

# The power of design

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Designing a multidisciplinary  
space...



# "we had a dream"...

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- Paradigm shift, alter YOUR perception of what a (podiatry?) clinic should look like...
- Listen to your patients (they have great ideas)...
- Look at every area you have as a multi-use space, share it or change it!...
- Be bold! Don't be afraid of getting things wrong...



# The bike challenge 23, you need good people to do good stuff...

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## 7 - 19 staff

POSITION	LOGO	WORKPLACE	POINTS
1 <sup>st</sup>		<a href="#">icpcHealth</a>	2,671
2 <sup>nd</sup>		<a href="#">West Lothian Bike Library</a>	1,631
3 <sup>rd</sup>		<a href="#">ESPL Regulatory Consulting</a>	1,115
4 <sup>th</sup>		<a href="#">Jeffrey Crawford &amp; Co</a>	725
5 <sup>th</sup>		<a href="#">Public Health Scotland - Edinburgh Office</a>	693
<a href="#">See more</a>			

# Where to start...

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- Physios don't wash their hands, Behavioural therapists use a lot of hankies, this was key...
- So we started with SINKS and Hankies...
- Then everything went down the toilet...



# Evidence-based design (EBD)

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Who Knew?



# The eight steps of EBD

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1. Define evidence-based goals and objectives
2. Find sources for relevant evidence
3. Critically interpret relevant evidence
4. Create and innovate evidence-based design concepts
5. Develop a hypothesis
6. Collect baseline performance measures
7. Monitor implementation of design and construction
8. Measure post-occupancy performance results





In real life...

- Money
- Time
- Available space
- Recruitment options

# What we do...

- Podiatry
- Physiotherapy
- Dietetics
- Massage therapy
- Personal training
- Pilates
- Yoga
- Gym classes : stable and able, young at heart etc...
- Educational events

## Healing Times

<b>Exercise Muscle Soreness</b>	<b>0-3 Days</b>	
<b>Muscle Strain</b>	<b>Grade 1</b>	<b>0-2wk</b>
	<b>Grade 2</b>	<b>4d-3mo</b>
	<b>Grade 3</b>	<b>3wk-6mo</b>
<b>Ligament Sprain</b>	<b>Grade 1</b>	<b>0-3d</b>
	<b>Grade 2</b>	<b>3wk-6mo</b>
	<b>Grade 3</b>	<b>5wk-1yr</b>
<b>Tendon</b>	<b>Tendinitis</b>	<b>3wk-7wk</b>
	<b>Tendinosis</b>	<b>3mo-6mo</b>
	<b>Laceration</b>	<b>5wk-6mo</b>
<b>Bone</b>	<b>5wk-3mo</b>	
<b>Articular Cartilage Repair</b>	<b>2mo-2yr</b>	
<b>Ligament Graft</b>	<b>2mo-2yr</b>	



**@drcalebburgess**



"if you  
build it  
they will  
come"

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