

QUIET HOSPITAL CHECKLIST

An aggregate of checklists from patient experience associations, top healthcare systems, industry experts, and leading healthcare journals.

How the Checklist was Produced

Multiple checklists and best practices for creating a quiet, healing environment in hospitals were collected. Every item on each checklist was categorized into larger classifications. The list below are the most frequent items along with the percent of lists on which they appeared.

Frequency	Task
100%	Offering to close patient doors during the night or if additional sleep is needed during the day.
100%	Asking staff to talk quietly, using peer pressure at times.
100%	Installing a noise monitoring system to identify exact location, time and type of noise to be reduced.
100%	Replacing overhead staff paging systems with wireless, personal devices.
100%	Designating 'quiet time' during which no routine checks are made unless medically necessary.
88%	Adding Sound Absorption Materials - such as ceiling tiles, carpeting, privacy barriers and doors
88%	Reducing the frequency and intensity of medical alarms.
75%	Fixing or replacing noisy equipment, such as squeaky carts and creaking doors.
75%	Forming a special committee to study and address noise.
69%	Adding white noise or soothing music to help make intrusive sounds less audible.
63%	Diming the lights in patient rooms and hallways to encourage quiet and help patients prepare for sleep.
50%	Providing complimentary earplug and headphones for patients and visitors.
50%	Posting signs reminding staff, patients and visitors to consider their voice level.
38%	Restock supplies during the evening rather than at night when patients are trying to sleep.
38%	Scheduling floor cleaning times that don't conflict with nighttime resting hours.
38%	Wearing soft soled shoes to minimize hallway noise outside patient rooms.



A Busy Hospital Doesn't Have To Be A Loud Hospital