

LUMINA

Gold Coast
Health and
Knowledge
Precinct



Artist Impression – RDX Lumina, Northwest Healthcare Properties

Fit-out Formulas

Part 3 | Tailoring Your Space for Clinical, Research, and Office

Your Guide to Planning & Executing
a Seamless Move of Your Health, Life
Sciences, or Tech Business.



Queensland
Government



Locked in a new space? It's time to make purposeful design & fit-out decisions.

What is (and isn't) included as part of 'design' and 'fit-out'?

Design and fit-out of a space typically includes equipping the interior of a space for its intended use by the occupants. While design focuses on the aesthetic and functional aspects, the fit-out phase delves into the physical transformation of the space to align with the envisioned design. It can include improvements to and customisations of interior walls, plastering, flooring, lighting, and more, and may include consultants in lighting and electrical, interior builders and decorators.

Why is design & fit-out important for organisations within the Health and Knowledge Precinct?

Thoughtfully designed environments are emerging as a crucial asset, positively influencing both visitors and staff. In the contemporary business landscape, workplaces must accommodate flexible workforces, foster collaboration, and meetings, all while enhancing employee productivity, satisfaction and wellness. In a competitive employment market, a modern workspace can be a key factor in attracting staff.

Carefully considered design and fit-out in healthcare services can also have a positive impact on patients. According to JLL research, more than one-third of a patient's positive feelings during an outpatient visit can be attributed to the modern environment of the facilities.

What happens during the design and fit-out stage?

The standard space delivered by developers is typically a "white box" or "shell." White box or shell construction typically involves elements such as:

- Base flooring
- Standard white walls
- Standard ceilings
- Heating, ventilation, and air conditioning
- Plumbing
- Restrooms.

The design and fit-out typically include addition and customisation of:

- Floor coverings (tiles, laminate etc)
- Wall materials (wallpaper, decorative panels, paint colours)
- Equipment, devices, and lighting (electrical and mechanical)
- Partitions and doors
- Furniture and cabinetry
- Decorative elements.


Design and fit-out contractors are usually engaged directly by the tenant. The tenant and designer or fit-out contractor will often collaborate to discuss the space needs of the business. An engineer, architect or other specialised contractors may be required, depending on the scale of the fit-out required by the tenant.

There are several companies in Southeast Queensland who focus specifically on medical suite fit-outs, research lab fit-outs, and general office space fit-outs.

Design and Fit-out Considerations: Healthcare Practices

In clinical practices, thoughtful fit-out choices can transform medical suites into places of comfort and care. From the moment a patient steps through the door, the environment they encounter can shape their healthcare experience. Consider the following five factors relating to healthcare design:

1. Patient-Centred Design




Healthcare spaces need to be accessible, inclusive, and as comfortable as possible. While ensuring disability inclusion may be mandated, prioritising thoughtful convenience and accessibility benefits all patients. Considerations might include width of corridors for wheelchairs, height of switches, door handles and reception counters and choices of furniture for patients.

Caring for patients also requires consideration of privacy. Ensuring both visual and auditory privacy is critical for security of patient's personal information and also adds comfort for discussion of personal and sensitive matters.


Colour psychology can also impact design choices in medical suites. Colours can affect patients' mood and sense of wellbeing, potentially reducing anxiety, easing difficult conversations or aiding recovery.

2. Infection Control in Healthcare Practice Design




Infection control has always been a cornerstone in healthcare practice design. Material selection is critical – opting for non-porous, durable, and easily cleanable surfaces for counters and benches enhances hygiene protocols. Additional considerations for larger busy practices may include considering circular patient flow to minimise contact between individuals and reduce opportunity for cross-contamination.

3. Enhancing Sustainability and Wellbeing




Sustainable design principles are not only a positive environmental factor, they are also associated with improving health outcomes for staff and visitors. Considerations including ample natural light, superior air filtration and incorporation of plants not only contribute to environmental sustainability but also promote better health for tenants and patients alike.

4. Embracing Changing Communications Technologies



Online healthcare consultations and online meetings have become common for health professionals. Design considerations go beyond access to digital infrastructure - they will include thoughtful positioning of the clinician's desk and computer, availability of natural or additional lighting, noise regulation and an appropriate and professional background while online.

5. Specialised healthcare environments



Specialised fit-out requirements may be needed for testing or diagnostic equipment, storage and disposal of hazardous materials, sterilisation and cleaning, or specific procedure areas. Consideration may also be required for patient changing areas and storage of personal items while undergoing procedures.

Design and Fit-out Considerations: Life Sciences Researchers



Life Sciences organisations can have a range of needs from standard office spaces through to highly specialised infrastructure, for example clean rooms, vivariums, and negative-pressure rooms. Here are six factors to consider:

1. Researcher Input

Talk to your lab users and ask about their range of processes, current design challenges or bottlenecks and how they use their lab space. Ask them about what would make their research work more efficient or effective. By soliciting feedback directly from researchers, you can tailor the design and fit-out to meet their specific needs and optimise workflow efficiency.



2. Specialist Equipment

Identifying the required specialist equipment and determining their optimal placement within the lab space is important. Considerations include power requirements, space constraints, accessibility, workflow, and integration with other lab components.



3. Specialised Utilities

Facilitating easy access to essential utilities such as gases, water and ventilation is vital for maintaining laboratory functionality. Designing the lab space to accommodate service access points ensures efficient maintenance and troubleshooting, reducing disruptions to research activities.



4. Safety & Security

Prioritising safety and security measures is paramount in laboratory design. Assessing the use of hazardous chemicals and implementing appropriate safety features such as resistant worktops is critical. Secure doors and windows and access control systems will safeguard researchers and their data and ensures a secure and compliant working environment.



5. Collaborative Spaces

Incorporating dedicated collaborative areas within the lab design encourages interaction and idea-sharing among scientists. These spaces serve as hubs for discussions, brainstorming, networking and knowledge exchange.



6. Storage

Allocating sufficient space for equipment storage and materials chemical cupboards is essential for maintaining organisation within the lab. Considerations include the need for hot or cold storage options, temperature-controlled environments, and adequate shelving or cabinetry to accommodate research materials and supplies.



Design and Fit-out Considerations: Office-Based Businesses

Office-based health and technology businesses within Lumina are increasingly looking for spaces characterised by modernity, technological sophistication, and adaptability. The workspace has become a reflection of innovation and the dynamic nature of their highly skilled workforce, and an increasingly important factor in recruitment. Explore these five factors when designing your upcoming health and technology office:

1. Hybrid Workforce



With remote and hybrid work arrangements becoming the norm, mobility and flexibility are critical in design. On-site work is increasingly prioritised for meetings, while solo focussed work may be performed remotely. Design must strike a balance between flexible individual workstations and creating spaces for collaboration between small or large groups of people.

2. Variety of Different Space Uses



The different uses within an organisation will also inform the design of their space. More formally designed meeting rooms offer a structured environment for presentations or meeting clients, while informal areas may promote more casual collaboration. Online communications are required in both large and small spaces, so designs that consider privacy and noise reduction are also important.

3. Environmentally Conscious Design



Organisations are increasingly aware of their environmental impact and considering ways to reduce carbon footprint, conserve energy, and use sustainable materials in their design. This can not only reduce environmental impact but can also save on operating costs and contribute to the health and wellness of staff.

4. Fostering Wellness and Productivity



Organisations are increasingly designing their workspaces to support staff health and wellness and promote productivity benefits. Design considerations include use of healthier material choices such as low-VOC paints and formaldehyde-free furniture, plants for improved indoor air quality, ergonomic and adaptable furniture and thoughtful use of lighting and colour.

5. Modern Workplace Amenities in Leading Organisations



While days of excess in workplace facilities may be behind us, leading technology organisations are still investing in amenities for their staff as a key recruitment and productivity strategy. Breakout spaces, stocked kitchens, dedicated exercise or recreational spaces for use between periods of focus, or supporting extended working days are still being considered by larger organisations.

SOURCES

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Dedicated to Growing the Life Sciences, Health & Technology Businesses of Today & Tomorrow

High-Quality Spaces Unlock Growth Potential

Currently, there are two state-of-the-art multi-storey developments underway or nearing finalisation. Proxima, developed by Evans Long and scheduled for completion in early 2024, and RDX Lumina, led by Northwest Healthcare Properties anticipated to be finished in mid 2025. Both are accepting expressions of interest for leasing opportunities.

Two additional substantial projects, Trilogy's North Star Centre and Niecon's Gold Coast Life Sciences Centre, have received development approval and are due to commence construction. These developments are accepting expressions of interest for leasing and strata, offering opportunities to secure entire floors or smaller spaces for medical suites, office suites, or laboratory and research facilities. For more detailed information, download the Lumina Opportunities Pack from our website.

"When planning our spaces, we need to ensure they are fit for purpose – for our children and our team. We take this responsibility quite seriously and are always open to further collaboration with leading industry experts that help bring our vision and goals to life.

For Sanctuary Early Learning Adventure, we have taken a uniquely collaborative approach for our latest centre within Proxima – working with Economic Development Queensland, Griffith University, LMS Architects from the ED Roberts Campus in Berkeley, USA and Cody QJ Goldberg – Founder and Executive Director of Harpers Playground, SJB Architects and Wearthly. This has ensured a truly one-of-a-kind centre enabling us to deliver a best-in-class service that is fit for purpose for all children.

Everything from our quiet zones to our colour palette has been thoughtfully selected from a completely inclusive approach."

Lauren Hall, Co-founder

Sanctuary Early Learning Adventure



Lumina is welcoming expressions of interest from businesses with innovative ideas and market-ready solutions in the life sciences, health, and technology sectors, such as:

- Healthcare and specialist services and clinics
- eHealth and health software, integrated healthcare and medical technology
- Medical imaging, devices, wearable technologies, and diagnostics
- Big data, data analytics, and translatable applications
- Artificial intelligence, machine learning, and robotics
- Human genomics, chronic diseases, and infectious diseases
- Paediatric health and education services
- Advanced design and additive manufacturing
- Biotechnology
- Micro and nanotechnology and next-generation molecules
- Support services and supply chains for life sciences, health, and technology-related businesses
- The wellness economy including the sports tech sector and sports innovation

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