

+ REMEMBER: Negative Effects of Stress Include:

- Agitation
- Isolation
- Poor Sleep
- Attention Seeking
- Depression
- Feelings of Loss of Control
- Increased perception of physical and emotional pain
- Decreased immune system function

+ Pitch and Perception

The shape of the human ear canal amplifies high pitched sounds in the range of:

- 2000 - 4000Hz

An individual's negative perception of sound increased stress levels as measured by:

- Blood Pressure
- Heart Rate
- Sweating

+ SOUND FACTS from: dangerousdecibels.org

- Human hearing range: 18Hz - 18,000Hz
 - Typical conversation loudness: 60db
 - Sound loud enough to cause damage: 85db
 - Clap of nearby thunder: 120db
 - Headphone music (at volume lvl 5): 100db
- ***It is estimated that as many as 30 million Americans are exposed to potentially harmful sounds at work.

+ How Positive Sound Benefits Us

Work by famous ENT Alfred Tomatis, MD, provided important research showing that: 80% of cognitive sensory energy comes from...

- Sound (see music research pg # 14)

Sound is a Primary Cognitive Experience. This means that:

- We cannot control the feelings and emotions elicited by sound

+ Easier, more common and practical strategies to lesson Sound and Noise in The Clinical Setting

- In staff meetings discuss loud, inappropriate talking near residents and their rooms, cell phone use, etc.
- Devise constructive, even fun hand gestures that supervisors or others can use to indicate "keep it down."
- Turn down or off - radios at nurses station.
- Employ silent call light system: lights only or to individual pagers to Aides or RNs.
- Use overhead paging for emergencies only.
- Cordless phones for RNs.
- For those residents who can not sleep, bring them to or near nurses station.

+ Easier, more common and practical strategies cont...

- For residents who have chair alarms, try to keep them settled with crafts, therapies, tasks, games etc.
- For residents who are sensitive to loud chair alarms, try softer, possibly less restrictive alarms or methods.
- Suggest to residents and their families to try wireless head phones for TV.
- Suggest to residents and their families hearing aid amplified HPs (from Radio Shack).
- When residents are in common areas provide, if needed, hearing protective HPs to block out noise (lawn care HPs).
- During staff mtgs, address with maintenance staff, when using delivery carts, go as slow as needed not to let the cart be loud.