

# Interior solutions

One of the main issues to be faced in the building's internal solutions is the suicide prevention, which can take three approaches:

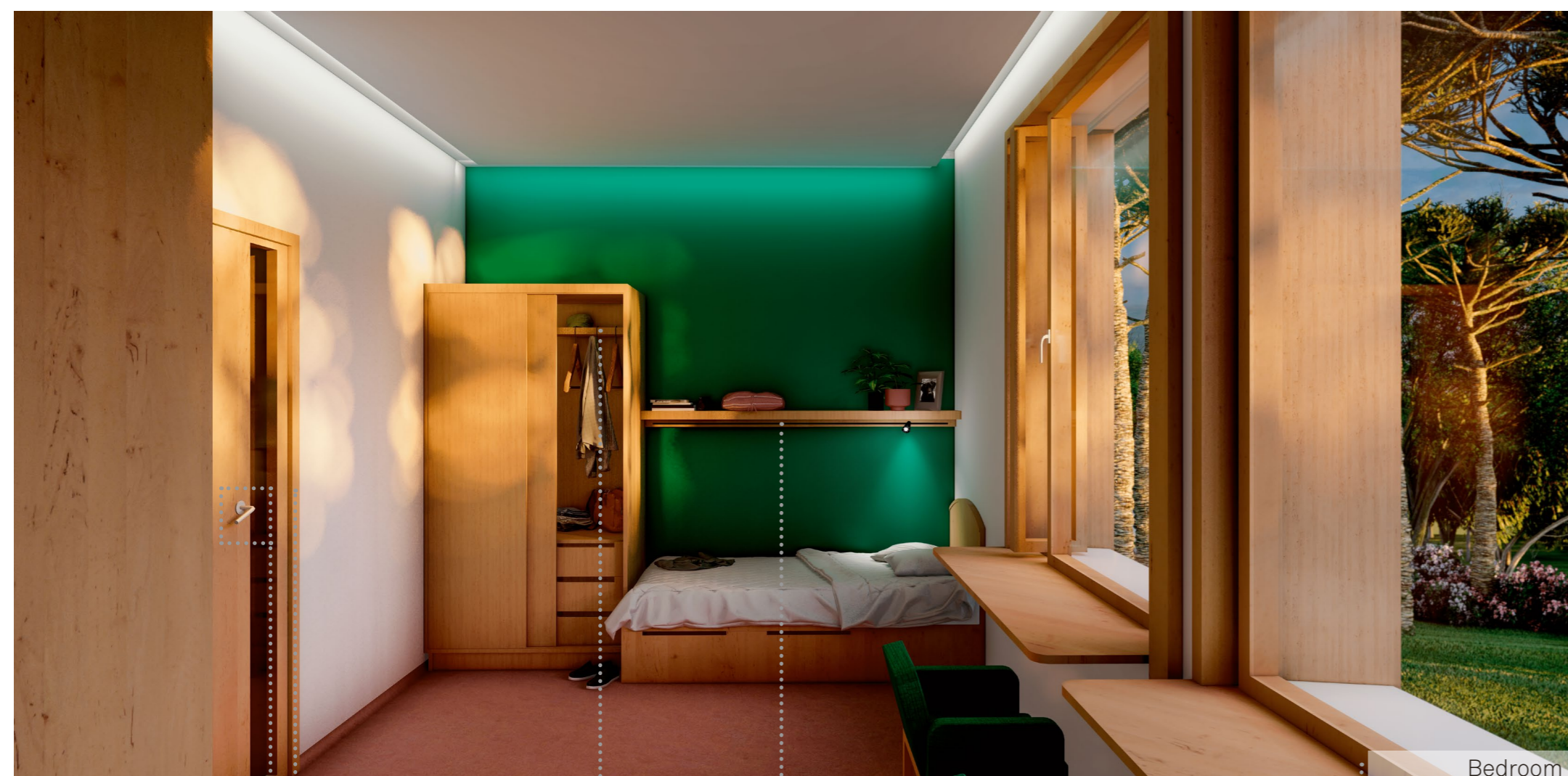
1. Monitoring and rigid supervision of the patient;
2. Limitation of available suicide methods; and
3. Creating an anti-suicide environment using atmospheric means.

In this project, the 2nd and 3rd approaches were considered more important, as the 1st one goes against the patient's autonomy and with the other two being privileged, it becomes less necessary.

In psychiatric institutions, suicide attempts are more frequent in bedrooms and bathrooms, due to greater privacy in these rooms, and two methods are more recurrent: strangulation and precipitation from high places. Thus, staircases, terraces and windows are protected. Furthermore, to avoid strangulation, architectural elements that could be used as ropes were not proposed. However, clothes, blankets and bath towels can be used as ropes, and they will always be available. So, it was even more important to avoid places where these items could be attached to.

Therefore, being the Night Sector the most critical in relation to the suicide prevention, some other measures were taken. The nursing station is located between the two hospitalization wings, which helps to reduce distances during rounds. Also in this sense, there are rooms on both sides of the corridors so the employees can have an easier observation of different beds.

Regarding the bedrooms, there are different opinions among the health professionals about single and double ones. While the first option provides a better sleep quality and, in the current context, increases the safety against the spread of COVID; the second one can be beneficial for patients who need more company. Thus, in this project, all rooms have movable walls, so they can be suitable for both situations, depending on the patients involved. This also reinforces the creation of a primary territory for each person; which is understood as the place where one can have greater control over the space, resulting in a feeling of protection to freely live the emotions there.



Bedroom



Bedroom, bathroom and hallway module

Doorknob: prevents clamping of choke straps.

Note: adapted from the psychiatric product line of the company FSB.DE

Doors with a side glass panel: when opened they let the passage of a stretcher, and when they are closed, they still allow the monitoring of the rooms.

Rail sliding luminaire, with built-in shelf wiring: it adapts to different bed positions and avoids loose wires.

Shelf hanger: avoids strangulation.

Hollow handles for drawers.

Windows: allow the autonomy of patients to control ventilation (safe dimension of 15cm of free opening) and lighting (external roller shutter).

Safe handle: allows the opening of the larger part of the window by employees for maintenance.

Mirror with PVB film (break protection).

Wall-mounted faucet and conical mixers: inhibit strangulation possibility.

Shower mounted on the ceiling.

Bar with angled finishing.

Towel hooks: breakage with a load above 20Kg.



One of the therapy rooms



Main living room

The therapy rooms were designed to allow different types of practices. Due to that, they have movable walls between the rooms; flexible furniture (folding tables, stackable chairs, mats, etc) and large openings to the garden, which expand even more their therapeutic possibilities.

In all interior spaces there are moveable - but safe (strong and without corners) - furniture. This brings the environment closer to a residential atmosphere and once again reinforces the autonomy of the patients (by being able to move the furniture according to their wishes). Such measures are an attempt to balance the demands for safety with well-being and comfort, which are fundamental characteristics to the healing process. In addition, resin finishes were used on the floors, walls and fabrics, to allow an easy cleaning of the place, adapting to sanitary standards.

Movable partitions:

- Metal rail + hidden inner wheels
- Folding wall: wood panels + rock wool
- U-profile embedded in subfloor.

Handrail: continuous with metal plate following the wall, secured against strangulation.