

NOISE REDUCTION STRATEGIES

- Have a “quiet time” each afternoon. Turn lights off, no deliveries, no disturbing patients for food or medications, expect patients to rest.
- Don’t disturb patients at night from 11 PM to 6 AM.
- Replace noisy carts. Select rubber wheels with food bearings.
- No overhead paging.
- Pagers and phones to vibrate.
- No walkie-talkies.
- Adjust or replace noisy door hardware.
- Install rubber bumpers on doors and cabinets.
- Enclose pneumatic tube stations or line with rubber padding or carpet.
- Repair noisy mechanical systems.
- Locate noisy ice makers inside of clean supply or pantry rooms.
- Utilize private bedrooms.
- Install high performance acoustical tiles above staff stations.
- Do report inside conference rooms or at bedside.
- Reconfigure nurse stations to distribute the staff to smaller work stations.
- Provide acoustical corridors.
- Carpet corridors.
- Provide a quiet space for family conferences.
- Deactivate alarms if they are unnecessary.
- Close patient door.
- Install view windows so doors can remain closed.
- Install white noise generators to mask unwanted conversations and noise.
- Install rubber stops on lids of linen and trash containers.
- Distribute eye covers and ear plugs to patients.
- Use low light sources for night-time rounding.
- Ask staff to be quiet.
- Zone elevators to eliminate noise during afternoon rest and night time sleep periods.
- Call lights – set to chime in corridors only, not in rooms.
- Oil to reduce noise from over bed tray and bedside equipment.
- Install rubber padding at chart racks.
- Peer pressure from staff to be quiet. Avoid hallway discussions.
- No vacuuming or carpet cleaning between 8 PM and 8 AM.
- Use pillow speakers for TV and music.
- Identify sources of unwanted noise – Loading docks? ED? Ambulances? Mechanical or electrical equipment? Other patients? Staff?
- Develop questionnaire for patients to identify source and timing of unwanted noise.