

PATIENT QUIETNESS GUIDELINES







A STANDARDIZED NOISE REDUCTION PROGRAM IN THE SKILLED NURSING CARE UNITS

QUIET PLEASEHEALING IN PROGRESS

PATIENT QUIETNESS GUIDELINES **QUIET HOURS**3PM TO 4PM
10 PM TO 5 AM





WE HEAR YOU

Feedback from you, the patient, has indicated that you prefer a quiet environment. Studies indicate that quietness helps you heal faster and spend less time in healthcare facilities. Because of your concerns and our desire to help you heal, we have instituted Quiet Time Policies.

QUIET HOURS

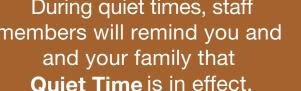
The healthcare organization has instituted quite hours as follows:





During these hours, we ask that everyone do whatever they can to contribute to maintaining a quiet environment. You will notice that the lights are turned down.

During quiet times, staff members will remind you and and your family that Quiet Time is in effect.



HOW YOU CAN HELP

- Keep conversations at a low level.
- Be considerate with cell phone use and limit it to designated areas.
- Take notice of noise monitoring device such as the Yacker Tracker shown here.



Use headsets when listening television and music.



Remind each other that **Quietness** Heals.



Notify staff of any ways that you think the healthcare organization might be able to create a quieter environment.



When your stay in the healthcare organization is over, please fill out our Quietness Survey, to help us help you heal.

