Introduction
Sleep is an essential to everyday life and is especially crucial to patients that are recovering in the hospital. Patients are awakened frequently by medical staff when needed for medications, procedures, and assessments. In addition, patients often complain frequently about being unable to sleep due to loud noises, alarm, and noisy staff. Understanding the research can help RNs be advocates for patients and their wellness.

PICO
P: Adult Medical Surgical Patients
I: Quiet Time
C: Hershey Medical Center Policy vs. Evidence Based Research
O: To Improve Patients Recovery

Question: What are the best interventions for quiet time, in addition to improving the quality of care and recovery for our patients?

Methods
A literature search was conducted to include the following Databases:
•CINAHL, Nursing 2013 Peer Review Journal, PubMed
The search terms used included:
•Quiet Time
•Effects of Quiet Time in Medical Surgical Units

Results
From the Literature Search, 7 Articles were found, and only 3 Articles were relevant the PICO question.

HMC Hospital Interventions
• Earplugs are offered to every patient
• Clustered nursing care
• Signs posted at entrances and common areas stating quiet time information
• Dim the lights during the times 1400-1600 and 2100-0500

“Unnecessary noise is the most cruel abuse of care which can be inflicted on either the sick or the well.” – Florence Nightingale

Instituting Quiet Hour Study
• Overall noise level can increase blood pressure
• Announced the beginning of quiet time
• Emphasis on educating patients and families
• Dimmed the hallway lights
• Answered phones and patient call lights promptly
• 37% of patients found staff noise was too loud before study, 93% decrease staff noise after study
• 57% of patients found the unit noise to be too loud, 98% stated unit noise decreased
• 45% stated noise levels interfered with ability to rest, 91% stated were able to rest after quiet time

Conclusions
There are many interventions that can help improve quiet time and noise. The Hershey Medical Center interventions are similar compared with the literature, but there can be improvements. Communication with all multi-disciplinary team members is crucial. Patients and their families need to be educated on the importance of quiet time and the benefits. Hershey Medical Center needs to create a policy. With more research of quiet time, we can learn more benefits for enhancing patient outcomes.

References