

# Clinician Respite Spaces

A collection of thought starter ideas

## New Relationships and New Behaviors

For more than a decade, Steelcase Health has delved into the published literature and undertaken our own primary research to better understand the realities and opportunities that all healthcare organizations face. We've studied a broad spectrum of facilities, observing and documenting everyday processes and interactions in real time.

This research has led to our deep understanding of healthcare experiences and spaces. As we continue to learn and synthesize our findings, we gain new insights into how healthcare organizations can achieve their goals by fully leveraging the power of place.

Our understanding of how place can best accomplish this is based on:

- Understanding the challenges of healthcare organizations
- Designing for the human factor
- Integrating the experiences of healthcare

<https://www.steelcase.com/resources/documents/designing-quadruple-aim-booklet-poster/>



**23 INVESTIGATIONS COMPLETED**  
**52 HEALTHCARE FACILITIES STUDIES**  
**15,280 HOURS OF OBSERVATIONAL RESEARCH**

**NEW INSIGHTS**

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# Clinician Respite



## Clinical Respite Spaces

As the healthcare industry undergoes rapid change, the care team is often stretched thin, working in noisy, busy environments.

For organizations that are actively driving improvement through their operations, clinician workplaces can be a strategic asset supporting a more effective organization.

<https://www.steelcase.com/research/articles/topics/healthcare/taking-care-caretakers-clinician-privacy/>



## RESPITE 1

### Staff Respite 1



### Concept

A small multipurpose enclave is provided for staff and offers a quiet space for rest and rejuvenation when needed. This setting also encourages different postures during the day, and keeps clinicians engaged while taking their break by providing a quiet focus area for work if needed or desired.

# RESPITE 1

## Staff Respite 1

CR\_1

### Application Includes

- V.I.A. modular walls
- Bob Lounge and ottoman
- Swole small table
- Blu Dot Splash coat rack
- Convey modular casework
- Soto mobile caddy
- Last minute stool

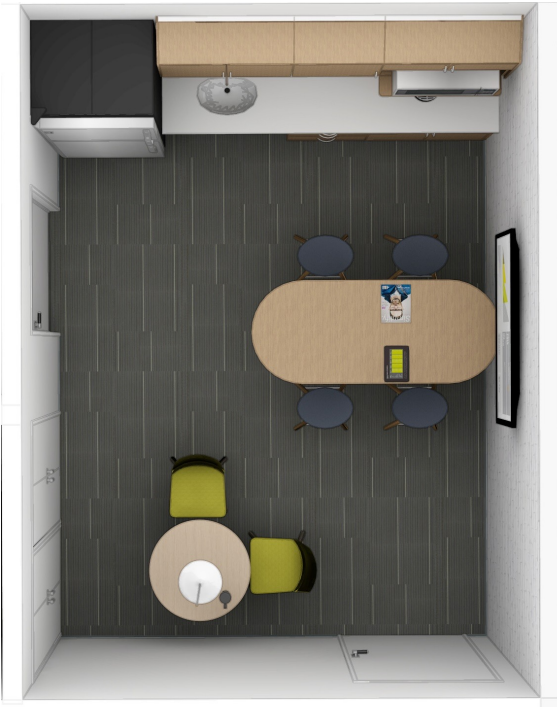
### Details

1. Ottomans allow users to put their feet up and change their posture. They can also be used as a bench and support the “anxious waiter”.
2. Convey integrates with V.I.A. modular wall to create spaces for focused work.
3. The mobile caddy utilizes the space beneath tabletops for easy organization and storage.



## RESPITE 2

### Staff Respite 2



### Concept

A small multipurpose break room is provided for staff. This setting encourages different postures throughout the day, and keeps clinicians engaged while taking a break or having lunch. A kitchenette and personal storage is provided within the space.



## RESPITE 2

### Staff Respite 2

CR\_2

#### Application Includes

- Convey modular casework
- Exchange table
- Enea seating
- Groupwork Table
- Blu Dot Chip seating

#### Details

1. Overhead storage is available for commonly used items, including a microwave, while the countertop supports food prep.
2. A communal table creates a collaborative environment, while the stools offer a different posture for users.
3. This setting keeps clinicians engaged while taking a break or having lunch.





## RESPITE 3

### Staff Respite 3



### Concept

This smaller space is intended as a breakroom that supports small groups of individuals. This solution provides an open respite spot for relaxation as well as a banquette setting for nourishment.

## RESPITE 3

Staff Respite 3, View 1

CR\_3A

### Application Includes

- Regard seating
- Groupwork table
- Shortcut seating
- Bob Lounge and ottoman
- Campfire Skate Table

### Details

1. This residential type of setting offers comfort and a sense of familiarity in the space.
2. The Bob lounge chair and ottoman creates a space where the user can put up their feet, relax and refocus.



## RESPITE 3

Staff Respite 3, View 2

CR\_3B

### Application Includes

- Convey modular casework

### Details

1. A kitchenette closely located to a dining area supports clinician nourishment, while also providing an area for handwashing, storage, and concealed waste.



## RESPITE 4

### Staff Respite 4



### Concept

This area supports a small caregiver respite and breakroom within an ambulatory care setting. This space is private and only accessible to hospital staff. A portion of this space includes a small kitchenette while the other side provides lockable storage for personal belongings.



## RESPITE 4

Staff Respite 4, View 1

CR\_4A

### Application Includes

- Convey modular casework
- Regard seating
- Skate table
- FlexFrame
- Shortcut seating
- Campfire footrests

### Details

1. A shared desk is provided for informal use such as checking email or charging technology.
2. Double sided seating with access to power, footrest and personal table creates an efficient and comfortable environment.



## RESPITE 4

Staff Respite 4, View 2

CR\_4B

### Application Includes

- Convey modular casework
- Elective Elements organizer shelves
- Enea Lottus seating

### Details

1. Conveniently located storage keeps supplies close at hand. Self service amenities provide an additional convenience to the area.
2. Café height seating is provided to offer a different posture for users.



## RESPITE 4

Staff Respite 4, View 3

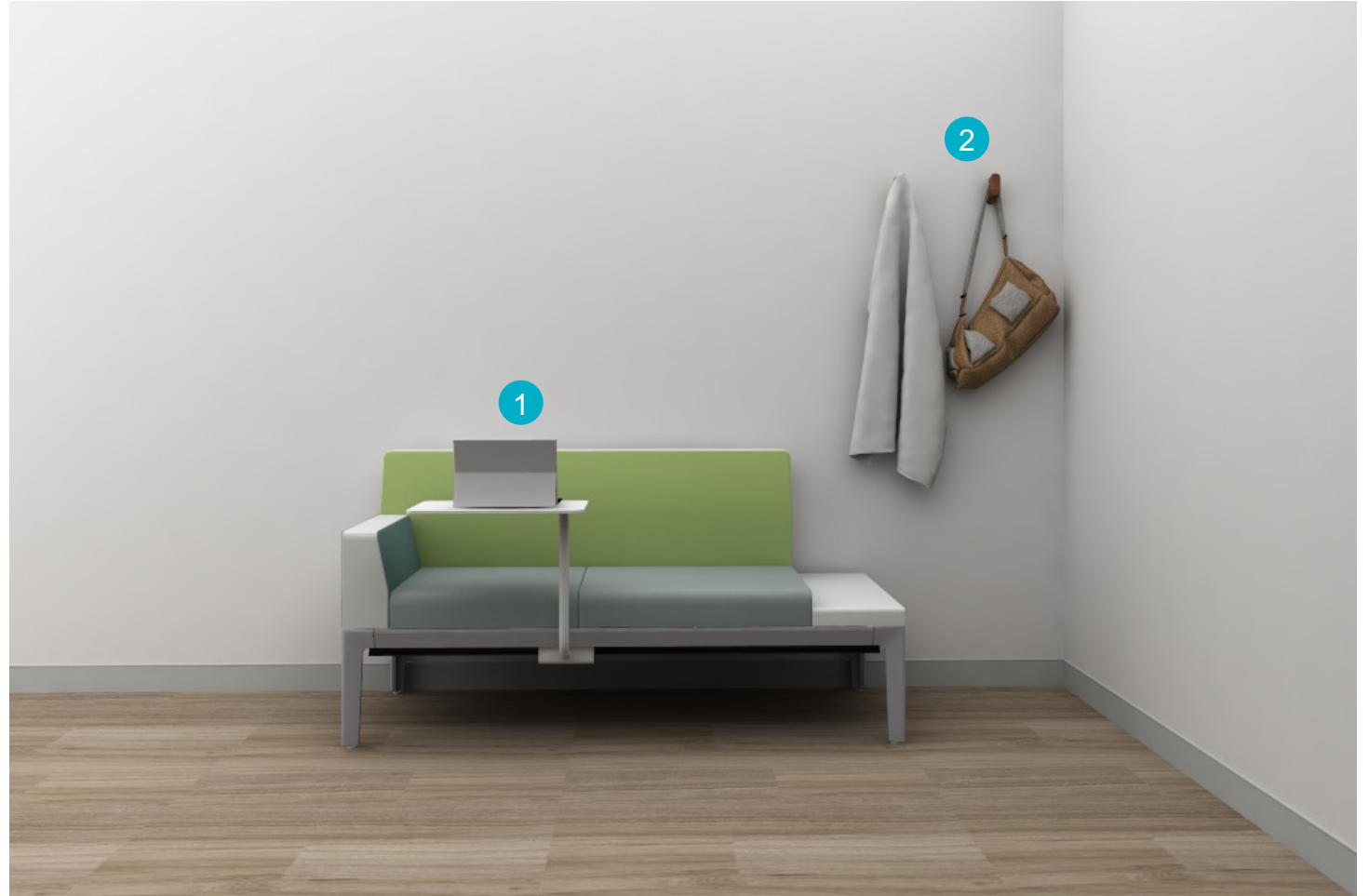
CR\_4C

### Application Includes

- Regard seating
- Blu Dot Wook Wall Hook

### Details

1. This Regard seating incorporates a tablet arm that supports a workspace for technology. Coat hooks allow a place for personal belongings. This space is ideal for quick tasks outside of the breakroom.
2. Wall mounted coat hooks offer a convenient place to hang personal belongings.



## RESPITE 5

### Staff Respite 5



### Concept

This respite typical supports a caregiver respite and break room within a large inpatient healthcare facility. This space is private and only accessible to hospital staff. One half of the space is dedicated to eating and socializing, while the other side is dedicated to focus work.



## RESPITE 5

Staff Respite 5, View 1

CR\_5A

### Application Includes

- Regard seating and tables
- LessThanFive seating
- Campfire Half table
- Enea seating
- Blu Dot Laika pendant light

### Details

1. Regard's privacy screens provide an additional layer of visual privacy between users that are seated back-to-back.
2. This setting comfortably supports users while also supporting various tasks during shifts.
3. A standing height table and stools offer a palette of postures while using this space.



## RESPITE 5

Staff Respite 5, View 2

CR\_5B

### Application Includes

- Convey modular casework
- Regard seating and tables
- LessThanFive seating

### Details

1. Overhead storage is available for commonly used items while the countertop supports food prep.
2. This setting comfortably supports users while also supporting various tasks during shifts.



## RESPITE 5

Staff Respite 5, View 3

CR\_5C

### Application Includes

- Convey modular casework
- LessThanFive seating
- V.I.A. modular walls
- Umami seating
- Lagunitas personal table

### Details

1. The Umami lounge offers a comfortable seat that is welcoming to users.
2. A personal table is provided to support personal belongings or technology. This table is lightweight and can easily be moved around the space when needed.
3. A modular wall is incorporated within the room that supports additional storage while also creating a division of space.





## RESPITE 5

Staff Respite 5, View 4

CR\_5D

### Application Includes

- Embold seating
- Clipper screen
- Broody footrest

### Details

1. This setting offers a semi-private space for informal work or relaxation. This respite area is intended to create a space where the user can relax, rest and refocus.





## RESPITE 6

### Staff Respite 6



### Concept

This application is intended for a caregiver respite area and breakroom within a large inpatient healthcare facility. This space is private and only accessible to hospital staff. One section of this space is dedicated to a small café setting, while the remainder of the room supports relaxation or socialization.

## RESPITE 6

CR\_6A

Staff Respite 6, View 1

### Application Includes

- Embold seating and table
- Regard seating
- Mitchell + Gold Bob Williams Savoy
- Ancillary additions

### Details

1. This social area for casual meetings encourages communication and collaboration.
2. This setting offers an additional posture to work, collaborate or relax.
3. Regard seating comfortably supports a seated posture while also providing convenient access to power in the space.



## RESPITE 6

Staff Respite 6, View 2

CR\_6B

### Application Includes

- Elective Elements organizer shelf
- Convey modular casework
- Potrero table
- Montara stools

### Details

1. This common area is a great place to socialize with others, eat and rejuvenate. Self service amenities are available to the staff.
2. Counter height storage allows for food preparation.



## RESPITE 6

Staff Respite 6, View 3

CR\_6c

### Application Includes

- Elective Elements organizer shelf
- Convey modular casework

### Details

1. Clinicians and staff can keep their personal belongings in this lockable storage area when needed.





## RESPITE 7

### Staff Respite 7



### Concept

This solution supports a variety of functions to create an ecosystem for a large inpatient healthcare facility. A café setting, dedicated areas for individual respite, and an area for socialization/ collaboration are all provided. A small room is also located in the center of the plan to provide a place for lockable storage for clinicians and staff.

## RESPITE 7

Staff Respite 7, View 1

CR\_7A

### Application Includes

- Regard seating
- Enea Lottus seating and tables
- Convey modular casework

### Details

1. Seated height tables and chairs create a flexible environment for different sized groups.
2. Booth settings provide a familiar and comfortable setting for informal conversations between a small group of clinicians or staff.



## RESPITE 7

Staff Respite 7, View 2

CR\_7B

### Application Includes

- Regard seating
- Enea Lottus seating
- Montara tables
- V.I.A. modular walls

### Details

1. This setting offers a comfortable place to eat a meal or connect with others during an extended workday.
2. Standing height tables and stools are also provided, offering a choice in postures while using this space.
3. Regard planters bring greenery and visual interest, bringing a biophilic element into this setting.





## RESPITE 7

Staff Respite 7, View 3

CR\_7C

### Application Includes

- V.I.A. modular walls
- Convey modular casework
- Embold seating
- Bassline table
- Regard bench seating
- Campfire Skate table
- Mitchell + Gold Bob Williams Savoy

### Details

1. A modular wall is added to this application to create a division of space, while also integrating technology to allow for content sharing or information flow.
2. Embold inline arms offer definition of space between users while seated, while the personal table offers an ergonomic surface to set technology or personal devices that help support work.





## RESPITE 7

Staff Respite 7, View 4

CR\_7D

### Application Includes

- Umami seating
- Alight ottomans
- Lagunitas personal table
- Post and Beam

### Details

1. Semi-private seating with screens offers comfort to users while providing a level of additional privacy during individual focus work. This setting can support the balance of work with solitude and individual respite time in a multi-user space.
2. Incorporating greenery into a respite space can help aid in reducing stress and anxiety for clinicians.



## RESPITE 7

Staff Respite 7, View 5

CR\_7E

### Application Includes

- Embold seating and table
- Amia task seating
- Post and Beam
- Bivi Depot

### Details

1. A large standing height community table encourages communication and relationship building, while offering a different posture during a break.
2. Live plants provide psychological health benefits and can help de-stress users.



## RESPITE 7

Staff Respite 7, View 6

CR\_7F

### Application Includes

- V.I.A. modular walls
- Convey modular casework
- Massaud seating
- Flos Captain Flint
- Ancillary additions

### Details

1. This seating with ottoman supports work or rest in a comfortable lounge position. The tablet arm provides a place for personal technology or other work items.
2. The wall mounted open storage provides a place for personal items, and for general shared supplies such as magazines, books and pens.



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