



## **Books that travel around the hospital to make the hours of waiting more bearable**

**LOCATION:** Cordova

**LENGTH:** 1'40"

**SUMMARY:** The Reina Sofia hospital in Cordova has developed a 'bookcrossing' initiative where books are distributed on every floor of the hospital to ease the long hospital hours of patients and their relatives. They are give and take books, that somebody puts down and somebody else picks up, to read and then put back in another place in the hospital ready for the next reader. In this way, reading has a therapeutic role, as the hospital receives book donations from patients and their visitors, who confirm that this initiative helped to improve their hospital stay.

### **VIDEO TEXT:**

Making hospital visits more bearable and enjoyable is the aim of the bookcrossing initiative carried out by a team of professionals from the Reina Sofia Hospital in Cordova, where books are left so that patients and their relatives can read to ease the long hours in hospital.

**Salvador Toledano**  
In charge of the initiative

*"Quite simply, it occured to us to adapt the idea of 'bookcrossing' to do it within our hospital, to have books circulating within our hospital. The books are comforting in cases of accidents or illnesses and, over these years of experience, they have indeed shown that they ease the visits of people who are hospitalised. And, in exceptional cases, they really help to heal people."*

On each floor of the hospital or in consultation waiting rooms, the books are available for patients, their visitors and all of the staff who pass by there each day. They are give and take books, that somebody puts down and somebody else picks up, to read and then leave ready for a new reader.

**Nuria Lupiáñez**  
Mother of a patient

*"When we are in hospital, like in this case, we do take advantage of it and there is always a book against the headboard of the bed that we finish and return to the bookcase. We take it from this bookcase and we can leave it on any other bookcase in the hospital."*

**Isabel Mª Pantoja**  
Nurse

*"The books are extremely important on a hospital floor because they make people travel with their minds and disconnect from the situation they're experiencing, and motivate them to move and recover, to be hopeful."*

The mind is entertained and the imagination soars. For a while, the patient feels more positive, and the hours of waiting are made more bearable. The books are now part of the life of this hospital.

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