



12:00 PM [Welcome, Credits, and Certificates](#)

12:05 PM **Light and Us**

During the course of human evolution exposure to natural lighting conditions has conditioned neurological stimuli that regulate numerous biological functions. Circadian Rhythm, rooted in the Latin for “around the day”, is a term describing the entrained cyclical processes used to sustain most living organisms. The changing spectral distribution characteristics of the sun and the onset of night have been a key influence on how the retina has evolved to become a primary source of sensory stimulus effecting the production and inhibition of hormones essential to Circadian balance. Disruption of Circadian Rhythm (our natural cycles) can have deleterious effects on our health and wellbeing, particularly our patterns of sleep. Many of our built environments have created unnatural conditions for its occupants. Research has shown that poor illumination, of the spaces we occupy, can contribute to the disruption of our natural cycles. With the advent of Solid State Lighting (LED) and “nature emulating design” we can transform the environments that we occupy. This course explores ways of applying “Circadian Balanced Illumination™, Biophilic Design and WELL Building lighting principles to invigorate the human condition and benefit our cognition, health and wellbeing. The course is approved for AIA Health, Safety and Welfare CEU and NCQLP LC CEU.

George Bosson
Lightglass Provider #: 404109184
AIA #:201901 HSW

01:05 PM [Review of Session Code Process](#)

01:10 PM [Sponsor: QWEB \(Quebec Wood Export Bureau\) - Eli Gould](#)

Eli graduated with one of the first dual Architecture/Forestry degrees from Yale in the early '90s, with a conviction that the two fields would eventually be more linked. After a quarter century, this seems more true and even mainstream, but for many years it was an entrepreneurial effort in the small vertical wood prefab companies he ran in Vermont, and in the automated timber industry where he often consulted. For the last three years, Eli has brought those experiences into a nonprofit market development role for QWEB. When he's not trying to transform the AEC industry into a positive climate force he enjoys small town and organic farm life in Vermont with his family.

01:20 PM **PreFabricated Fireproof Columns**

Structural fire protection guards essential structural components from the devastating effects of fire. This course examines the various active and passive fireproof methods that are available with a focus on the features, types, and design considerations of prefabricated fireproof structural columns designed for exposed exterior and interior load-bearing columns. We also discuss Glass Fireproof Columns and possible applications.

Patricia Brindle
Fire-Trol Provider #: 10008964
AIA #:USFT01 HSW | GBCI (USGBC/CAGBC) #:920026530

02:20 PM [Break](#)

02:30 PM [Sponsor: Lincora - Ben Desjardins](#)

02:40 PM

Patient Privacy & Tranquility: Optimizing Healing Environments using IGU with Integrated Louvers

Patient privacy and tranquility are top priorities for healthcare facilities to reduce stress and promote healing. Recent studies have shown that excessive noise, glare, and lack of privacy can create stress in patients of all ages, which significantly impedes the healing process. More and more healthcare design professionals are specifying design elements that promote privacy and tranquility – all while underscoring hygiene. These trends include:

- A desire to better manage privacy with easily adjustable vision control options in patient rooms, nurses' stations, surgical areas etc.
- A desire to better manage or filter light from external sources (for both interior and exterior windows) to reduce glare and optimize thermal efficiencies.
- A move toward improved air quality and away from curtains and blinds that collect dust, are not hygienic and require regular cleaning/maintenance.
- A desire to better attenuate sound for optimal tranquility.

This course will review options for privacy, lighting and sound control, and will further detail recent case studies from several leading healthcare facilities. It will also illustrate how good design can dampen noise and create a healing environment that is less stressful and more restful for patients.

Jason Schaum

Unicel Architectural Corp Provider #: 404109249

AIA #:Unicel02-2020 HSW | GBCI (USGBC/CAGBC) #:920024240

03:40 PM

End

