased engagement.

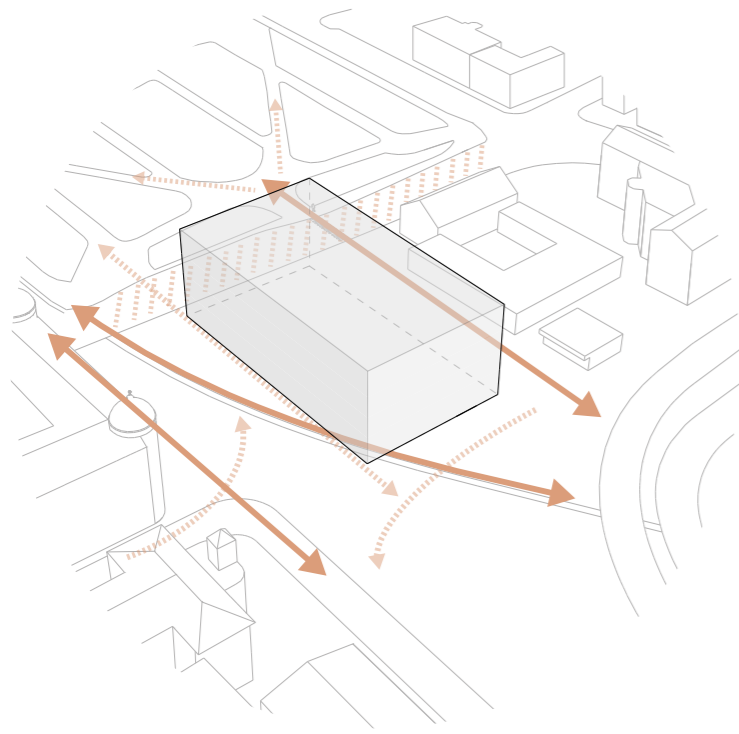
Furthermore to provide direct light to essential rooms within the building to maintain the idea of having a healthy workspace for the staff but also contribute good environments for patients as well as the public users. We are creating an organized movement of users both within as well as outside of the building. The street between the project site and the park is today only for car vehicles but we want to implement a shared space. Our vision is to maintain a healthy way of living where the cyclists but also the pedestrians are being more promoted and prioritized than the cars. Since there will be no backsides of the building it will become a more lively and an attractive hub to the city.

For a strong connection of health and everyday life many additional functions such as the knowledge hub, workshop, restaurant, pharmacy and more will add up a positive economical outcome and on the same hand trigger people's motivation to live a healthy life.

SALUTARY HUB . a core for healthy habits

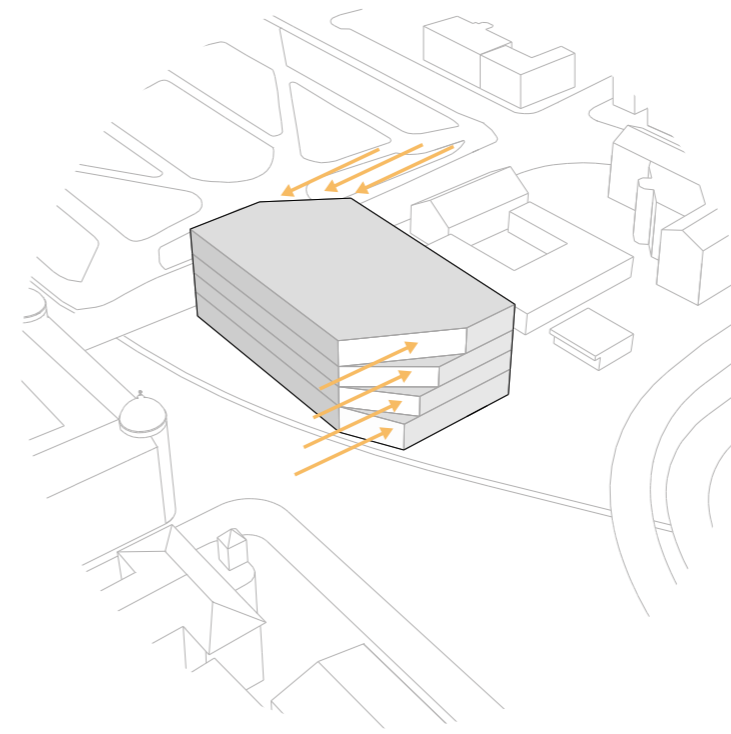
1. Site & Situation

The aim with this shape development is to strengthen the existing site lines but also to create new ones. Through a site analysis the existing lines were spotted and became important directions to take in consideration when developing the building shape. Three strong sight lines were selected to become the three main pathways crossing the site. Here it is important where the placement of the building volume is located to not cover or become a barrier.



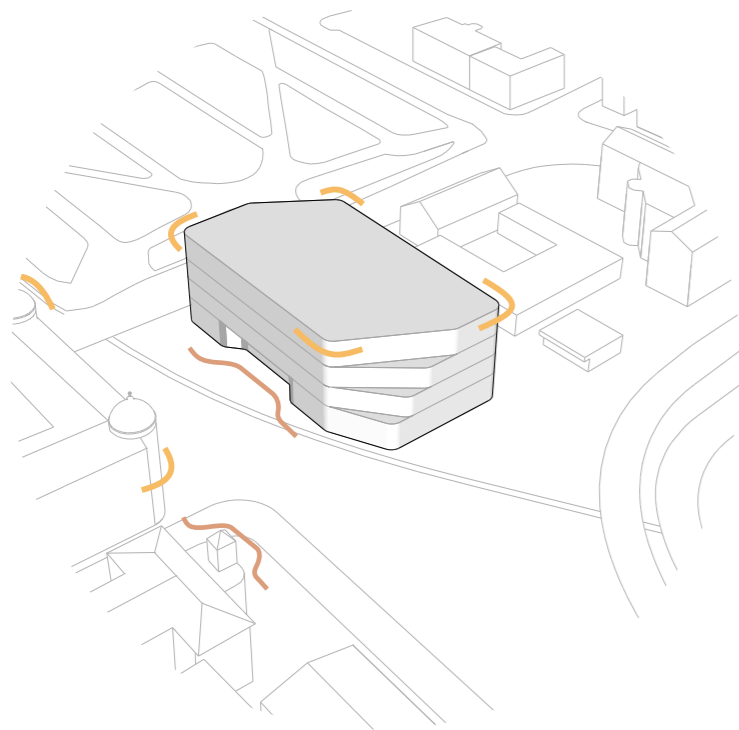
2. Adaptation

With adaptation to the surrounding area and buildings, our vision is to give room for the existing railway tracks but also to preserve the historical values of it. Following the city grid from the surrounding buildings such as the east facade reflecting the east side and the west facade referring to the west side. The size of the volume is adapted to the higher building of Fribergsgka and the lower parts are creating stepping shapes scaled down to a human scale. Another thought behind the creation is to give an impression of a building descending down to implement sight lines from for instance Fribergsgka to the central station.



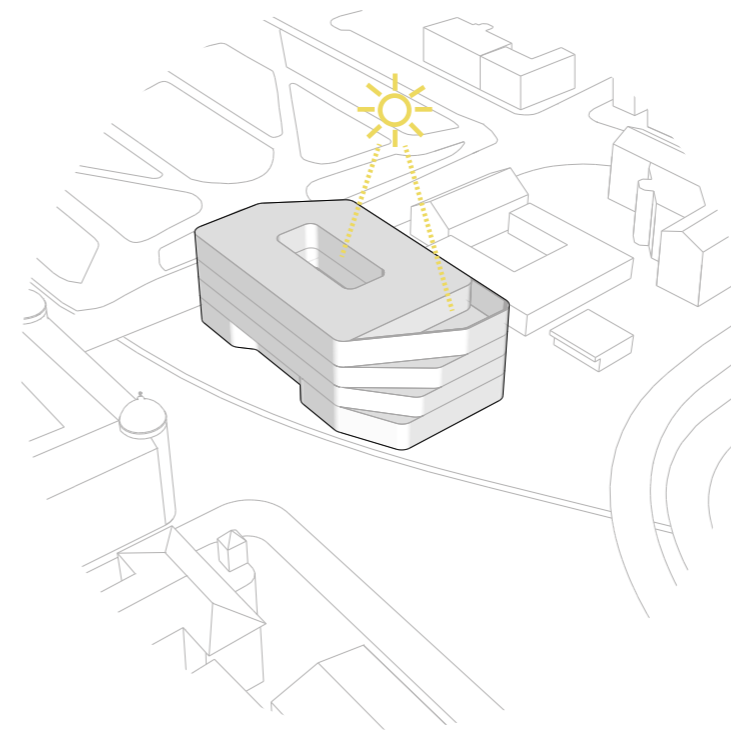
3. Interpretation

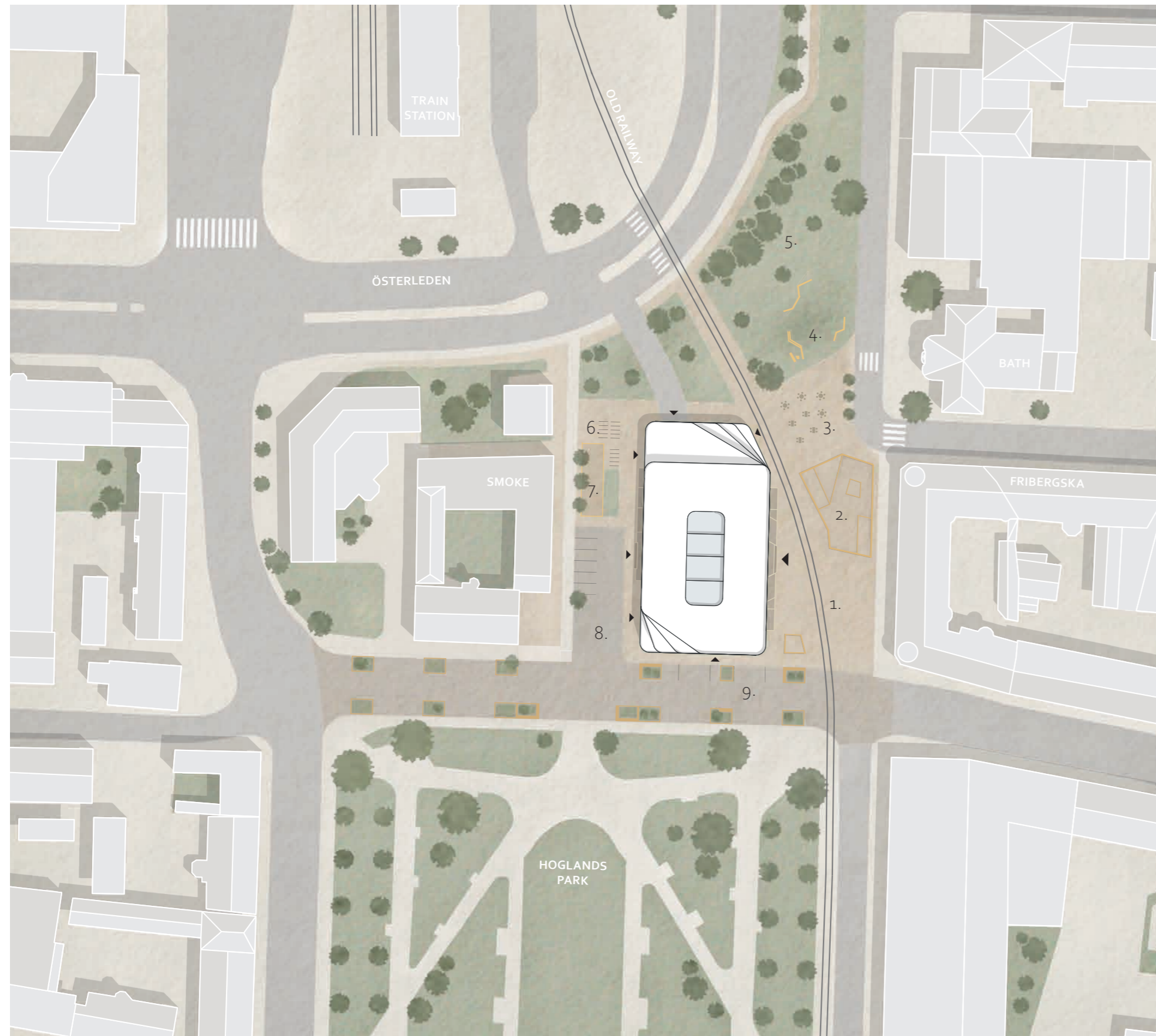
By using an interpretation of the rounded corners from Fribergsgka and the Bath house we are developing a shape that is suited in its context. Also the rounded corners give an impression of a continuity which reflects even more of the task to not create any backsides of the building. The volume also assigns a smooth shape and a calm expression with the rounded corners. One of the early stages of ideas was to create a welcoming core to the community, therefore the main entrance as an ingoing shape that will distinguish an embracing gesture.



4. Light

With a deep building like this the transmission of good daylight is beneficial. That is why a big atrium is necessary. This will not only provide good daylight into the four-story building but also create a vertical connection which will make the floor levels more open and linked to each other. On the top of the building we want to create an open and active roof which will also benefit the healing concept. There will also be balconies on every floor for a good looking view over the greenery but also the sea. We need to maintain good daylight coming in to the most essential rooms.





Zones of diverse characters are created around the building to make the site function as a community core attractive for the whole neighborhood.

1. Square

A square is located inbetween the healthcare center and Fribergaska, working as a central meeting point on the site with the main entrance in the middle.

2. Water Collecting

The northern part of the square is lowered to work as water collecting in case of flooding. The area is accessible from all directions with stairs and ramps.

3. Restaurant Seating

A restaurant is located at the northeast part of the building. An area close by is dedicated for a generous outdoor seating.

4. Play

A play area where the child is in focus. The ground is used for water collecting underground.

5. Green Buffer

The northern part of the site is formed as a green area to work as a buffer zone to the busy road Österleden.

6. Bike Hub

Bike parking can be found connected to the bike workshop within the healthcare center. To the west, a bike lane runs from north to south.

7. Hang Out

A space for boule playing and relaxing on the grass.

8. Delivery

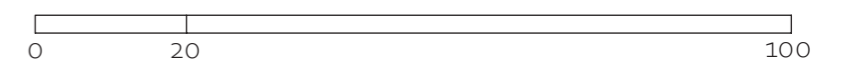
Ambulance and delivery can reach the building from southwest.

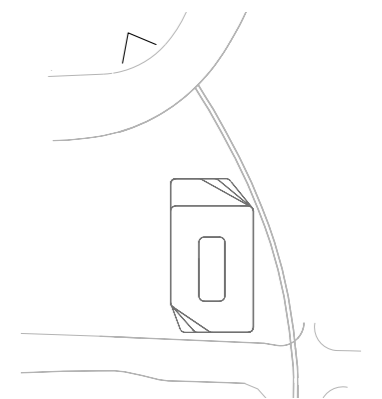
9. Shared Street

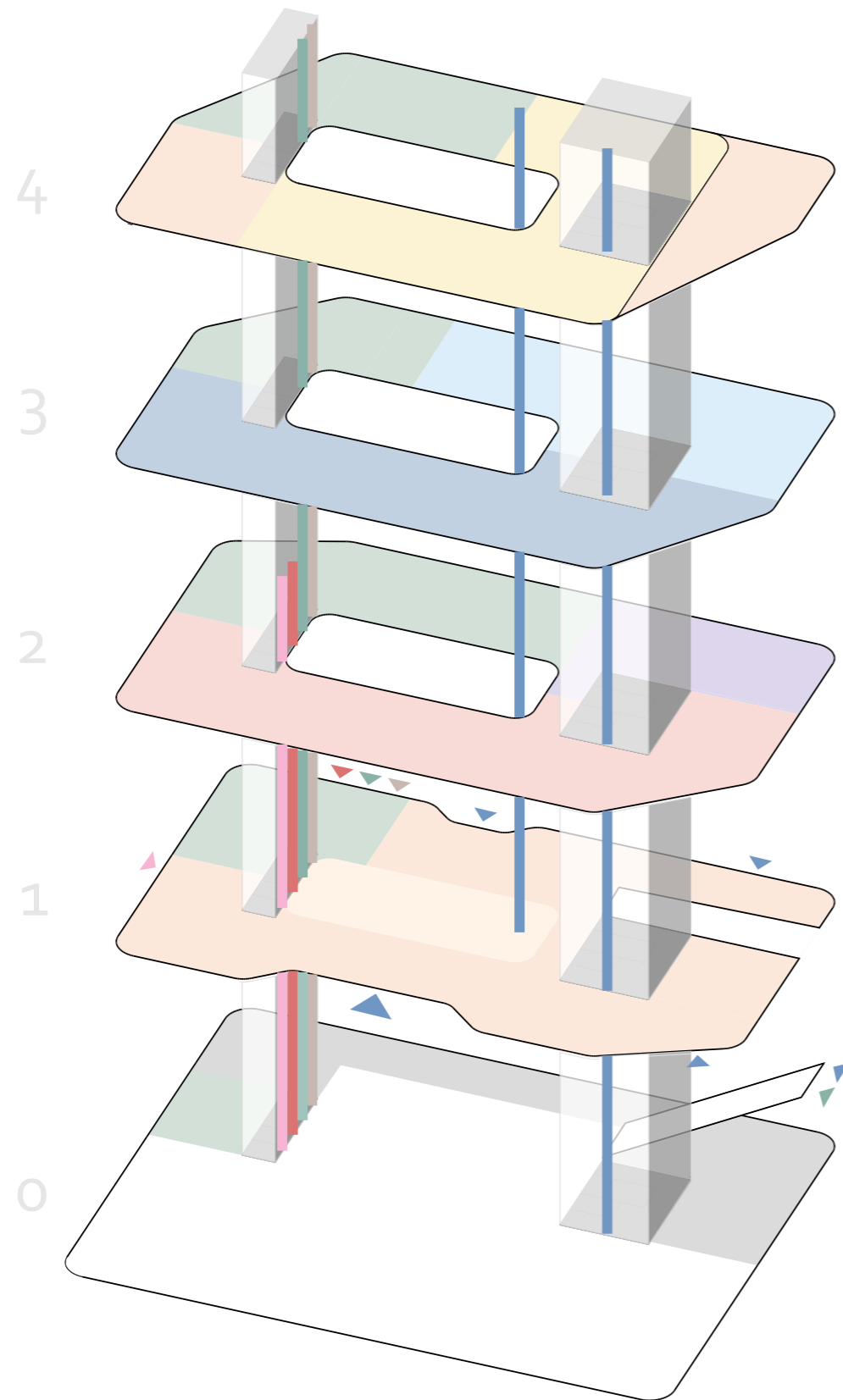
A shared street is linking the site with Hoglands park.



1:1000







	ORIGINAL	PROPOSAL	ORIGINAL	PROPOSAL
Medical Care	792 m ²	498 m ²	[Red]	[Red]
Child Care	109 m ²	92 m ²	[Purple]	[Purple]
Women's Care	301 m ²	240 m ²	[Light Blue]	[Light Blue]
Dental Care	527 m ²	402 m ²	[Dark Blue]	[Dark Blue]
Rehab	359 m ²	256 m ²	[Yellow]	[Yellow]
Common Area	503 m ²	520 m ²	[Green]	[Green]
Public Area		1126 m ²	[Orange]	[Orange]
Technics		458 m ²	[Grey]	[Grey]
Construction / Traffic		893 m ²	[Dashed Box]	[Dashed Box]
Total BTA	4500 m²	4485 m²		

The vertical connection between the department floors and the public functions on ground- and 4th floor are arranged around the atrium in two different cores. One for the more public and patient's flows, right next to the open main staircase. The two southern elevators for the secondary flows can be divided to also take a separated flow for infected patients.

When reorganizing the brief and implementing the teambased layout, department areas were both reduced (e.g. the number of treatment rooms due to the collaborative use in teams and e-health additions) as well as opened for shared and public use (meeting rooms, administrative space etc.)

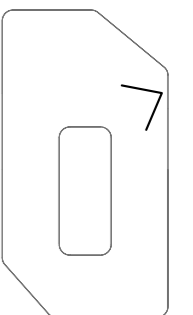
- [Green] Staff Area
- [Blue] Patient
- [Yellow] Rehab
- [Green] Staff
- [Light Blue] Women
- [Brown] Goods
- [Dark Blue] Dental
- [Red] Emergency
- [Pink] Infection
- [Red] Medical
- [Purple] Children
- [Orange] Public
- [Grey] Technics

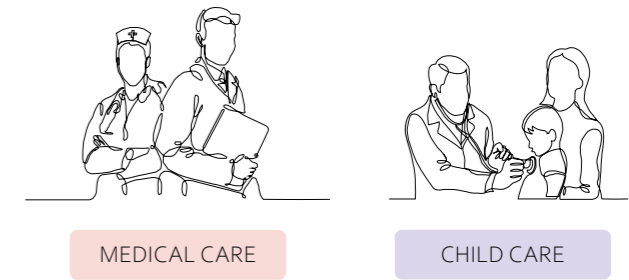
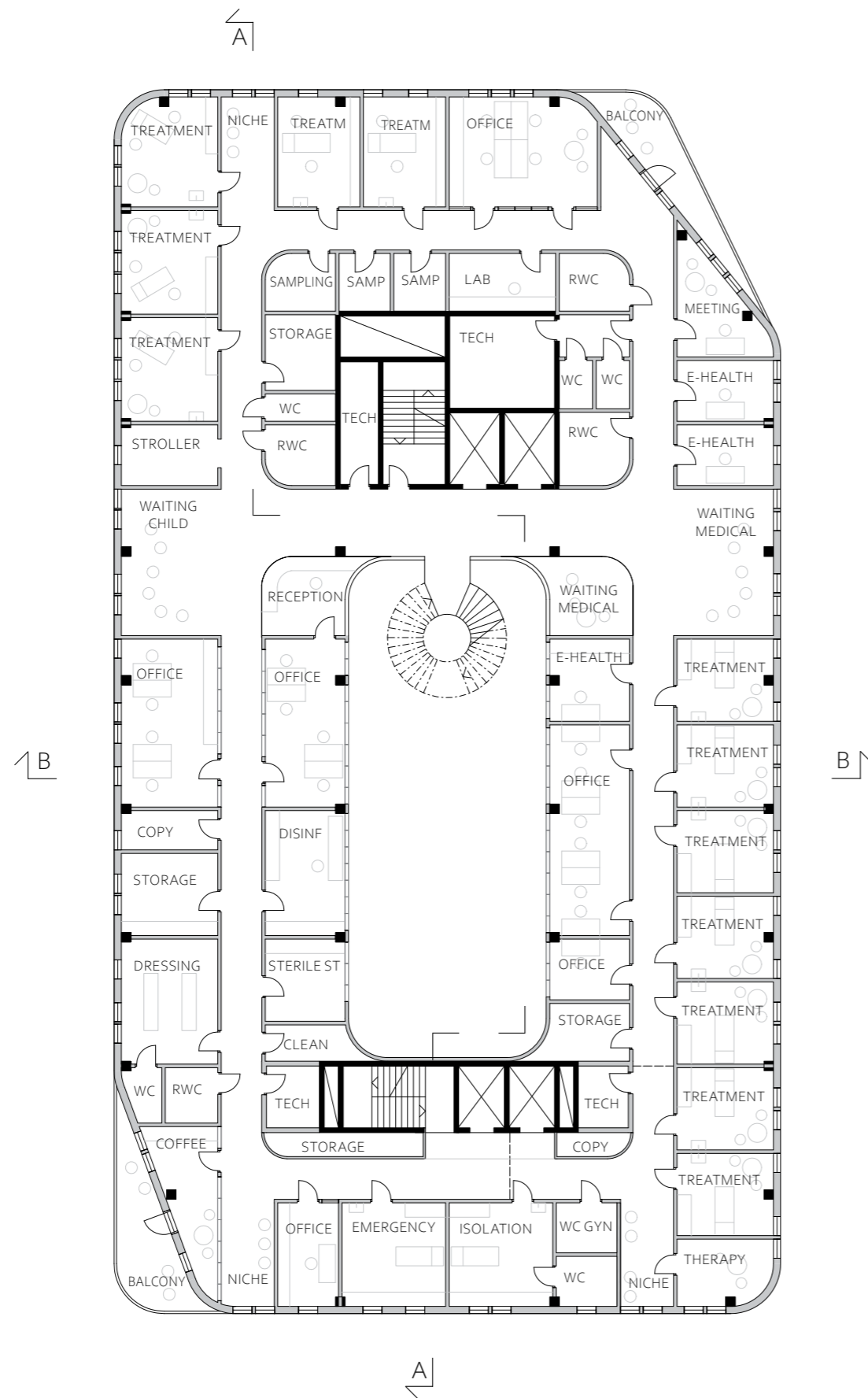




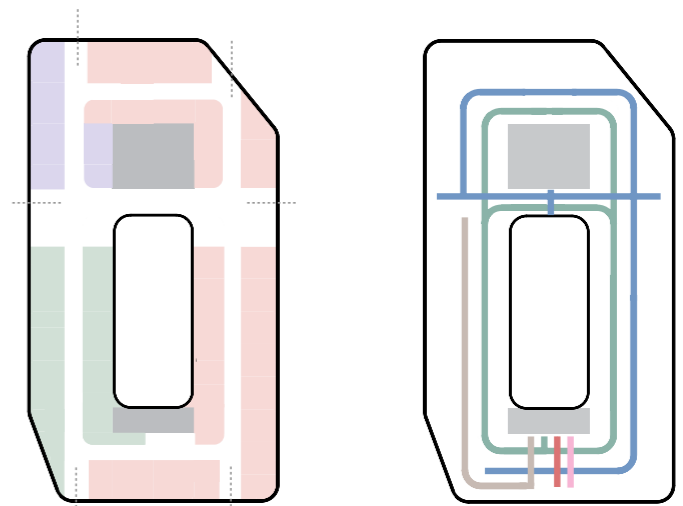
Living a healthy life does not obtain from a lot more than regularly check-ups and the ordinary curing of diseases. To promote the search for healthy habits more in the everyday life, the 'knowledge hub' provides a low-threshold access to information, exchange and collaboration. Together with the professionals from the information desk (main reception), a health-related

library and seminar rooms offer a wide program. The spacious and light group rooms on the ground floor can be reached just next to the main entrance and used for seminars and workshops, meetings of specialized support groups as well as the healthcare center professional's continuing education and life-long learning.



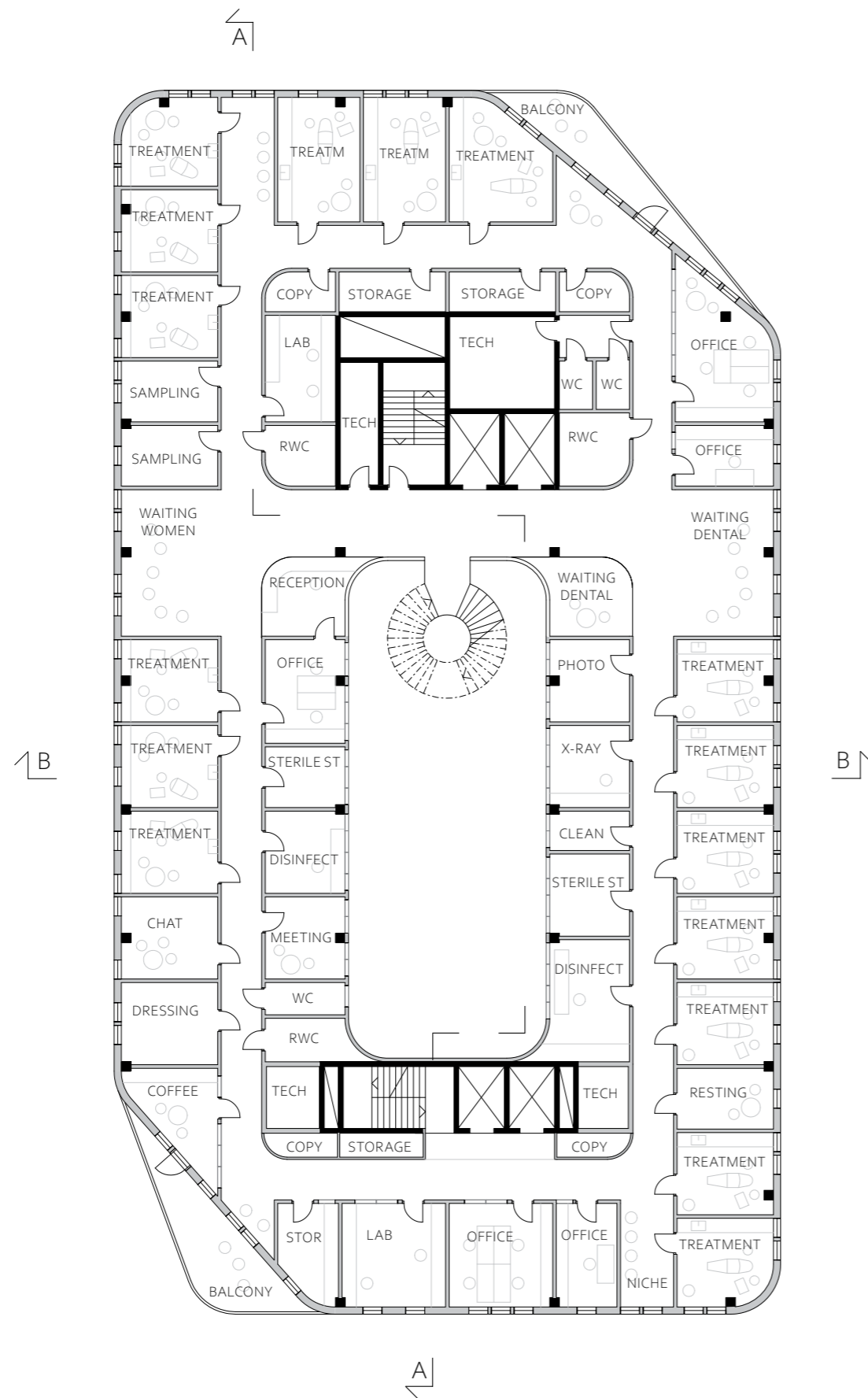


The Medical and Child care units are located on the second floor. Coming either from the main staircase in the atrium or the elevators nearby the patients will easily orientate to the waiting areas; Child care to the left and Medical care to the right. The sight lines marked by windows at the end of each corridor will support the further orientation around the building. A team-based layout is proposed where each team has a set of examination rooms, a landscape office space, a room for secrecy/meetings and a waiting niche to collect their visitors. The staff area in the southwest part of the building hosts shared facilities for both units. One balcony in southwest reserved for the staff and one in northeast for patients are allowing opportunities for distancing and fresh air.

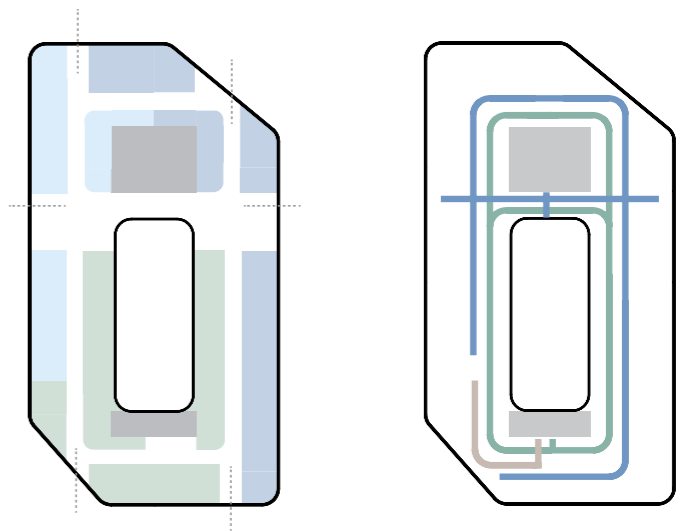


- | | |
|---|--|
| Staff Area | Patient |
| Medical | Staff |
| Children | Goods |
| Technics | Emergency |
| | Infection |

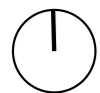


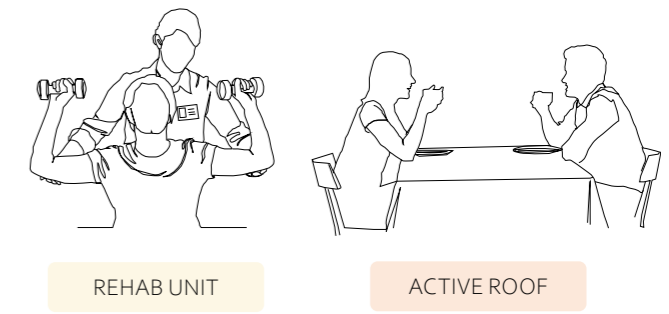
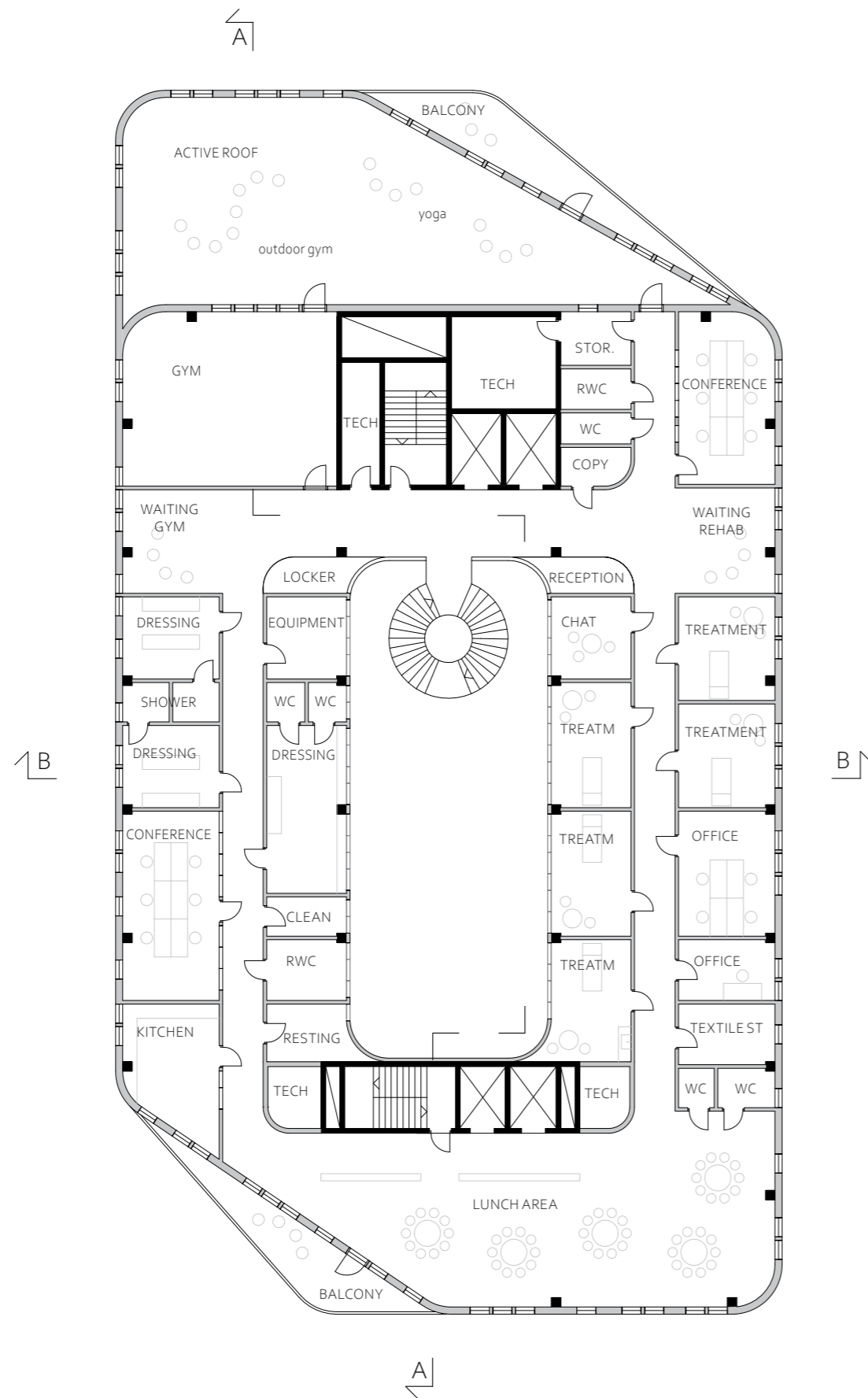


The Dental and Women's units are located on the third floor. With a similar organisation as the second floor the two units are mainly separated but sharing a few functions, while the staff are sharing facilities. The Dental care unit is divided into teams focusing on either small or large surgeries. The sizes of the basic treatment rooms are generalized for the two different units to allow future reorganisation where one unit can grow and one can shrink. The staff is reaching the units from different directions which allows this kind of restructuring where the staff still have direct connection to each unit. The building is overall organized in segments of 0,9x0,9 meters both regarding placement of walls and windows. This further generate opportunities for flexibility and changed room sizes and organization in the future.

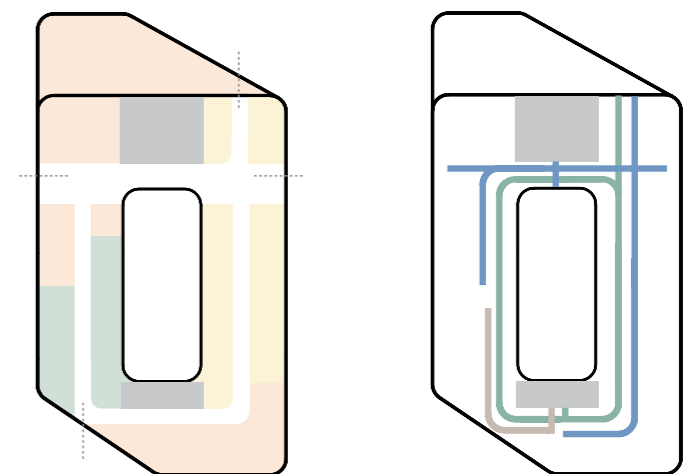


- Staff Area
- Women
- Dental
- Technics
- Patient
- Staff
- Goods

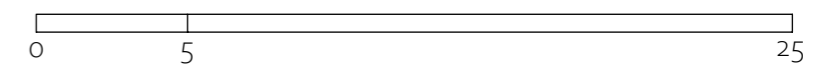




The fourth floor is working as an activity-based semi-public space with a variety of atmospheres between indoor and outdoor. The rehab unit is sharing the space with collected functions for the staff of the whole healthcare center and an additional public area. A large active rooftop terrace with walls but without covering of a roof is used for yoga and outdoor gym. Both the indoor and outdoor gym, as well as the lunch area can be used by the staff, the rehab and the public. There are possibilities to divide them and to open up windows. The big structural grid of 9,0 x 5,4 m makes it possible to arrange the floor plan as cell structure or open space just as needed for the functions - today and in future use scenarios.



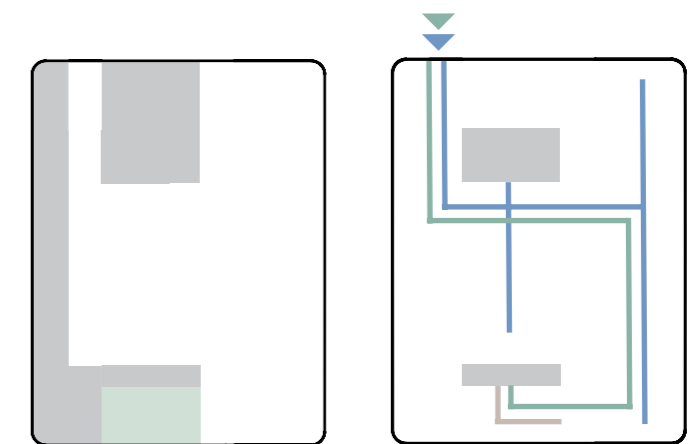
- Staff Area
- Rehab
- Public
- Technics
- Patient
- Staff
- Goods



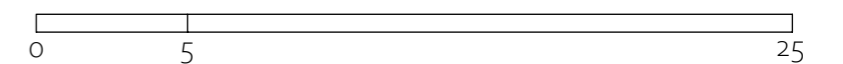
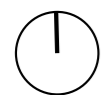


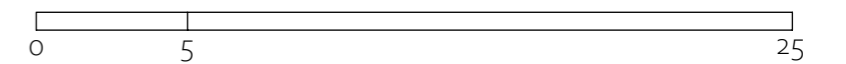
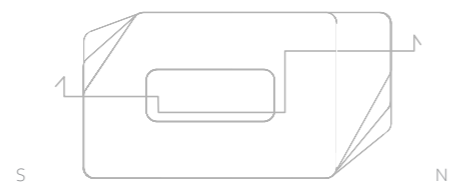
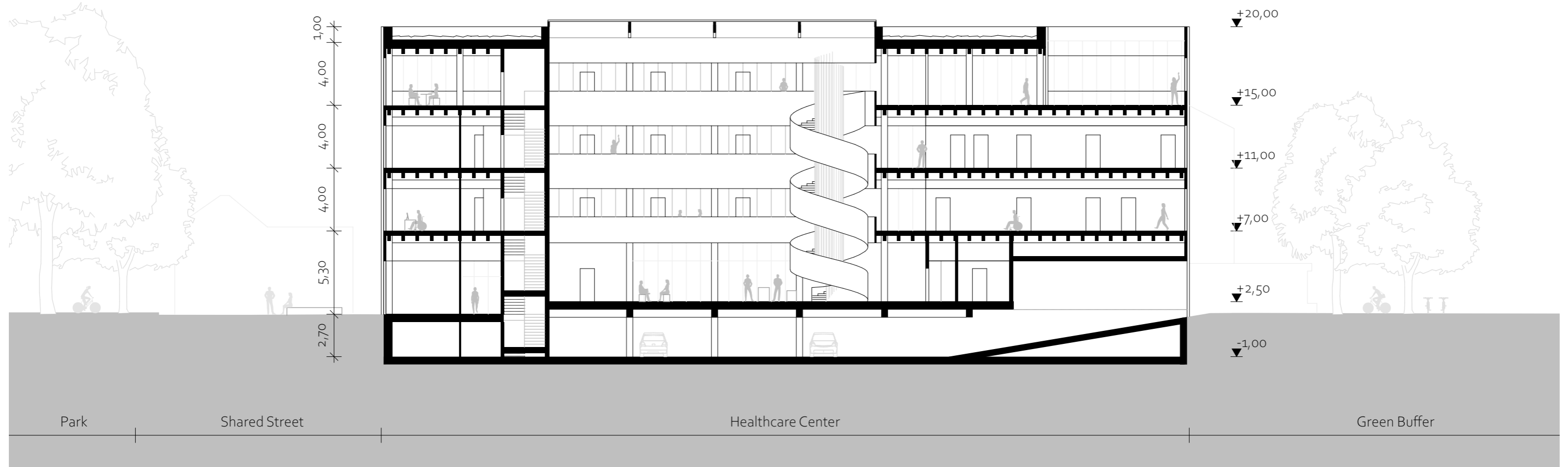
The basement is used for technical areas and car parking mainly for staff and visitors of the healthcare center. Some of the parking spaces will work as a replacement for the ones that were reduced from the parking lot on the west side of the site with the purpose to leave space for public functions on the west side of the building.

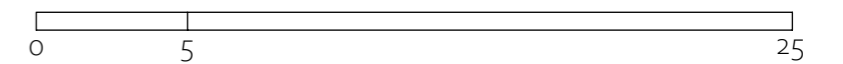
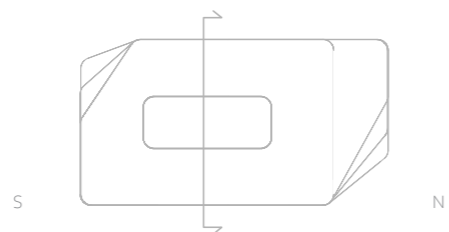
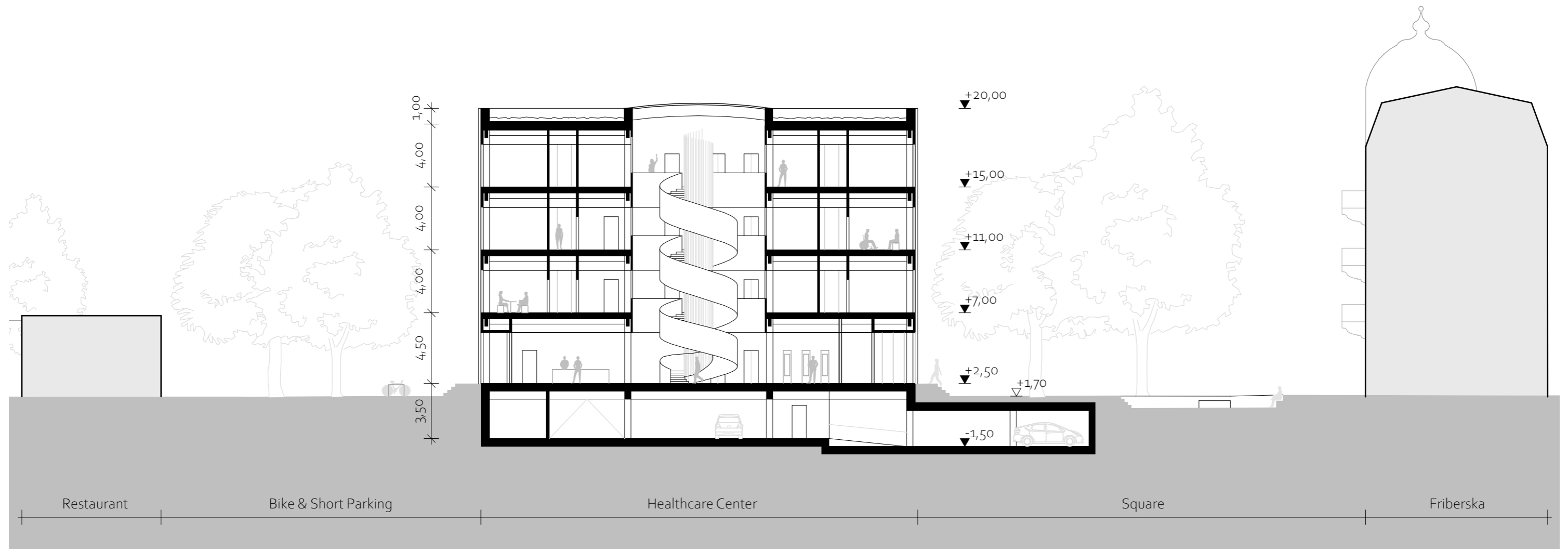
The garage will be reached from the north, surrounded by greenery on both sides of the entrance path. In this way the car flow is hidden in the green buffer zone instead of creating more traffic on the square or in the south where the shared street promotes mostly pedestrian and bike flows.



- Staff Area
- Technics
- Patient
- Staff
- Goods









This elevation shows the welcoming entrance facing the square. Creating a rib- structure on the exterior from the grid system of 0,9 m has also inspired our design development. The facade material is made of timber cladding with rib panels marking the 0,9meter division. The ribs are creating a calm rhythm in the facade, while the window pattern is adding some playfulness.

The windows are stretched out from floor to ceiling to bring in as much daylight as possible. The shape of the building is also referring to a continuous appearance to avoid dividing the building, but indicate it as one unit. The vertical lines are drawn from ground floor up to the roof. The bigger glass partitions on the entrance level creates a more transparent public floor.



It is also to mention that the base plint of the building is built up by the reused bricks from the existing primary care building that is planned to be demolished within the future. The bricks are also used for fixed outside furniture around the building. This is symbolizing that the new building is growing up from the old one. Keeping parts of the old system but also introducing new ideas, methods and functions for the new healthcare center.

The bricks and the wooden exterior matches well with the surrounding buildings as well as with each other. The timber will age within time and become more grey-toned. This will give a different but still warm and calm expression.



Legend

Roof:
Sedum roof with gravel along the edges

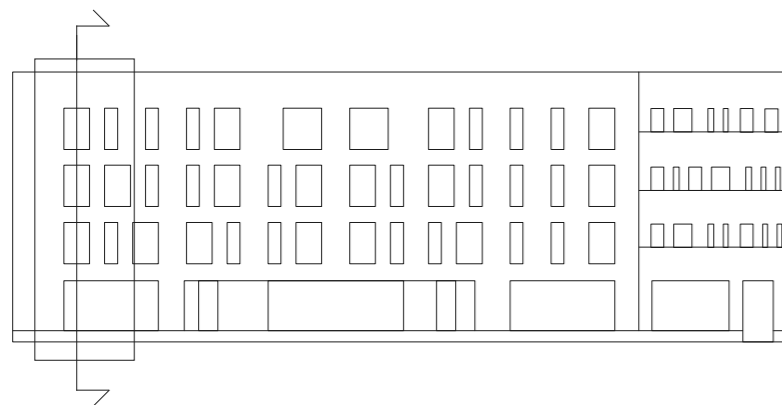
Ceiling:
200 mm Flooring,
CLT Rib-Element including
100 mm Slab +
320 x 200 mm Glulam Ribs (span: 9000 mm),
450 x 150 mm Glulam
(Primary beam, span: 5400 mm)

Suspended Ceiling

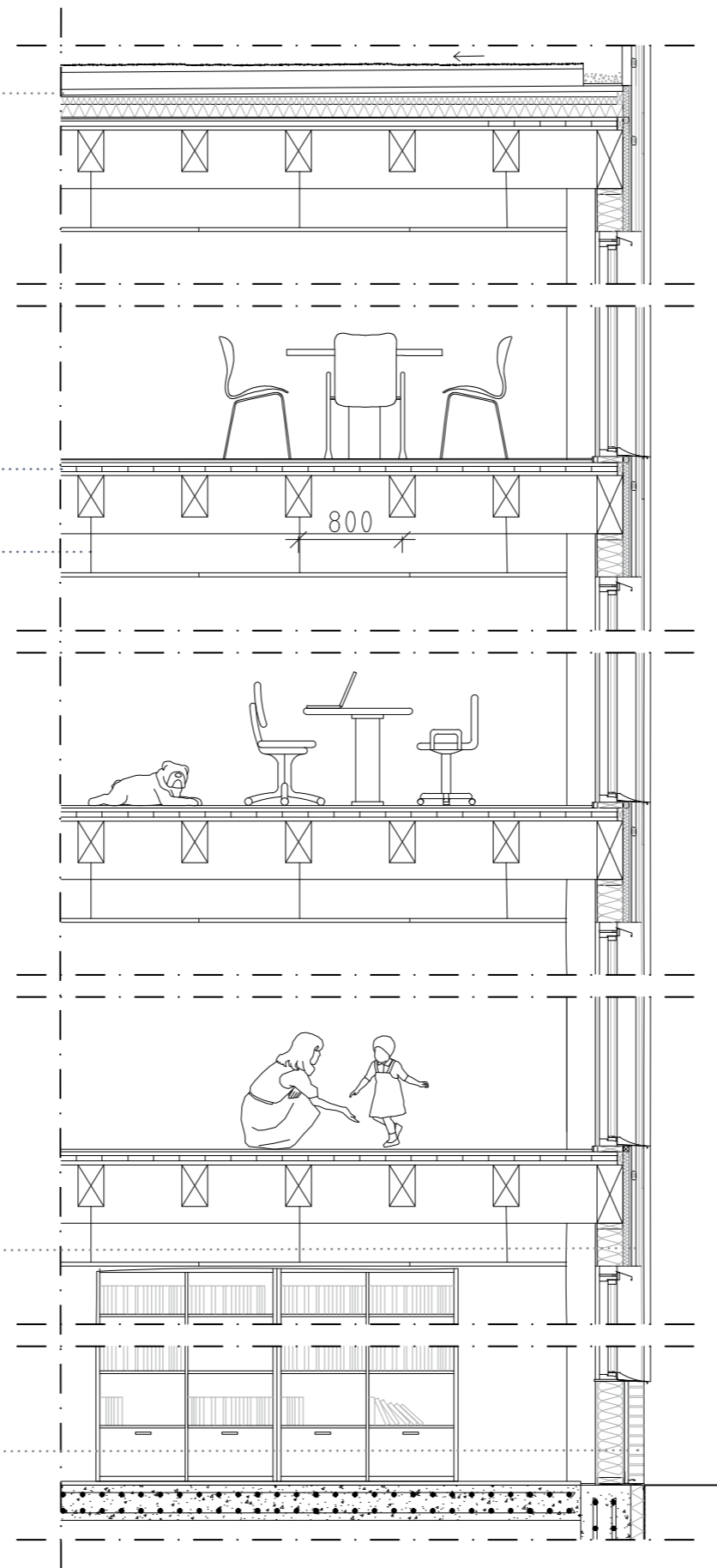
Facade:
wooden cladding with ribs c/c 900mm

Plint: Bricks (reused)

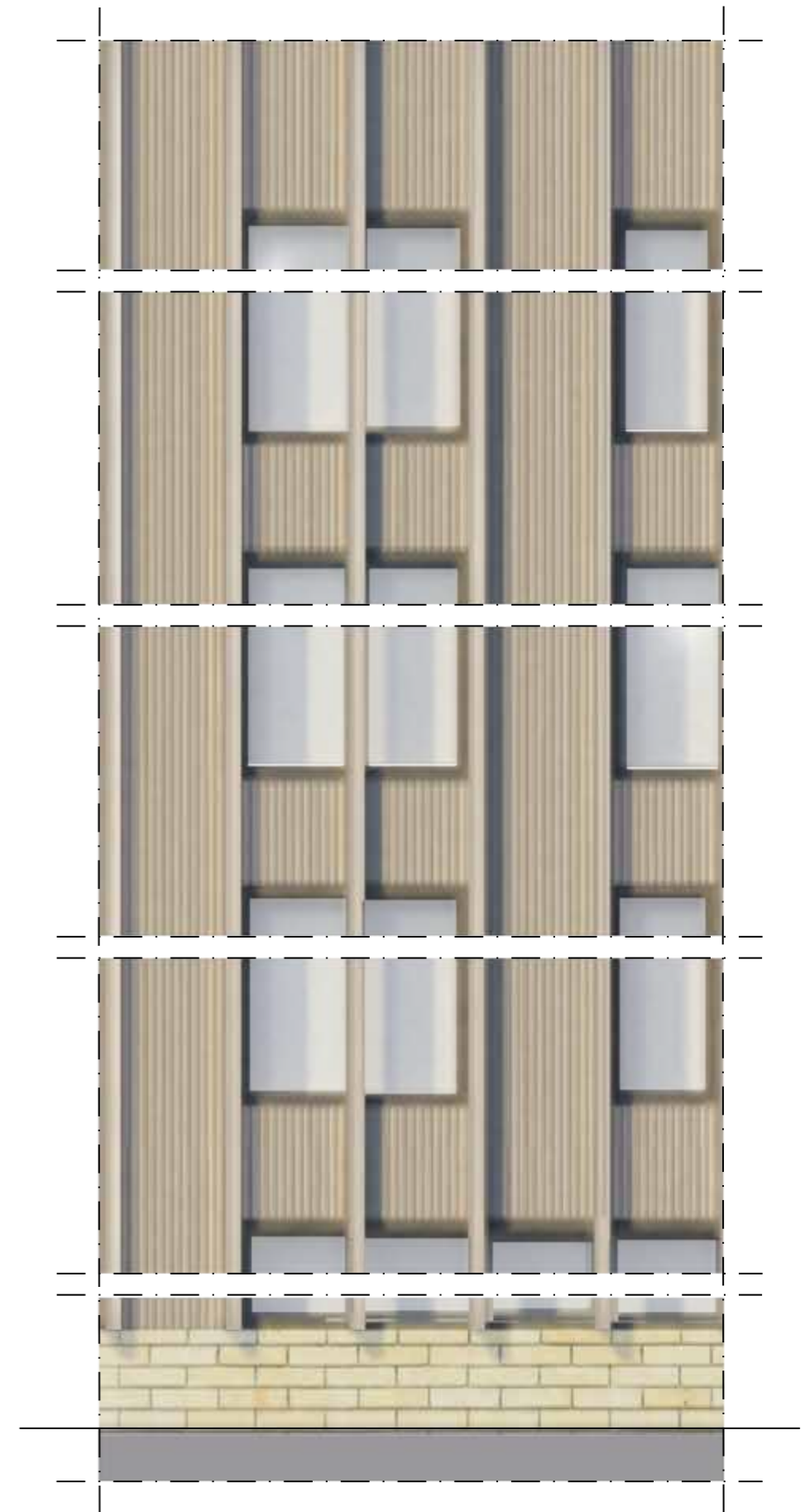
The bearing construction is chosen to be a wooden post-beam structure, with pillars next to the façade and the atrium. The chosen ceiling construction uses combined prefab CLT/ Rib elements to overcome our wide 9x5,4 m grid while creating a low construction height. With the general and big grid, our building structure can host various functions between cell/corridor and open floor plan layouts.



1:50



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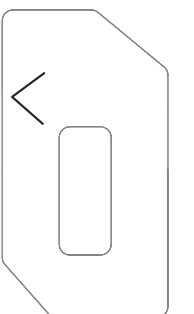


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The department's entrance and main waiting areas are placed to be easy accessible, welcoming and light-flooded, spanning between east- and west facade right besides the generous staircase in the central atrium. A quiet atmosphere, calm colors and easy access to the nearby examination areas are benefiting the patient's impression of their visit. As well as the smaller waiting

niches, the main waiting zones have a strong visual connection to the surrounding, for better orientation. Additionally to the main reception desk on the ground floor, every upper level also has a small information desk located nearby the administration office, to make personal help reachable right next to the patient's entrance point to the department.

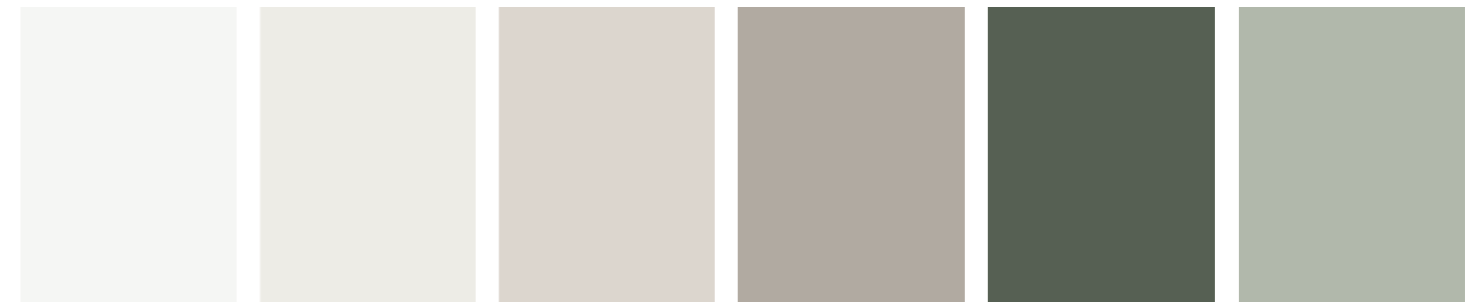


FLOORS

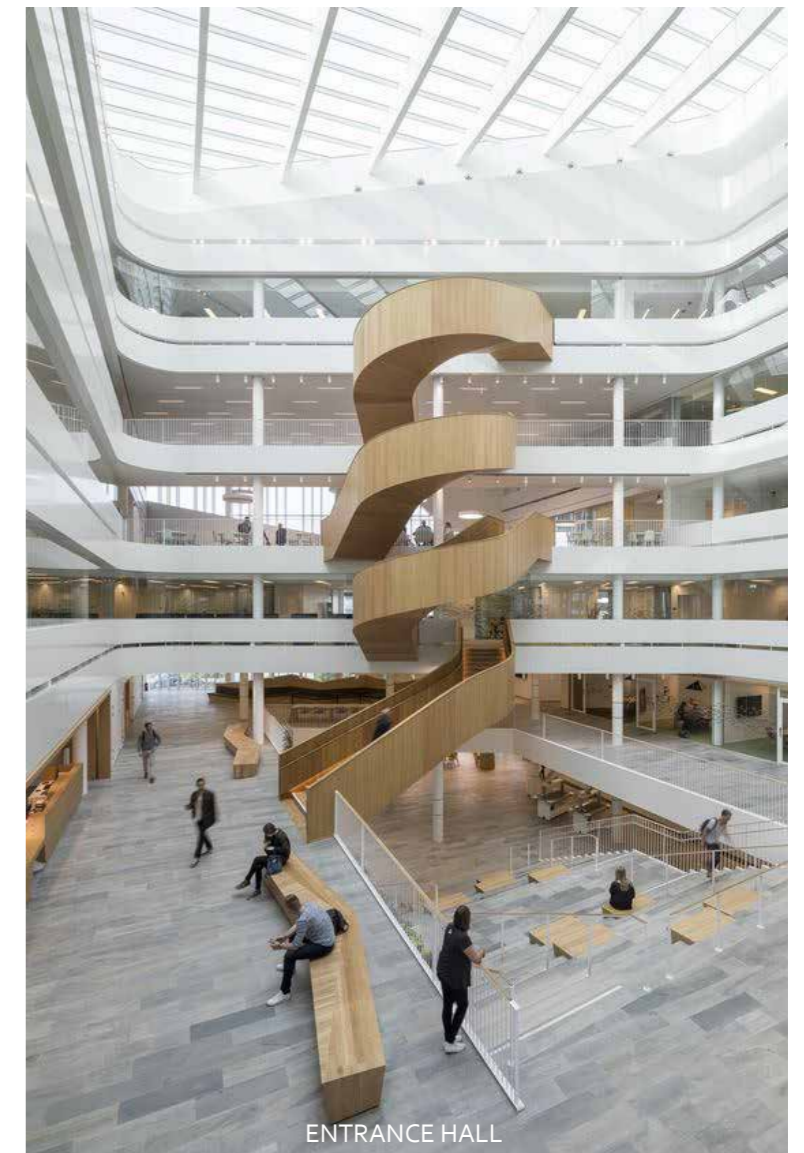
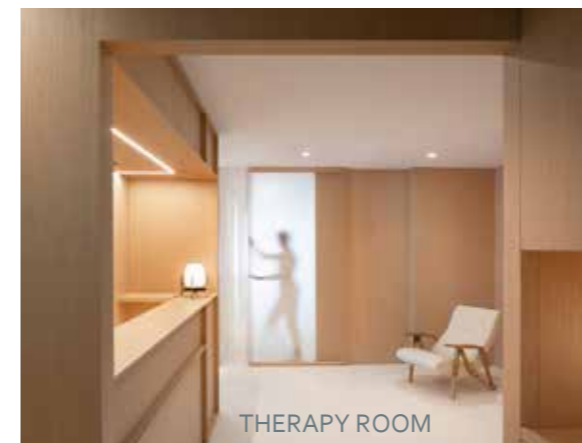
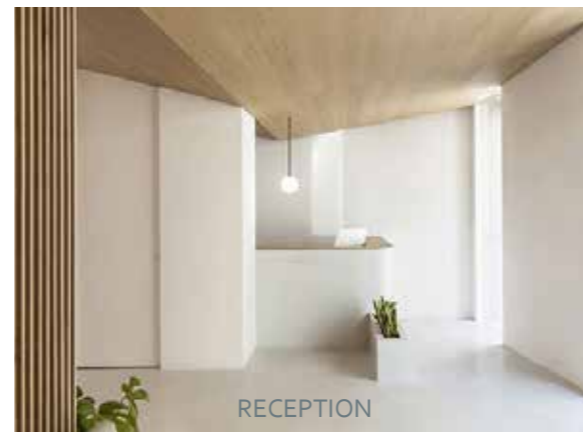


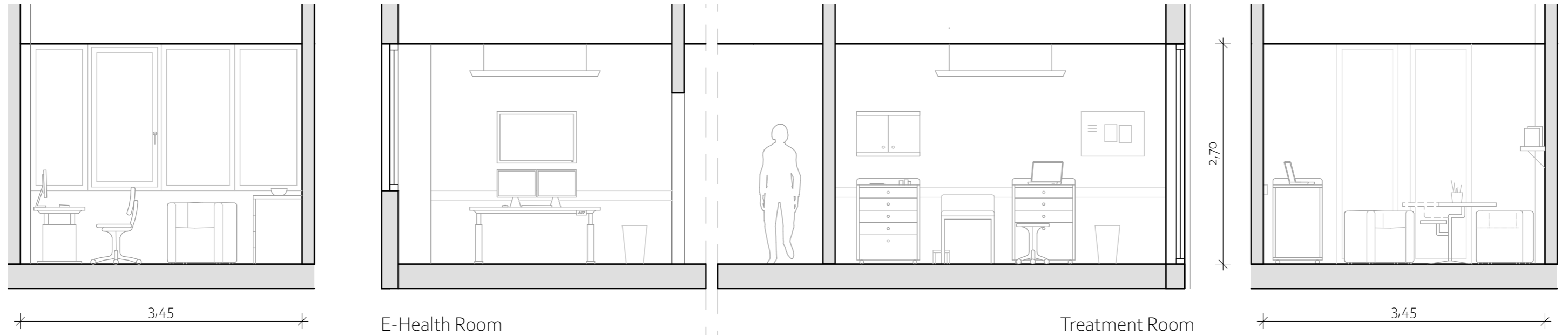
- 1 | English oak - Silentflor Pur [Reception]
- 2 | Light grey concrete - Silentflor Pur [Entrance floor]
- 3 | Quartz- Polysafe apex [Staff rooms]
- 4 | Chromite - Polysafe apex [Care units: disinfection-, sterilizing rooms]
- 5 | Seat mist - Polysafe quattro [Zoning]
- 6 | Silent blue - Silentflor Pur [Zoning]

COLOR SCHEME



For the interior design the color scheme of the primary care will be in nature tones. Even here it is to refer for a more calm and healthy environment with less stress factors. The lighter and warmer colors will create different interior elements which will lift the whole concept one level up of a salutary hub.





The treatment of patients will more and more shift between the digital and physical consultation of medical advice. Our layout for the medical care department therefore proposes a mixture of treatment rooms for in-person consultation as well as e-health workplaces for doctors to provide check-ups and other face-to-face consultations digitally.

The e-health room provides a calm workplace to concentrate on the digital meetings that can also be used in exchange with the office areas for administrative work.

In the treatment-room a seating area with multi-use swivel table provides a surrounding for eye-to-eye interaction between medical experts and patients, to encourage patients as equal partner in their examination. The examination bed and moveable containers are placed to promote staff to organise their workplace efficient and healthy.

