



## NURSING LEADERSHIP MEETING MINUES

**Date:** Wednesday, March 16, 2017

**Time:** 11:00 a.m.

**Location:** Noble 1

P=Present, A=Absent, E=Excused

A	Azzara, Terry, MBA, RN	A	Feldheim, Sheryl	P	Migliardi, Sue, RN, DNP, CPHQ	A	Tartaglia, Rhonda, RN
A	Babcock, Trish, RN, BSN, MN	A	Finn, Sheila, RN	P	Misuraca, Brenda, RN, MSN	A	Tejada, Gladys, RN
P	Badia, Judy, RN, MSN	P	Flanagan, Barbara, RN, MSN, CNL	P	Pham, Marie, BSN, RN, CNOR	P	Thomson, Rachel, RN, MSN
P	Backus, Helen, RN	P	Giacalone, Lynn MS, RNC	P	Piazza, Irene, RN, DNP, AOCNS	A	Towers, Margaret, RN
P	Basciano, Patricia, RNC, BSN	A	Gonzales, Gloria,(Mackey) RN	A	Polaski, Sue, RN, BSN	P	Tubridy, Erika, RN
P	Bellantoni, Joanne	A	Handel, Ed Director	A	Rae, Christine, RN	P	VanSciver, Jeanne, RN
P	Bender, Carolyn, RN	P	Herbster, Karen, RN, BSN	P	Riemer, Jessie, MSN, RN, AOCNS	P	Willard, Patty, RNC, BSN
A	Blight, Lorraine	P	Huang, Eric, BS PharmD, RPh	P	Revel, Maureen, RN, BSN, RNC	A	Zano, Eloisa Samuel, RN, BSN
P	Brown, Sharon	P	Hyland, Jacquie, RN, MSN	E	Ryan, Nancy, MS, RD, BC-ADM, CDE, CD-N,		
A	Bruschi, Pam, RN	P	Jacobs, Loretta, RN, MSN	P	Sandaire, Gabrielle, RRT, BS		<b>Invitees:</b>
E	Capretti, Kristina, RN, MSN, ANP-BC,OCN	P	Kimmons, Helene, RN, BSN	P	Scherer, Denise, RN,DNP, MSN, MHCA, CNOR	P	Katherine Sadighi, RN, BSN (Graduate Student)
P	Carley-Spanier, Kathy, MS, RN,	P	Leafe, Barbara, RN, MSN	A	Schupp, Dawn, RN	P	Annie Nardi, PT, DPT
P	Carter, Claire, MSN, RNC-OB, C-EFM, CPCE	A	LoDebole, Maria, RN	P	Setzer, Erika, RN, BSN, CEN, CNHL	P	<b>Pam Lewis-Varon, BSN, RNC</b>
P	Cerra, Anna, DNP, RN, MSN, MSHCA	P	Lennon, Peggy, MSN, RN, NE-BC	A	Smith, Margaret, RN	P	<b>Cathy Walker, MSN, RNC</b>
P	Curry, Eileen, RN, BSN	P	McElwain, Rose, RN, BSN	P	Stemmer Frumento, Katherine, MLS, MBA		
A	Damato, Cindy, RN, BSN	P	McGrory, Anne Marie, RN, MS	P	Sterne, Priscilla, RNC, DNP		
A	DeLaCruz, Reynaldo, RN	P	Miceli, Lisa, RN, BSN, MPA	P	Swallow, Anne, RN, MSN, DNP		

Agenda Item	Presenter	Discussion	Outcome/ Follow-Up	Responsible Person
Welcome & Approval of Minutes	A.Cerra	<ul style="list-style-type: none"> <li>✚ Welcome</li> <li>✚ Thank you, and your staff, for seamless coverage during Blizzard 2017.</li> <li>✚ The minutes of February 22, 2017 Nursing Leadership meeting were reviewed.</li> </ul>	Minutes approved.	A.Cerra
Magnet News	P. Sterne	<p><b><u>Certified Nurse's Day Celebration</u></b>  Monday, March 20, 2017 11:30 am-1:00 pm  Location: Outside cafeteria  Coordinated by Professional Development Council Members</p> <p><b><u>RN Competency Day</u></b>  Magnet Education-Shared Governance information presented by Professional Development Council members  Master Log presentation by Carol Ann Doherty, BSN, RN</p> <p><b><u>9<sup>th</sup> Annual Janet Parkosewich YNHHS Nursing Research &amp; EBP conference</u></b>  <b>Focus on End of Life Care</b>  <b>Keynote speaker: Dr. Mark Lazenby, PhD, APRN, FALOS YSN professor</b></p> <p>He is an advanced practice cancer and palliative care nurse and philosopher of religion. He has spent his career researching, thinking, and writing about how to help people have good deaths.</p> <p><b><u>Tuesday, March 28, 2017 Nursing Grand Rounds at Greenwich Hospital</u></b>  (1) "How to Talk to a Dying Patient" 12pm-1pm Hyde-lunch served  (2) Panel discussion on difficult case scenarios with Q&amp;A-Dr. Lazenby &amp; Palliative Care team and Palliative Resource nurses</p> <p><b><u>Thursday, March 30, 2017 YNHHS conference</u></b>  Yale School of Nursing West Haven campus Exit 41  <b>Goal:</b> 1-2 clinical nurses from every unit  ✚ Register on ESS</p>	→Will email flyer to Nursing Leadership.	P. Sterne

		<p><b><u>GH submitted 3 posters:</u></b></p> <ul style="list-style-type: none"> <li>• <b>An Intervention to Improve Nurse’s Knowledge, Attitudes and Perceptions in the Care of Geriatric Patients</b> Alison Kemerer, RNC NICHE Coordinator Medicine unit will present her poster and participate in a panel presentation</li> <li>• <b>Reduction in Peripheral Intravenous (PIV) Device Removal by Patients</b> Helen T. Brugger, BSN, RN, CRN Infusion clinical nurse 260 Long Ridge Road</li> <li>• <b>Nurse’s Beliefs About and Implementation of EBP</b> Anne Swallow, DNP, RN, Director of Education &amp; Priscilla Sterne, DNP, RNC, Director of Magnet/Nursing Programs</li> </ul> <p><b><u>Nursing Research Studies, EBP and QI Projects</u></b> Thank you to Alison Kris, PhD, RN, Fairfield University Faculty, GH Nursing Research consultant for her work with clinical nurses for the nursing research, EBP and QI Projects and assistance with the IRB.</p> <p><b><u>Nursing Research Projects</u></b></p> <ol style="list-style-type: none"> <li>1. Night Shift Nurse Self Care Behaviors: Gina Trovato, BSN, RN</li> <li>2. Communication Among ASU Nurses - Sheila Abille, BSN, RN</li> <li>3. Palliative Care Simulation for New RNs - Gina Trovato, BSN, RN and Nicole Melshinger, BSN, RN</li> <li>4. Effectiveness of a new Graduate Nurse residency program – Barbara Flanagan, MSN, CNL, RN</li> <li>5. Healing Environment/ Quiet time protocol – Claire Carter, MSN, RNC</li> <li>6. Benefits of Face to Face Peer Review – Sally O’Brien, BSN, RN &amp; Kathleen Collins, RN</li> <li>7. Sleep/Insomnia study – Judy Badia, MSN, RNC</li> </ol>		
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Stories	A.Cerra	<p><b><u>2020 Magnet Document</u></b>                  Continuity Business Plan with Healthlinx                  Kathy Riley will be on-site in Spring 2017 to discuss potential stories and review data.                  🚩 <b>Every unit to have a Magnet story</b></p>	<b>Every unit to have a Magnet story</b>	
Quiet Time Pilot on Maternity	C. Walker, P. Lewis-Varon	Presentation on Quiet Time Pilot on Maternity –Pam Lewis-Varon, BSN, RNC, Cathy Walker, MSN, RNC	Pilot to begin April 2017	C. Walker, P. Lewis-Varon
Infection Prevention	C. Bender	<p><b><u>Negative Pressure Rooms</u></b>                  Reminder that new process has started on the inpatient Negative Pressure rooms. When the room is going to be used for airborne isolation, <b>Facilities must be called to check the room manually before the patient is placed in the room.</b> Facilities will then place that check in the unit log book.</p> <p><b><u>Mutli drug resistant organisms - Clarification for Nursing</u></b>                  Patients who have a drug resistant organism, that needs to be isolated for, will be notified by the Microbiology department <i>as a resistant organism</i>. A patient was isolated after an RN thought the patient required it, after seeing a culture of a sensitive organism, i.e., Klebsiella, ecoli, pseudomonas only requires isolation <u>if the microbiology lab labels it an ESBL.</u></p> <p><b><u>Hand Hygiene</u></b>                  Managers please monitor for <i>and educate</i> staff regarding the use of false nails, long nails, and chipped nail polish. These all cause increase risk of transmission of infection and noncompliance must be addressed.</p>		
Advance	J. Hyland	<ul style="list-style-type: none"> <li>All inpatients must be assessed and documented as to whether or not</li> </ul>	Contact Jacquie	



<p>Directives/ Advance Care Planning (AD/ACP)</p>		<p>they have an advance directive or need information</p> <ul style="list-style-type: none"> <li>○ <b>Information is in their admitting packet</b></li> <li>● AD documentation is in the ACP navigator or user may click on ACP in the patient header</li> <li>● If patient states they have an AD but do not have it with them, document, 'Yes, Requested Copy' and follow-up with documentation in the Advance Directive comment field. (JC &amp; policy requirement)</li> <li>● Advance Directive documents may be found 1) in the ACP navigator report; 2) Media; 3) Demographics.</li> <li>● All nursing managers received a copy of the power point to share with their staff.</li> </ul>	<p>Hyland at ext. 3398 if you need further assistance.</p>	
<p>Quality</p>	<p>S. Migliardi</p>	<p>The Joint Commission probably will come in April. The first week in April is free of blackout dates while the following three weeks have blackout dates.</p> <p>If they don't arrive in April, then they will be here no later than May 29<sup>th</sup>.</p> <p><u>Remind you staff to complete all three screening questions for abuse. These questions are:</u></p> <ol style="list-style-type: none"> <li>1) Are you able to respond to abuse questions?</li> <li>2) Do you feel that you are treated well by your partner, spouse, family member?; and,</li> <li>3) Are there any physical indicators of abuse?</li> </ol> <p><i>The State would like 100% compliance which was attained by GH in November 2016; however, has dipped to 73% in Dec., 80% in Jan., 87% in Feb. and 83% in March.</i></p> <p>Samples are randomly selected and represent all patient care units.</p>		
<p>Mosby</p>	<p>K. Stemmer-Frumento</p>	<ul style="list-style-type: none"> <li>➤ Clinical Key Nursing Skills is the YNHH standardized online resource for skills.</li> <li>➤ It is accessible from the GH Intranet – Applications &gt; Mosby Nursing Skills or from the Library's website – Professional Resources &gt; Databases &gt; Nursing Skills</li> <li>➤ Should be used by nurse managers to measure skill competencies.</li> <li>➤ One-on-one tutorials are available by contacting the Library.</li> </ul>	<p>Available to attend your staff meetings.</p>	

YNHHS Nurses Day	A.Cerra	<b>SAVE THE DATE! Sunday, April 30<sup>th</sup></b> ➤ <u>Bridgeport Blue Fish Game</u>	Details will be forthcoming.	
Bedside Shift Report	A.Cerra	You need to reinforce, with the staff, the importance of Bedside Shift Report.		
Staff Coding	A.Cerra	Ensure the staff are coding accordingly.	Review at staff meetings.	All
Linen Project	P. Basciano	Since the inception of the project, we have saved a significant amount of money. ➤ Ed Handel will be coming to tomorrow's meeting.		
Inpatient Diabetes Certification	J. Badia	<u>The joint commission window for inpatient diabetes certification is from May 1<sup>st</sup> to July 31.</u> ➤ Hand out for diabetes documentation reviewed.		N. Ryan
Roundtable	A.Cerra	<u>Nurses Day</u> ➤ Wednesday, May 10 <sup>th</sup> ➤ Judy Badia will be coordinating.  <u>Next "Tea with Anna"</u> ➤ Monday, April 3 <sup>rd</sup> @ 2:30 p.m. in the Hyde Conference Room.		
	E. Huang	Pharmacists covering the floors will be physically located there. ➤ A list of the Pharmacist and their extension will be sent out.	Will e-mail to Nursing Leadership.	E. Huang

Next meeting will be held: Date: Monday, April 24, 2017 Time: **1:30 pm- 3:00 pm** Location: Hyde Conference Rm.

Respectfully submitted,

*Joanne Bellantoni*  
*Nursing Administration*  
*Staffing Secretary.*

**SERVICE EXCELLENCE**  
**STEERING COMMITTEE MEETING**  
**AGENDA**

**Wednesday, January 25, 2017**

- Complimentary Letter (s)
- Minutes
- **Healing Environment Council Presentation**
- Reports-Quarterly
- Open Issue Report
- Other Business





## Coordinating Council Minutes

**Date: January 24, 2017**

**Time: 9:30am-11am**

**Location: Hyde conference room**

**Chair: Anna Cerra, DNP, RN**

P=Present, A=Absent, E=Excused

ATTENDANCE							
A	Mark Anthony Abille, RN	A	Reynaldo DeLaCruz, RN	E	Jeri Madsen, RNC, CRN	P	Kathy Stemmer-Frumento, BLS, MBA
A	Diane Apuzzo, RN	P	Carol Ann Doherty, BSN, RNC	P	Maria Marini, RN, BSN, OCN	P	Priscilla Sterne, DNP, RNC
P	Judy Badia, RNC, MSN	A	Sheila Finn, RN, MSN	P	Ulrike Mathieu, BSN, RNC	P	Anne Swallow, RN, DNP
A	Patricia Basciano, RNC, BSN	A	Barbara Flanagan, RNC, MSN	P	Rosemary McElwain, RN, BSN	P	Rachel Thomson, RN, MSN
A	Rita Bivona, RN	A	Noeme Gaynor-Magracia, RN	P	Anne Marie McGrory, MSN, RN	A	Gina Trovato, BSN, RN
A	Sharon Brown, RN	P	Lynn Giacalone, RN	E	Sue Migliardi, DNP, RNC	A	Marie Trovato, RN
P	Helen Brugger, BSN, RN	A	Melissa Giraldez, RN	P	Brenda Misuraca, MSN, RN	P	Erika Tubridy, RN
P	Kristina Capretti, RNC, MSN, ANP-BC, OCN	A	Loretta Jacobs, RNC, MSN	P	Theresa Nicoladse, MSN, RNC	P	Nancy Ulrich, Nursing Administration
A	Maureen Caspare, RN	P	Helene Kimmons, RSN, RN	A	Marie Pham, RN, BSN, CNOR	A	Jeanne VanSciver, RN, C-EFM
P	Anna Cerra, DNP, RN, MSN	A	Ellen Larobina, RN, MSN	A	Christine Rae, RN, BSN	P	Pamela Lewis-Varon, BSN, RN
A	Carol Charles, RN, BSN	P	Barbara Leafe, RN, MSN	A	Maureen Revel, BSN, RNC	P	Cathleen Walker, MSN, RN
A	Marissa Colicci, BSN, RN	P	Peggy Lennon, MSN, RN, CEN	P	Denise Scherer, DNP, RN, CNOR	P	Anna DiPaola, RN
A	Eileen Curry, RN, BSN	A	Maria LoDebole, RN		Erika Setzer, RN, BSN, CEN, CNUL	P	Antoinette Kudrenecky, RNC
					BY INVITATION	P	Alison Kris

Agenda Item	Presenter	Discussion	Outcome/Follow-Up	Responsible Person
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<p>Welcome &amp; Approval of Minutes</p>	<p>Priscilla Sterne</p>	<p>Priscilla thanked Nancy Ulrich for her work on Magnet                  Priscilla welcomed Anna Cerra, our new CNO as Chair of the Coordinating Council                  Priscilla welcomed Alison Kris, PhD, RN, nurse researcher from Fairfield University who is our consultant at GH-she attends the monthly Nursing Research meeting and is available to meet to discuss EBP, QI and nursing research projects before and after the meeting                  Current BSN Rate is 68%. The council voted for the 2017 Goal to increase by 1%=69%                  The council voted for Erika Tubridy to fill vacant nurse manager position on system shared governance council.</p>	<p>Approved as read.</p>	<p>All Members</p>
<p>Magnet News</p>	<p>Priscilla Sterne</p>	<p><u>2017 Magnet conference abstract submissions:</u>  <u>Track 1 - EBP</u>                  Falls Reduction Following Root Cause Analyses and Implementation of Evidence Based Practice Guidelines (Judy Badia, MSN, RNC)  <u>Track 2 - Leadership</u>                  Mentoring Clinical Nurses Using a</p>		

		<p>Shared Governance Model to Support Career Advancement (Helen Brugger, BSN, RN) <u>Track 3 - Innovation</u> Use of a Palliative Resource Nurse to Support Clinical Nurses Providing End of Life Care (Liz Barbarita, RN) <u>Track 4 - Research</u> An Intervention to Improve Nurse's Knowledge, Attitudes and Perceptions in the Care of Geriatric Patients (Alison Kemerer, RNC) <u>2017 Shared Governance council chairs:</u> <u>Professional Development</u> Jeri Madsen Marie Trovato <u>Practice Excellence</u> Carol Charles Diane Apuzzo <u>Quality &amp; Safety</u> Marissa Colicci Helen Brugger <u>Healing Environment</u> Teri Nicoladse Noeme Gaynor-Magracia <u>Night Shift</u> Gina Trovato Vicky Costabile</p>		
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		<p>Jocelyn Picone  <u>System Shared Governance</u>  <u>Members</u>                      Erika Tubridy                      Carol Ann Doherty                      Helen Brugger                      Ricky Mathieu</p>		
Professional Development Council	Jeri Madsen			
Practice Excellence Council	Carol Charles	Pneumatic tube was discussed.		
Master Log	Carol Ann Doherty	Report will be deferred till February. Master Log is now a System Log.		
Quality & Safety Council	Helen Brugger	<p>Go-live for Safe Medication Administration project on all GH units is today January 24, 2017. Education being conducted and signs have been distributed to units.</p> <ul style="list-style-type: none"> <li>· Signs will be placed on med room doors when RN is pulling meds</li> <li>· Once RN is finished pulling meds, sign is to be removed and placed on the inside of the med room door</li> </ul>		

		<ul style="list-style-type: none"> <li>· Boxes for RNs to place their SpectraLink phones will be placed at the secretary's desk</li> <li>· ED will also utilize signs</li> <li>· Council discussed upcoming education. Letter will be going out to all GH users.</li> </ul> <p>Plan to utilize signs in outpatient areas in the future</p> <p>Joint Commission period for Diabetes Survey 5/1/17-7/1-17.</p> <p>PI Project/Metrics:</p> <ul style="list-style-type: none"> <li>· Documentation: RN brings tray and insulin into room and documents in Epic →85% success rate</li> <li>· Minutes between fingerstick and meal tray arrival (must be done within 30mins) →76% success rate</li> <li>· Time from tray arrival to patient room ≤ 30mins → 45% success rate</li> </ul> <p>* Discussed process with Yale and Bridgeport RNs. Was informed that it is a team effort in obtaining oxygen orders for patients that do require O2 but ultimately RN caring for patient is responsible for obtaining order.</p>		
Healing	Terry	Quiet Time Presentation was		

Environment Council	Nicoladse	discussed.		
System Shared Governance Council				
APRN Committee				
Fall Safety Committee	Judy Badia	<p>New Banner for communication of patient with a prior fall: Health stream education coming</p> <p>Recliners: moving forward with the purchase of new recliners ...</p> <p>Development Insomnia protocol and working with Alison Kris to make this a formal research study.</p>		
Nursing Research Committee	Anne Swallow	<p>Discussed</p> <ul style="list-style-type: none"> <li>• Nursing Research Rounds</li> <li>• Topic Palliative Care</li> <li>• March 28th Nursing Grand Rounds</li> <li>• March 30<sup>th</sup> Conference</li> <li>• Standardizing process for nursing students doing projects.</li> <li>• Evidence Based Practice call for mentors at the Yale School of Nursing is Exit 43.</li> </ul>		
Nurse Staffing Committee	Judy Badia	<p>Barbara Flanagan reviewed the nurse residency program: cohort number 3 to start soon, program very well received</p> <p>Jennifer Rich: Reviewed</p>		



		<p>recruitment activities: Theme "Exceptional employees know exceptional people". 59 open positions.</p> <p>Judy Badia updated the group re: Nursing Resource Unit positions and new hires</p>		
<p>Practice &amp; Standards Committee</p>	<p>Maureen Revel</p>	<p>Standards and Practice met on January 5<sup>th</sup></p> <p>The following 2 policies were reviewed:</p> <p>Anne Marie McGrory, RN Policy: Adult Moderate Sedation for Diagnostic and Therapeutic Procedures by Non-Anesthesia Providers</p> <p>Reviewed the entire policy. Discharge Instructions were modified regarding moderate sedation. Need to standardize the policy within the system so everyone receives the same discharge instructions. Our policy will be removed once the policy is standardized. Let Barbara Leafe know once it is standardized. Have to have updated references in the policy.</p> <p>Barbara Leafe, RN Policy: YNHHS Consent for Procedures &amp; Treatment Policy</p>		

		<p>Changed the Greenwich Hospital policy to a system policy and changed 60 days to 90 days. Now have a new consent form, 90 day window to be able to transition. Separate consents for each procedure with each physician. A request for policies to be submitted in advance of the next meeting.</p> <p>The next meeting is scheduled for Thursday Feb 2<sup>nd</sup> - 7:30AM (Hyde Room)- new time to encourage greater attendance</p>		
Night Shift Council	Judy Badia	<p>Meeting with Alison Kris re self-care of night shift nurse .....</p> <p>working on IRB application</p> <p>Next project is enhancing interdepartmental communication on the night shift</p>		
Recap				

Next meeting will be held: Date: Tuesday, February 28, 2017 Time: 9:30 AM Location: Hyde Room

**Respectfully submitted,**

Nancy Ulrich  
 Office Manager  
 Nursing Administration  
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# QUIET TIME

Pilot for the Maternal-Child Unit

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## Greenwich Hospital

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## DEFINITION

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- Quiet time is designed to allow the parents to rest, bond, heal and get to know their new infant. Quiet Time usually limits visitors for a 1-2 hour period. The lights are dimmed and all non essential care is suspended until Quiet Time has ended.
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## PROBLEM IDENTIFIED

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- Patients' and partners' appearing overly exhausted
  - Visitors staying in patients rooms for over 2 hours at a time
  - Noise levels in and outside the rooms are very high
  - Patients' skipping at-breast feedings due to visitors
  - Patients' missing opportunities for teaching/assistance from staff due to visitors
  - Actual event: Patient stated "I think I was dizzy because of my visitors. They stayed so long." This patient had a C/S a few hours earlier
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## LITERATURE REVIEW

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The following excerpt comes from a poster presentation detailing the results of implementing a Quiet Time at Maternal Infant Service at Sharp Mary Birch Hospital for Women and Newborns.

Fleischman, Lanciers (2011) Patient satisfaction, recovery from the delivery process, and successful breastfeeding are affected by the mother's ability to get adequate rest. Through interdisciplinary collaboration, modifying workflow and providing a designated quiet time, patient satisfaction improved, and the rate of exclusive breastfeeding increased.(p. S6-S7)

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## OUR SURVEY

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- We formulated a survey question to collect our patient's opinion about a proposed Quiet Time in the Greenwich Hospital Maternity Unit.
  - The Greenwich Hospital Maternity Unit is considering Quiet Time. Quiet Time provides the much needed rest and privacy that our patients deserve during their hospital stay. Quiet time helps: Decrease fatigue, Increase bonding time, Allow parents to become familiar with their baby's feeding cues. Quiet Time will be seven days a week from 1:00pm to 3:00pm. Visiting hours will be before and after these hours. Interruptions during this time will be for essential care only. In your opinion would Quiet Time be beneficial to the Maternity Unit?
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## RESULTS

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- We initiated the surveys at the Post Partum Visit. This allowed the patient to look back on their recent stay.
  - We collected 41 completed surveys. 38 patients said yes, they would have liked Quiet Time. 3 patients said no.
  - After reviewing these results, we felt empowered to move forward with a plan to implement this new and exciting initiative.
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## QUOTES FROM OUR SURVEYS

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- “Allows mom, dad, and baby to have time to share as a new family and learn about each other.”
  - “I think new parents can easily become inundated with guests/visitors and some quiet time or lactation/help with feeding time designated each day would be greatly beneficial. It also gives mom, dad, and baby a chance to rest and take it all in.”
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## PLAN FOR ROLL OUT

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- 8 X 10 flier describing Quiet Time provided to patients':
    - During Tours
    - In patient folders and prenatal documents
    - Tender Beginnings classes
    - In Obstetrician and Pediatrician office waiting rooms
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Acknowledgements:

- Pamela Lewis-Varon, RNC and Cathleen Walker, RNC, MA, IBCCLC
  - Healing Environment Council
  - Lactation Department
  - Members of the Maternal-Child Health and Pediatrics Unit Practice Council
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## REFERENCES

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- Fleischman, E. & Lanciers, M. (2011) Lights out-It's Quiet Time. *Journal of Obstetric, Gynecologic and Neonatal Nursing*. 40(SI). S6-S7.
  - Boehm, H. & Morast, S. (2009). Quiet Time. *The American Journal of Nursing*. 109(11). 29-32.
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## ADDITIONAL RESEARCH

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- The University of Kansas Hospital implemented Quiet Time in a 28 bed medical-surgical unit. This unit has an average of 210 patients admitted and discharged every month.
  - A patient comment from the study, Boehm & Morast, (2009)“I really liked the quiet hour. It gave time for my husband to go eat without fear of missing the doctor. It also gave me the quiet I needed to rest.” (p. 30)
  - These researchers reviewed the literature also before implementing Quiet Time. They noted these effects of noise and interruptions:
  - Boehm & Morass (2009) Studies show that noise levels higher than 50 decibels cause physiologic changes that decrease healing and recovery and can increase length of stay. Research also indicates that disturbed sleep can affect a patient's ability to heal and can increase morbidity.<sup>2</sup> Excess noise can increase gastric acid secretion, stimulate the cardiovascular system, and impair the ability to fight infections. **3,4 (p. 29)**
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