

# WILL STAFF EDUCATION ON NOISE REDUCTION RESULT IN LESS CALLS TO THE NOISE REDUCTION HOTLINE?



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## Background

Studies show that noise quality in an inpatient setting can have negative effects on patients both physically and psychologically (Connor, Ortiz 2009).

Interventions such as ear plugs and soft music have shown to improve patient's quality of sleep (Ryu, Park 2012). Better quality of sleep is believed to enhance patient recovery (Connor, Ortiz 2009).

## Practice Change

Increase registered nurse's (RN's) and certified nurses assistants (CNA's) knowledge of the noise reduction with increasing this practice in daily clinical practice.

## Methods

1. Ensure every patient room has noise hotline sign posted.
2. Two weeks later, a survey will be distributed, questioning:
  - Did you use suggested noise reduction techniques?
  - Did you find suggested noise reduction techniques easy to use?
  - Have you noticed a reduction in patient's reports of unacceptable noise levels?

## Measures and Results

Results from 7 surveys received	Yes	No
Did you use suggested noise reduction techniques?	2	5
Did you find suggested noise reduction techniques easy to use?	2	5
Have you noticed a reduction in patient's reports of unacceptable noise levels?	2	5



To be distributed to primary nurses during huddles.

When you round on your patients every two hours, make sure you ask them whether they are comfortable with the level of the noise in their rooms.

Offer ear plugs, sleep masks and headphones to both the patients and their neighbors for noise reduction and a more productive sleep.

If it is determined to be safe for the patient, try closing the door into the patient's room to reduce the incoming noise.

Attend all alarm sounds in a timely manner.

Reduce the volume of your voice at nighttime especially if you are close to the patients' rooms.

Make sure the appropriate signs "Noise Hotline" with the phone number 39009 are located inside the patients' rooms so the patients can make appropriate calls if necessary.

**Remember:** a quiet and peaceful environment promotes faster healing for patients and improves their well-being!



## Summary/Discussion

Nurses will be trained in interventions to reduce noise on the unit. Results will be measured through a staff survey. This is an evidence based practice project. This project is not an activity designed to develop or contribute to generalized knowledge. This activity is not a systemic investigation, including research development, testing and evaluation.

Some feedback we heard during our education for the staff was:

- "I never knew we had a noise hotline for patients to call, because some noise we can not control, so this is a great tool."
- "This is great general information both RN's and CNA's can easily use and reference."

## Conclusion

The aim of this evidence based project was to educate RNs on noise reduction techniques and encourage them to use the techniques. An educational flyer was placed in the mailbox of all RNs on the unit. A survey was distributed in staff mailboxes in which seven were received back. Two out of the seven staff members employed the noise reduction techniques and reported a reduction in patient's reports of unacceptable noise levels. Results are inconclusive due to reluctance of staff participation.