

Noise Mitigation Q and A

Q: Anahit Saringulian: When was your quiet hour? Every shift or just once a day?

A: We did quiet hour twice/24 hours – 1300-1400 and again at 0100-0200.

Q: Grace Sullivan: Can you briefly describe the quiet hour again?

A: **Quiet hours:**

- Establishment of quiet time at 0100-0200 and 1300-1400.
 - Signs will be displayed outside the unit so all will be aware of quiet time prior to entering.
 - Parents will receive verbal instructions from staff about the importance of quiet time
 - Diagnostic test for neonates will be scheduled outside of quiet time when possible
 - Telephone calls into the unit will be minimized during quiet hours
 - Lighting will be decreased during quiet time
 - Other than parents no visitors will be allowed in the NICU during quiet time
 - Need to maximize contact with the parent at all times
 - No nonessential foot traffic will be allowed in the unit during quiet time

Q: Frederique Auguste from Baptist Hospital, Miami: How long did the process take?

A: The actual implementation and study was about 6 weeks. We began the process at the beginning of 2010 and it is still ongoing as we are trying to sustain what we accomplished

Q: Sherry Weitkamp: You say you turn down the lights...is this a dimming of lights or just turning certain lights off?

A: In our unit we turn lights off as we don't have dimmers. We do have natural lighting from windows. We also installed small clip on lights at our mobile computers so we can chart

Q: Tracey McKinney from Las Vegas, NV: Where can we find information on the ear?

A: Randall: <http://www.fitnessaudiodistributors.com/SoundEar.html>

Q: Denise Nickleson: How did you install the SoundEar?

A: It is able to hang on the wall. You do need an electric outlet to plug it into.

Q: Kathy Foley from Sacramento: How much does the sound ear cost?

A: You would need to contact the company, I am unsure of the pricing at this time. Sue Upp
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Q: Rose Kane from Georgetown University Hospital: Does the Sound Log/Ear shaped device alarm with light only?

A: Yes, I would not have used it otherwise.

Q: Page Staffa from Gulf Coast Medical Center: What is the quietest incubator on the market?

Comment: John Oates from Georgia: Research is available that shows the Draeger Caleo to be the Quietest Incubator now available. Access their Website for that Data.

A: I would agree with the comment

Q: Nancy Bird from Tampa FL: Does utilizing the shelves attached to incubator cause noise inside the incubator also?

A: It can.

Q: Kalamazoo: Any data collected on the jet ventilator box that sits in the incubator for infants on high frequency vents?

A: The new version of the jet (with the sound box upgrades) operates at 41 dB, according to the company website. If you have an older model I would suggest that you measure yourself to see what you are operating at.

Q: Florencia Cruz, MD from Paramus NJ: How about MRI noise for a baby, how many decibels are those?

A: According to what I read the noise levels in an MRI can reach between 120-130 dB and hearing protection is recommended. I would recommend further research in your facility on this.

Q: Debra Brumbaugh from MUSC: Bili lights sitting on top of the incubators generate how many decibels?

A: I would suggest measuring as I don't know what model you are looking at. You can also check with the company as they should have the information for you from the technical specs.

Q: Barbara True at TexasHealth Arlington Memorial. We find 45 - 55 db inside beds. Is there anything that environmental services can do to help with this?

A: I am not aware of anything that can be done with the older models.

The newer models are designed to mitigate the noise.

Q: Teresa Mingrone from Pittsburgh PA: Do you have any information about fire code and fire alarms - we have single rooms but fire drills are very loud and there is an alarm in each patient room.

A: I agree. It is something we are looking at because those alarms are LOUD!. I am hoping to change our alarms to just lights. I am working with our EOC group to make sure we remain in regulatory compliance with this issue.

Comment: Candy Bruton from Texas: I had done a EBP project on Music in the NICU. In my research most of the music is played at 55db. So that is what our iPods have been set at. I would look at the age of the infant that you are targeting. What are you measuring in terms of infant response?

Q: Michele Atkins-Young from CA: Are you aware of any unit with the sound absorbing floors?

A: I am and it does seem to help. It is also nice to walk on too.

Comment: Anita Smith from Tampa General Hospital: TGH Tampa Florida has the Mondo rubber floors that absorb sounds.

Comment: Annette Backus from Richmond VA: We had the choice between the floors and the ceiling - chose the ceiling - decreased baseline sound levels to 45 - bigger thing is you can feel the difference in sound - you cannot raise your voice and call across the room so it has forced people to change habits and walk over to someone to talk to them. Love it!

Comment: Anita Smith from Tampa General Hospital: We also have sound abatement ceiling tiles and acoustical tiles on our walls and public corridors and conference room. We need to work on movie theater voices.

Comment: Michelle Dodson from Tri-City Medical Center: Thanks Sue, I hear all the time how much the staff and patients enjoy quiet time!

Q: Debra Brumbaugh from MUSC: Could you show the decibel levels again and their examples and the effects of the noise level? Tamara Dowless from CMC-Pineville: Can we print the slides out for reference? Kristina Karl from UNC CH: Thank you! I would love a copy of this presentation. I am trying to start quiet time on my unit. Anahit Saringulian: I would like to have a copy too. We also have pods and dealing with similar issues. We have a great developmental group that's interested in adopting some of your interventions. Thank you! Candy Bruton from Texas: Could you send me your literature background. I feel I need to set my iPods at a lower db.

A: The slides and reference list are posted on the DandleLION Medical website (www.dandlelionmedical.com).

Comment: Suzan Knowles from Renton Wa: Just wanted to remind everyone that the NICU Leadership Forum is coming in April, registration is now open. Go to www.niculeadershipforum.com for more information.

Sabrina Belmont from Fresno, CA: Thank you so much. We are going to begin a noise mitigation PI project in the near future and this presentation has been so helpful & informative!

Webinar Evaluation Link - <https://nursekathi.wufoo.com/forms/dandlelion-webinar-evaluation-2312/>