



Original Article

A Healing Garden Therapy Program Exploration in a Hospital Using the Reach, Effectiveness, Adoption, Implementation, and Maintenance (RE-AIM) Model: Qualitative Study

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ABSTRACT

Staying in the hospital for a long period can affect a patient's psychological condition and may cause stress that slows down recovery. Healing Garden Therapy is a hospital program that can help support recovery, especially for patients with non-communicable diseases. Therefore, this study aims to explore the implementation of the Healing Garden Therapy program in hospitals using assessment model of Reach, Effectiveness, Adoption, Implementation, and Maintenance (RE-AIM). This study used a qualitative exploratory design. The participants consisted of two groups: 10 nurses and 8 non-nursing staff who were involved in the implementation of Healing Garden Therapy Program (HGTP), selected using purposive sampling. Data were collected using recorded Focus Group Discussions (FGDs) and using semi-structured guiding questions. The data were analyzed using Colaizzi's method and presented using the COREQ checklist. The study found four main themes: 1) The main targets of the Healing Garden Therapy Program are patients, families, and visitors; 2) Delivering holistic care; 3) The Healing Garden program has positive impacts and therefore should be reactivated; 4) The Healing Garden Therapy program needs management supports and nurses involvement. The Healing Garden Therapy program has shown positive impacts and should be implemented to support holistic nursing care in hospitals.



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INTRODUCTION

A hospital environment affects many people, including patients, their families, and healthcare staff.¹ The new environment and patient's psychological condition may influence the healing process. Research has shown that patients experiencing stress in noisy hospital environments take 24% longer to recover compared to those in calmer settings, which can lead to longer hospital stays.^{2,3} Longer hospital stays can reduce patient satisfaction and raise healthcare costs.

In many different areas, interaction with nature has long been believed to have positive effects on human health and well-being from time to time since it is believed that direct contact with nature affects positively for patients' physical and psychological condition⁴. The concept of a Healing Garden is gaining popularity for its role in holistic healing in hospitals.^{5,6} Ulrich⁷ suggests

that hospital gardens provide social support, a sense of control, physical activity, exercise, and other positive effects. Healing garden is considered as a functional need and garden plays its significant and effective role for patients' healing process in numerous hospitals.⁸ Healing garden is a garden that can cure diseases, like medicine, by calming the mind and reducing high stress level by providing space to calm the mind and support mental recovery and mental health.⁹

In addition, a study by Hastuti¹⁰ on patients who participated in the Healing Garden Therapy program in a hospital found five themes: 1) patients felt more humanized during their treatment, 2) being in the garden allowed them to find new friends or family, 3) joining the Healing Garden program helped reduce both physical and psychological pain, 4) they felt more grateful and closer to God, 5) hospitals that run the Healing Garden program could use it as a way to promote their services. Furthermore, a study by Ulrich⁷ found that patients who had gallbladder surgery and stayed in rooms facing a garden recovered faster and needed fewer antibiotics and painkillers than those in rooms facing a wall.

The implementation of healing environment concept has been linked to better health outcomes, such as shorter hospital stays, lower costs, reduced pain and stress, and improved mood.^{6,11,12} Healing gardens are designed to accelerate patient recovery, especially for those who are treated in hospitals.¹³ Due to these benefits, hospitals are required to allocate at least 15% of their land, serving both healing and greening functions.¹⁴

A preliminary study showed that only two hospitals in Indonesia have implemented a healing garden program: Panti Rapih Hospital in Yogyakarta and Saint Carolus Hospital in Jakarta. At the time of this study, the COVID-19 situation in Indonesia had stabilized, and public gathering restrictions were lifted. However, since the pandemic and up until now, the Healing Garden program at Panti Rapih Hospital has not yet been reactivated.

Considering the numerous benefits and impacts of implementing healing garden therapy in hospitals, and for future development, it is important to evaluate the implementation of Healing Garden Therapy Program comprehensively. Therefore, this study aims to use RE-AIM Model to explore the implementation of the Healing Garden Therapy program in Panti Rapih hospital.

METHODS

The researcher employed a qualitative research design with an exploratory approach to evaluate the Healing Garden Therapy Program in the hospital using the RE-AIM evaluation model (Reach, Effectiveness, Adoption, Implementation, Maintenance)¹⁵. The participants in this study were program implementers who understood and carried out the Healing Garden Therapy program in the hospital. The sampling technique used was purposive sampling, by selecting 8–10 respondents for each Focus Group Discussion, with the following inclusion criteria:

One (1) group of program implementers of the Healing Garden Therapy at Panti Rapih Hospital Yogyakarta (nurses), who were willing to participate in this study.

One (1) group of program implementers of the Healing Garden Therapy at Panti Rapih Hospital Yogyakarta (non-nursing staff) from various professional backgrounds, who were also willing to participate in this study. This study was conducted at Panti Rapih Hospital from March 2023 to December 2024.

Table 1. The Characteristics of FGD Participants

Nursing FGD	(n=10)	Non-Nursing FGD	(n=8)
Nurse Staff D3	3	Public Relation Department	1
Nurse Staff S1 Ns	4	Pastoral Socio-Medical Department	1
Ward Manager	3	Quality Committee	1
		Technical Department	1
		Pharmacy Department	1
		Medical Technician	1
		Environmental Health Department	1
		Financial Administration Department	1

The instrument in this study was the researcher, assisted by a research assistant, who conducted Focus Group Discussions (FGDs) with the program implementers. The researcher made use of an FGD guide and an interview guide, both containing semi-structured questions that had been adapted to align with the research objectives. The researcher used a voice recorder to record the discussions during the FGD. In addition, the researcher prepared a notebook and pen to take field notes throughout the FGD sessions.

Data collection was carried out through FGDs at Panti Rapih Hospital, which had already implemented the Healing Garden Therapy program. The FGD with the nursing group was conducted offline and lasted for 90 minutes, while the FGD with the non-nursing group was conducted online due to difficulties in scheduling a face-to-face meeting. The researcher also conducted data source triangulation through in-depth interviews with patients, patients' families, and hospital management personnel who had previously participated in the Healing Garden Therapy Program. The data collection process in this study followed the RE-AIM Framework, focusing on Reach, Effectiveness, Adoption, Implementation, and Maintenance, and was guided by the following questions:

Table 2. Semi-structured questions

<i>Reach</i>	1. Who are the targets of Healing Garden Therapy program?
	2. Who benefits from and is impacted by the implementation of the Healing Garden Therapy program?
	3. Who are implementing this program?
<i>Effectiveness</i>	4. Explain the main benefits of this Healing Garden Therapy program!
	5. Explain why this program needs to be maintained and even improved!
<i>Adoption,</i>	6. Explain how and where the Healing Garden program is carried out!
	7. Explain the policy underlying the implementation of the Healing Garden program!
<i>Implementation</i>	8. How is the Healing Garden Therapy program consistently maintained and implemented?
	9. What is the most significant outcome of this program's implementation?
<i>Maintenance</i>	10. How is the sustainability of the Healing Garden Therapy program ensured?
	11. How long has this program been running? What efforts have been made to sustain it?

Before conducting the research, the researcher obtained ethical approval from Panti Rapih Hospital Yogyakarta, with the approval number 195/SKEPK-KKE/IV/2023. The ethical principles used in this study were based on the Belmont Report, namely *respect for persons*, *beneficence*, and *justice*.¹⁶ After receiving an explanation regarding the research objectives and the data collection process, all participants stated that they understood and agreed to take part in this study and subsequently signed the informed consent form.

Data analysis and data collection were carried out simultaneously. The results of the FGDs were transcribed verbatim immediately after each session, based on the audio recordings and field notes. Data analysis was conducted manually following the stages of Colaizzi's method as outlined in Creswell. These stages included repeatedly reading the descriptive transcripts to identify embedded keywords, coding each meaningful word or sentence, clustering codes with similar meanings into categories, and subsequently grouping several categories with related meanings into overarching themes.

The data validity process in this study referred to concepts of validity and reliability, similar to those used in quantitative research. The trustworthiness of this study was assessed using the principles of credibility, dependability, confirmability, and transferability.¹⁷ The researcher conducted member check to ensure credibility by returning the descriptions made by the researcher to the participants. Member checking is a process in which the researcher verifies the collected data with participants to determine whether the findings accurately reflect what the participants had conveyed.¹⁷ This process was conducted after the data had been collected and

transcribed, then the researcher asked the participants to confirm whether the recorded information truly represented their input.

RESULTS

Based on the data collected from two FGD groups, which are the nurse group and the non-nurse group, there are **four themes** identified, derived from **nine categories, namely:** 1) The main targets of the Healing Garden Therapy Program are patients, families, and visitors; 2) Delivering holistic care; 3) The Healing Garden Program has positive impacts and therefore should be reactivated; 4) The Healing Garden Therapy program needs management supports and nurses involvement.

Table 3. Category and Theme

Category	Theme
The main targets of Healing Garden program are patients, families, and visitors.	The main targets of Healing Garden program are patients, families, and visitors.
Healing Garden program as a realization of holistic care	Delivering the holistic care.
Healing Garden program improves psycho-social aspect in patient care.	
Healing Garden program has positive impacts for patients, families, and healthcare workers	The Healing Garden program has positive impacts and therefore should be reactivated
Healing Garden program should be maintained because it also benefits the hospital as an institution.	
Healing Garden program is carried out with a coordination from numerous units in hospital.	Healing Garden program needs management supports and nurses involvement
Nurses play crucial role in implementing Healing Garden program.	
Healing Garden program needs full support from the hospital management.	
There are sufficient needs, facilities, and support from the management.	

The main targets of the Healing Garden Therapy are patients, families, and visitors

The first theme illustrates the scope of the Healing Garden Therapy program as a form of therapeutic support for patients. Panti Rapih Hospital is known as a "garden hospital" due to its spacious and serene gardens located among the various inpatient units. These gardens have long been used as a setting for the Healing Garden Therapy program, aimed at supporting patients undergoing treatment at the hospital. This study found out that Healing Garden Therapy helps reduce patients' stress during their hospital stay and treatment, and for family members, the program serves to ease boredom and emotional strain while waiting for their loved ones. Visitors who happen to be present during program sessions may also take a moment to enjoy the entertainment provided by the staff implementing the Healing Garden Therapy. This theme includes several categories that describe the primary targets of the Healing Garden Therapy program at Panti Rapih Hospital, which are patients, patients' families, and hospital visitors. A quotation describing this theme is stated as follows:

"...In providing nursing care, patients are also given entertainment, which may help to ease their suffering. So far, their reception has been positive. The same applies to family members who stay with them, as they also experience sadness and various emotional conditions. By watching the programs presented, they feel entertained, and perhaps for a few hours, they are able to forget their sorrow..." (program implementing nurse, female)

"...the main target is clearly the patients, especially those who are hospitalized, because they may get bores lying down all the time, and maybe even more uncomfortable because of their pain. But of course, not all inpatients are included, only those who are capable, meaning their physical condition or overall health already allows it, at least, they must be strong enough to be pushed in a wheelchair or moved using a hospital bed..." (manager, male)

Delivering holistic care

The second theme is supported by two categories, namely: 1) Healing Garden program as a realization of holistic care and 2) Healing Garden program improves psycho-social aspect in patient care. The first category highlights that the Healing Garden Therapy program represents a form of holistic care. Holistic nursing care involves biological, psychological, sociocultural, and spiritual aspects. Patients undergoing hospital treatment often suffer not only from physical conditions, such as fractures, chronic illnesses, or other diseases, but also experience psychological distress ranging from mild to severe stress caused by anxiety about their illness. In addition, being in a new environment and interacting directly with unfamiliar healthcare professionals can generate fear and uncertainty regarding their recovery. Long hospital stays may also disrupt patients' and families' social roles due to their inability to carry out daily activities, such as working, attending school or university, running a business, or engaging in other regular routines, as they must remain in the hospital and adjust to the new environment.

From a spiritual perspective, patients may begin to question why they are the ones suffering, while others are not, and on the other hand, some may become closer to God due to their illness. Nursing services are an integral part of healthcare in hospital that provides comprehensive care including biological, psycho-social, cultural, and spiritual aspects. In the Healing Garden program, activities are carefully designed to support this holistic approach. They include health education to promote better living, entertainment such as singing and dancing, breathing and reflection exercises for relaxation, and a closing group prayer. During the sessions, patients and families sit close to one another, which encourages interaction and connection. They often greet each other, engage in conversation, and build a sense of solidarity, recognizing that they share similar struggles as patients receiving care in the same hospital. Through these aspects, the Healing Garden Therapy program effectively brings holistic care into practice.

The following quotations illustrate this category:

"...What's clear is that involvement in the Healing Garden program is truly important for nurses, because we all understand that this activity is also part of a broader therapeutic process, or holistic care, yes..." (program implementing nurse, male)

"...Yes, the purpose of the Healing Garden that we initially planned was to provide holistic care. The focus really is on offering holistic services to patients. The holistic concept covers biological, psycho-sociological, cultural, and spiritual aspects, and we aimed to emphasize the psychological and social components by creating a relaxed, comfortable environment where patients can interact with others. We hope that this will lead them to better understand their condition and help accelerate the healing process..." (manager, male)

The Healing Garden program has positive impacts and therefore should be reactivated

Based on participants' statements, it can be concluded that the Healing Garden program at Panti Rapih hospital had **positive impacts** not only on patients and their families but also on the hospital itself. This third theme consists of two categories, namely: 1) The Healing Garden program brings positive effects to patients, families, and healthcare workers, and 2) The program should be maintained because it also benefits the hospital as an institution.

In the first category, it was revealed that the Healing Garden program contributes positively in several ways. It supports patient recovery, enhances therapeutic relationships between patients, families, and healthcare staff, and fosters social interactions among patients and between families, as they gather and take part in the same activity. Healthcare personnel from different professions and experienced positive outcomes. They had opportunities to meet,

coordinate, and collaborate in organizing the program, which included preparing patients, setting up the venue and equipment (such as sound systems and decorations), arranging the agenda, finding performers, and providing refreshments for patients and their families.

For staff members, the Healing Garden program served as a platform to showcase their talents, pursue personal interests, and relax after doing their routine tasks. The program was paused during the pandemic. The program also involved numerous contributors from multiple professions, including doctors, physiotherapists, pharmacists, nutritionists, and others, who served as performers or facilitators.

The following statements illustrate this theme:

"...As a patient, I felt happy and grateful to be in the beautiful garden, becoming closer to the nurses and making new friends. I got to know other patients and their families. We didn't know each other before but we sang and danced together..." (patient, female)

"...although my mother is elderly, she was really happy to join the Healing Garden. When I asked if she felt dizzy or tired, she said she could forget her illness for a moment..." (family member, female)

"...after the Healing Garden session, I asked, 'How did you feel, Ma'am? How about you, Sir?' The answer was, 'Wow, I felt happy, Nurse! I realized I wasn't alone. I saw others who were suffering too, and some of them were even worse than me..." (implementing nurse, female)

From the hospital's perspective, the Healing Garden Therapy program allowed them to make good use of the garden area around the hospital to support patient healing, and this is aligned with the vision of the hospital director at the time. Additionally, the program gave the hospital an opportunity to provide **holistic care** and offer entertainment for both patients' families and visitors. It became a value-added service that set the hospital apart from others. While many hospitals in Indonesia have gardens, few have utilized them as spaces to support recovery. Participants also noted that the Healing Garden Therapy program helped **increase public awareness** of Panti Rapih Hospital by highlighting the hospital's unique service offerings. Supporting statements for this category include:

"...For the public, of course, it helps them recognize Panti Rapih better because the hospital has added value, like a promotion advantage that makes it different from other hospitals..." (Administrative staff, female)

"...Overall, as a patient who participated in the Healing Garden, it was fun, entertaining, and something I miss. I hope it can return soon so it can help ease patients' pain through this Healing Garden..." (Patient, female)

Healing Garden program needs management supports and nurses involvement

Support from hospital management is essential to ensure the Healing Garden program can be carried out according to the agreed schedule. This fourth theme is generated from four categories: 1) The Healing Garden Therapy program requires coordination across various units, 2) Nurses play crucial role in implementing Healing Garden program, 3) The program needs supporting facilities and infrastructure, and 4) The program requires full support from hospital management. The implementation of this program involves multiple professions and related units. The person in charge of the program is the public relations department, in collaboration with medical pastoral care. This is supported by the following statement:

"...In addition, employees across units are able to work together and support each other well, meaning there is no jealousy or envy. I think that's one of the supporting factors that allow this program to continue and keep developing." (nurse staff, male)

The second category emphasized that nurses play a crucial role in the implementation of the Healing Garden Therapy program. The success of the Healing Garden program requires active involvement from nurses, from preparation, implementation, to evaluation of the program's

impact on patients' participation. Before the program takes place, nurses are responsible for identifying patients who are suitable to join and who are not. They then explain the program's overview to patients and their families and offer the opportunity to participate in the following day. If the patient agrees and their family gives permission, the nurse coordinates with the ward nurse to confirm the patient's and family's participation, so that any planned nursing procedures can be prioritized or rescheduled accordingly. Once the patient and family are ready, the nurse escorts them to the garden, which serves as the program's venue, and in some cases, patients are picked up and accompanied to the garden by volunteers from various community groups in the Yogyakarta area.

In certain situations, nurses are also required to stay with the patient and monitor their condition until the program ends. Besides other health professionals, such as doctors, physiotherapists, pharmacists, and nutritionists, nurses are often involved as part of the event team during the program. Their participation may include providing health education to patients and families or offering entertainment by singing, dancing, or playing music. The staff at Panti Rapih Hospital show strong willingness to participate because they feel a moral responsibility as healthcare professionals and take pride in bringing joy to patients, as stated in the following statement:

"...at that time, I was the head nurse in charge of the Healing Garden program, and I assigned tasks to the team, like who would be responsible that day for escorting patients, picking them up, or motivating patients and their families to take part in the program..." (Head Nurse, male)

Another statement:

"...Especially when preparing the patient. Patients who are going to be taken to the Healing Garden must be carefully assessed to ensure that their condition truly allows it. Especially those who still need to lie down. In the ward, before leaving, we have to check their blood pressure. If it's stable, only then can they be brought out..." (manager, male)

The third category highlights that the Healing Garden program requires proper facilities and infrastructure. Since the program is held within the hospital, it needs a garden that is spacious and accessible for patients, whether they are using beds or wheelchairs. Besides being spacious, the location should also offer a peaceful and calming atmosphere. The presence of large shady trees, colorful ornamental plants, koi ponds, and gentle fountains helps create a serene environment that contributes to the patients' emotional well-being.

At the moment, the Healing Garden Therapy program at Panti Rapih Hospital uses a garden that is considered somewhat narrow and is located between Carolus and Elisabeth building. The garden is situated near a road frequently used by many people, which creates a rather noisy and crowded atmosphere. However, other supporting facilities such as tables, chairs, sound systems, and various musical instruments are already available and contribute to the successful implementation of the program.

"...The ideal garden for the Healing Garden program should be comfortable and spacious, so it can accommodate patients who need to come with beds or wheelchairs. Right now, it's difficult to organize because of the current environment of the healing garden..." (nurse staff, male)

"Actually, the first thing is that the garden where the program takes place must be easily accessible and have level pathways, because of the bed wheels and wheelchair wheels. If the paths are bumpy, it can affect the patient's condition. Second, the garden should be spacious and lush, full of ornamental plants and flowers..." (Finance administrator, male)

The fourth category of this theme describes the importance of management support in ensuring the success of the Healing Garden Therapy program in the hospital. Participants expressed that the involvement of all parties is necessary to support the implementation of the

program. According to them, support from the hospital's management is especially important in providing essential facilities such as the garden or venue, sound system, chairs for patients and their families, and other required equipment. During the implementation of this program, snacks and drinks are also provided for patients and their families. Support from the management is also needed for the staff and performers, allowing them to be temporarily released from their duties during the program. The program needs to be strengthened, for example, by issuing an official decree from the Hospital Director to ensure the program continues regularly. In addition, a fixed schedule is necessary so that the units or individuals involved can prepare in advance. This would help improve the overall preparation and execution of the program.

Statements that support this category include:

"...It should be held again and supported more clearly by the management, especially regarding the performers. Usually, our problem is related to getting permissions..." (nurse staff, female)

Another statement:

"...support doesn't only mean financial, ma'am. For example, if the performer is allowed to come in the afternoon or during their day off, that already counts as support from the management..." (nurse staff, female)

Another statement:

"...One example of the hospital's support is that the program is scheduled, it shows that they support it. The facilities are always provided, including snacks, and the tools for the performance activities are also there. The sound system, and cooperation with doctors, without collaboration between the doctors and hospital, the doctors would not be able to attend..." (nurse staff, female)

DISCUSSION

The findings of this study show that the main targets of the Healing Garden Therapy program at Panti Rapih Hospital are the patients, their families, and visitors. This aligns with previous research stating that nature can be a medium for patients and families to socialize with each other.⁶ This can be seen from the fact that the garden, where the Healing Garden Therapy takes place, is more spacious than patient rooms and does not have walls or barriers, allowing many people to gather and interact.

Furthermore, this study shows that hospitalized patients experience not only physical illness but are also at risk of psychological distress, spiritual anxiety, social function disruption, and adaptation challenges. These findings are in line with previous research, which reported that inpatients face various pressures beyond their medical conditions. These pressures include loss of control, feelings of isolation, lack of understanding about using medical equipment, and changes in living environment.¹⁸⁻²⁰ The combination of these stressors can lead to negative experiences for hospitalized patients, especially those who are already in a vulnerable state.²¹

The Healing Garden Therapy program, which includes entertainment, deep breathing relaxation or reflection, health education, group prayer, and opportunities for social interaction, represents a form of holistic nursing care. This approach aims to address biological, psychological, social, cultural, and spiritual issues experienced by patients at Panti Rapih Hospital. The role of nurses in providing holistic care aligns with findings from previous studies.^{22,23} Therefore, the nursing department, which plays a vital role in the success of the Healing Garden Therapy program, can be considered an essential part of the hospital in delivering comprehensive health services.

In terms of benefits, this study found that the Healing Garden Therapy program has given positive impact on patients, the hospital, and the staff who carry out the program. For patients, the program supports the healing process and helps to strengthen therapeutic relationships between patients, their families, and healthcare workers. Participants in this study reported that

patients felt the program helped their psychological and physical recovery, especially by reducing stress and pain. These results are consistent with previous studies showing that therapeutic gardens help reduce medication use and cortisol levels, improve quality of life, and extend patient life expectancy.^{24,25}

Connecting with nature and experiencing multisensory stimulation during the Healing Garden Therapy sessions can also improve patients' psychological comfort.²⁶ More specifically, other research has shown that hospital gardens and the Healing Garden Therapy program can help stabilize heart rates in cardiovascular patients, encourage cancer patients to develop a positive outlook on life, provide a sense of security for PTSD patients, and support post-stroke patients in achieving optimal recovery.^{27,28} Furthermore, the findings of this study also support the research of Akbarinaldi and Utami,²⁹ which shows that therapeutic garden design allows patients to socialize, which is an important aspect of rehabilitative care.

In addition to its positive effects on patients, this study also reveals that the *Healing Garden Therapy* program provides comfort and entertainment for patients' families, hospital visitors, and staff involved in the activity. This aligns with previous research which suggests that access to green, open spaces can be a powerful tool in alleviating stress among patients' relatives.³⁰ While simply having a therapeutic garden already brings emotional relief, the structured Healing Garden Therapy sessions go further by offering a variety of social support experiences for families. The findings also show that hospital staff involved in facilitating these sessions experience a sense of relief from their daily work stress. This supports earlier research which found that spending time in open green areas can help healthcare workers, including nurses, manage feelings of burnout.³¹ Nonetheless, while the therapeutic value of nature is likely transferable across contexts, the implementation of Healing Garden Therapy in this study reflects the cultural and religious traditions of Panti Rapih Hospital, a Catholic institution in Yogyakarta. Elements such as group prayer, spiritual reflection, and strong family involvement may not be directly applicable in other healthcare environments.

A new insight from this study indicates that the Healing Garden Therapy program at Panti Rapih Hospital has improved the hospital's public visibility. Therefore, it can be stated that Healing Garden program is one of the most cost-effective strategies for enhancing patient care quality staff well-being,³² hospital's reputation and image. Moreover, the study highlights that this program has strengthened interprofessional collaboration within the hospital. The implementation of Healing Garden Therapy at Panti Rapih involves diverse departments, including public relations, pastoral-socio-medical units, the Hospital Health Education Division (PKRS), medical technicians, nursing teams, environmental services, and pharmacy staff. This finding is consistent with previous research stating that multidisciplinary teams play a vital role in delivering holistic care, improving patient health outcomes and satisfaction, and fostering collaboration across healthcare professions.³³⁻³⁵

Based on the participants' responses, support from hospital management is considered highly important in the implementation of the Healing Garden Therapy program at Panti Rapih Hospital. Management support can help solve problems related to scheduling, permission for staff to leave their workstations during the program, division of teams in each session, coordination between different professions, and the provision of supporting tools and facilities. This statement aligns with previous research which states that managerial support is able to facilitate communication, cooperation, and conflict resolution, which are common challenges in multidisciplinary teams, and it also has a positive correlation with patient satisfaction and better quality of healthcare services.^{36,37} Moreover, the study by Hastuti & Lorica⁶ also supports another finding of this research that nurses play an important role in the success of the Healing Garden Therapy program. In carrying out the program, nurses do not only select and prepare patients, but they also participate as performers and educate patients about the benefits of the program. Nurses do these tasks based on their professional responsibilities as healthcare providers and because the program brings them joy and pride. However, it is important to recognize that such additional responsibilities may increase their workload, thereby placing them at risk of occupational stress or even burnout. Excessive duties and responsibilities related to patient care

have been identified as significant stressors that can diminish job satisfaction and potentially lead to occupational burnout.³⁸

Meanwhile, this study shows that the Healing Garden Therapy program at Panti Rapih Hospital has gone through several improvements since it was first implemented in 2010. The improvements mentioned by the participants include the number of participants who joined the program, the quality of the events presented, the tools and musical instruments used, and the increasing involvement from both internal and external parties of the hospital. Unfortunately, since the outbreak of the Covid-19 pandemic, the program has been stopped and has not yet been resumed. In addition to clinical considerations, another reason that may explain why the program stopped is the unstable economic situation faced by many sectors around the world, including the health sector and hospitals.^{39,40}

Conversely, findings from this study indicate that the Healing Garden Therapy program does not only provide benefits for the patients, but also gives positive effects to the medical staff, the patients' families, and hospital visitors. Therefore, Panti Rapih Hospital may consider continuing the Healing Garden Therapy program to maintain and even improve these positive contributions. The hospital leaders could empower the employees and grow their sense of ownership toward the Healing Garden Therapy program so that it can run again and remain sustainable, even when leadership changes take place.^{41,42} Should the program be reimplemented in the future, several potential challenges may need to be addressed. These include: (1) coordinating schedules and assigning facilitators through more structured inter-unit collaboration; (2) designing engaging session themes to sustain interest and provide novel insights; (3) establishing systematic periodic evaluations; (4) utilizing social media to expand outreach and encourage broader participation among patients and families; and (5) placing banners in public areas to increase visibility of the program.

The findings of this study have several implications. The theoretical implications of this research are the findings that can contribute to the literature in the field of holistic nursing, especially related to Healing Garden Therapy program. Meanwhile, as a practical implication, the results of this study may serve as a guide for the implementation of the Healing Garden Therapy program at Panti Rapih Hospital Yogyakarta as well as other hospitals. However, this study also has some limitations. The participants involved in this research did not represent all units of Panti Rapih Hospital that take part in organizing the Healing Garden Therapy program. Therefore, future research is suggested to explore the experiences of other implementing units that were not included in this study. In addition, future studies may also carry out a needs assessment in hospitals that already have gardens as one of the initial steps in preparing to implement the Healing Garden Therapy program.

CONCLUSION

In conclusion, the Healing Garden Therapy program at Panti Rapih Hospital is conducted to support the holistic recovery of patients, with the main targets of patients, their families, and hospital visitors. In the implementation of this program, nurses play an important role, starting from the preparation, implementation, and after the program is conducted. The Healing Garden Therapy program in hospitals brings positive impacts and therefore should be carried out continuously to achieve holistic nursing care. The findings offer practical implications by serving as a basis for policy development and as recommendations for implementing Healing Garden Therapy programs in hospitals equipped with garden facilities.

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