

**ICU Patient Family Stress Recovery During Breaks in a Hospital Garden and Indoor Environments**

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**Learning Objective 1:** Readers will understand that families of patients in an ICU experience stress.

**Learning Objective 2:** Readers will understand that stress reduction for ICU families varies with the environments in which they take breaks.

**Learning Objectives 3:** Readers will understand that appropriate research methods allow investigators to compare the efficacy of different environments in reducing stress for ICU families.

**Learning Objective 4:** Readers will understand that gardens and natural environments have a strong potential for stress reduction in ICU families.

**Question 1:** The authors conclude with a recommendation. It is for:

- a. Providing a zen garden of stones, moss, and water outside every ICUE possible.
- b. Creating an unlocked garden with abundant nature located close to an ICU.
- c. Creating a respite space for ICU families with indoor plants, nature photos and sounds.
- d. Improving the quality of indoor settings where families get a break from the ICU.

**Question 2:** The research method employed in this study is?

- a. Field observation of family members while in a garden near the ICU.
- b. Administration of a validated survey instrument before and after a visit to a break location.
- c. Interviews with family members before and after a visit to a break location.
- d. Responses to an online patient satisfaction survey after the patients was discharged.

**Question 3:** Sadness reduction for ICU families after time in a garden, compared to time indoors is greater and statistically significant.

- a. True
- b. False

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