

**+ Easier, more common and practical strategies**

cont

- Using long, plastic tubing, try to place O2 machine in another room or as far from patient as possible.
- Try to have lawn care companies do their work around the immediate perimeter of the building during meal times, i.e., when most residents are out of their rooms.
- During staff meetings, suggest to cleaning/maintenance staff to vacuum and clean carpets during meal times, i.e., when most residents are out of their rooms, or to close residents doors in vicinity of their work.
- During staff meetings, suggest and support providing relaxation activities and quiet, relaxed physical spaces.
- Provide a library of relaxation music and CD players.

**+ Less common, harder to implement strategies to lesson Sound and Noise in The Clinical Setting**

- Have alarms be of lower pitch and more pleasant sounding.
- With professionals support and guidance try to get rid of chair alarms, using a proactive vs re-active approach.
- Similarly, try to get rid of loud door alarms (use bird chirping, grand father clock sound, for ex, if needed.)
- Tell staff about specific, age appropriate radio and TV stations that can be played around facility or specifically during dining hours.
- Explore new technologies such as Companion Radio or Roku (wireless internet for Pandora and Net Flix.)

**+ Less common, harder to implement strategies cont...**

- Possibly have high school volunteers work with residents to access sites like YouTube, iTunes, nostalgic video providers, etc.
- Have "quiet hours" designated, with dimmed lights, at specific times of day.
- If, in a double room one of the patients uses a noisy medical device like a trach with O2, assess to determine if their roommate's comfort and wellness is being negatively affected by the constant noise of the medical device. If so, see if the more well resident can move to a quieter room.

**+ Less common, harder to implement strategies cont...**

- Possibly implement a program where each room has a notice posted to residents and families that says something like "if at any time noise disrupts your rest and comfort, please call..." Have a staff member take calls about this and then alert and direct staff in a constructive manner.
- If your facility has more than one floor or unit and you can not implement all that is talked about here, try to implement some of these strategies on one floor or unit at a time. Therefore, if a resident or family complains about noise, they possible have the choice of moving to the "quieter unit" or floor.
- Know that hard surfaces in your facility amplify sound and noise more than soft surfaces (carpet, curtains, etc.)