Exploring the Effect of Noise Reduction and Environmental Modifications to Reducing Falls

Sound:
• Vibrations that travel through the air or another medium and can be heard when they reach the person’s ear

Noise:
• A loud, or senseless shouting or outcry
• Any sound that is undesired or interferes with one’s hearing

Audit noise levels
• Yacker Tracker
• 24 Hour Sound Bar/ Meter
• Handheld Db. Reader
  - (60 dB is normal conversation)
  - (30dB - WHO / conducive to sleep)
• Stop Sit & Listen Tool
• Sound Audits
• Asking Resident’s “What noises are bothersome

Alarms do not prevent falls
Alarms sound when people move
People move because they have a need
Determine and meet the need to prevent falls

All departments contribute to making and recusing noise:
• Dietary
• Housekeeping/ES
• Administration
• Therapy

“Unnecessary noise is the most cruel abuse of care which can be inflicted on either the sick or the well,” - Florence Nightingale
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• Nursing

Successful syncing =
We are always “syncing” with our environment

Synching/Noise/Dementia/Falls
• Ambient noise can often muffle and distort conversations and often lead to frustration
• By decreasing unwanted noise, there is a direct correlation to decreasing falls

What can you do?
• Audit all areas and departments of your building on all shifts
• Use Root Cause Analysis to determine cause of high noise areas/times
• Consider the impact of noise when a resident falls
• Remember that we always “syncing” with our environment
• Create a culture of noise awareness
• Ask your residents!!
• Audit all areas and departments of your building on all shifts
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