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### Stressful SOUND



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### NOISE POLLUTION defined:

intrusive noise that disrupts, distracts, or detracts from regular functioning



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### The Perception of Our Facility

■ If Perception is Negative...

■ Families and clients will not want to be at our facility... Which affects...

■ **CENSUS**

■ When census is affected... all is...

■ **NOT WELL**

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When we are aware of, and address stressful sound in our facilities, the benefits include:

- Increased health and wellness of our clients AND staff
- A quiet, more favorable workplace
- Higher rate of client and family satisfaction
- Better health outcomes (rehab facilities)
- Increased length of stay (long term care)

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### Clinical Research Findings BUT FIRST...

The Theoretical Framework of Stressful Sound – The three possible pathways by which stressful sound affects us are:

- Affective (mood)
- Cognitive (what we think)
- Sensory (physiologic responses)

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### Clinical Research Findings continued...

Stressful sound has the capability to:

- Alter consciousness
- Induce a stress response
- Cause a psycho-physiologic responses