

+ Sound and Noise Awareness In The Clinical Setting

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+ Why we should be concerned about STRESS?



■ Stress results in feelings of anxiety, fear, loss of control and negative health consequences.

+ STRESS Defined: A Build Up Of Tension

■ Experts estimate that stress contributes to 75% of all medical disorders and may be the single most significant factor related to suicide in the United States.

+ Negative Effects of Stress Include:

- Agitation
- Isolation
- Poor Sleep
- Attention Seeking
- Depression
- Feelings of Loss of Control

Also Individuals Can Experience:

- Increased perception of physical and emotional pain

All of Which Cause....

+ ...Decreased immune function and disruption of the Healing and Cleansing Process

■ This, in general, leads to... Less Well Patients and Residents

Less Well Patients Require More:

- Medication
- Procedures
- Staff Attention

+ A Viscous Cycle Is Fueled

