Study Supports Eliminating Restrictions On Hospital Visiting Hours



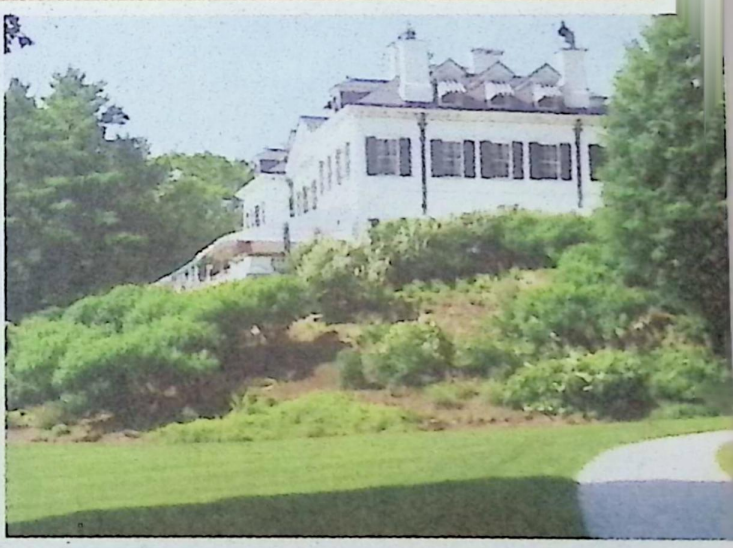


Removing restrictions on hospital visiting hours not only allows patients to spend more time with family and friends, it can enhance outcomes by lowering patient anxiety levels and feelings of social isolation, according to a study reported in the *Journal of Healthcare Quality*. In the United States, there is increasing support for eliminating visiting restrictions, which has been a common practice in European hospitals. Today, family and friends are viewed as patient advocates and many hospitals actively encourage more active patient and family involvement in clinical decision making. Morristown (NJ) Medical Center implemented a 24-hour visitation policy and measured patient satisfaction scores before and after the open visitation policy was implemented.

In the first eight months of the new policy (March -- Oct., 2012), the medical center had 14,444 visitors between 8:00 pm and 5:00 am, but there was no increase in the number of complaints by patients or visitors. After-hours visitors were greeted at a reception desk by a security officer and every patient had the right to determine who may or may not visit. Two visitors were allowed in a room.

Patient satisfaction survey scores rose after the open visitation policy and family members expressed positive comments about being able to visit their loved one before going to work.

Gardens Used to Reduce Landslides



With a technology developed at the National Autonomous University of Mexico (UNAM), the slopes of the roads could become monumental gardens, reducing the number of landslides and isolation between populations.

The main objective is to use it in rocky slopes because, besides obtaining green areas next to the roads, they can be safer with the planting of proper vegetation, given that the function of the plants is to retain the soil.

The researchers at UNAM, Aracadio Monroy Ata, have studied the procedures of a technique called hydroseeding that allows "green upholstery" to populate the slopes bounding the roads.

The Mexican development can be used for almost any type of vegetation in soilless or steep slopes, with an inclination up to 45 degrees; if a higher inclination is the case, up to 90 degrees, a yute (high resistance fiber from an herbaceous plant) mesh would be used, given that rain or another meteorological phenomenon could unstabilise the hydroseeding. ■