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## White Noise on MBU

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# White Noise on MBU

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## BACKGROUND

- Low HCAHPS noise level scores
- Patient complaints to management
- Patient complaints to unit nurses and technical partners
- Patient reports of difficulty sleeping due to unit noise levels
- Fall risks due to lack of sleep
- Patients bringing own noise masking devices due to poor quietness levels during previous postpartum stay

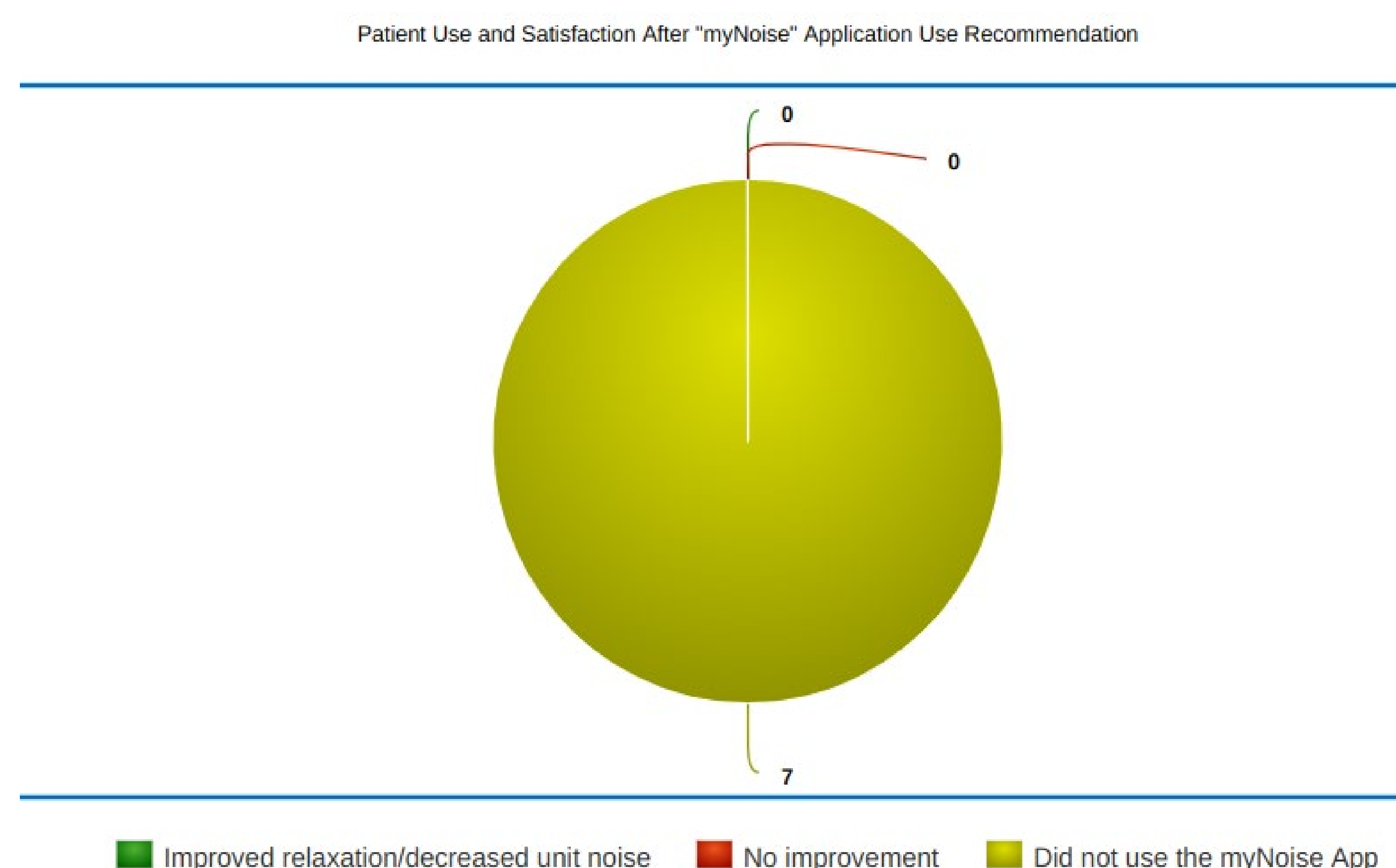
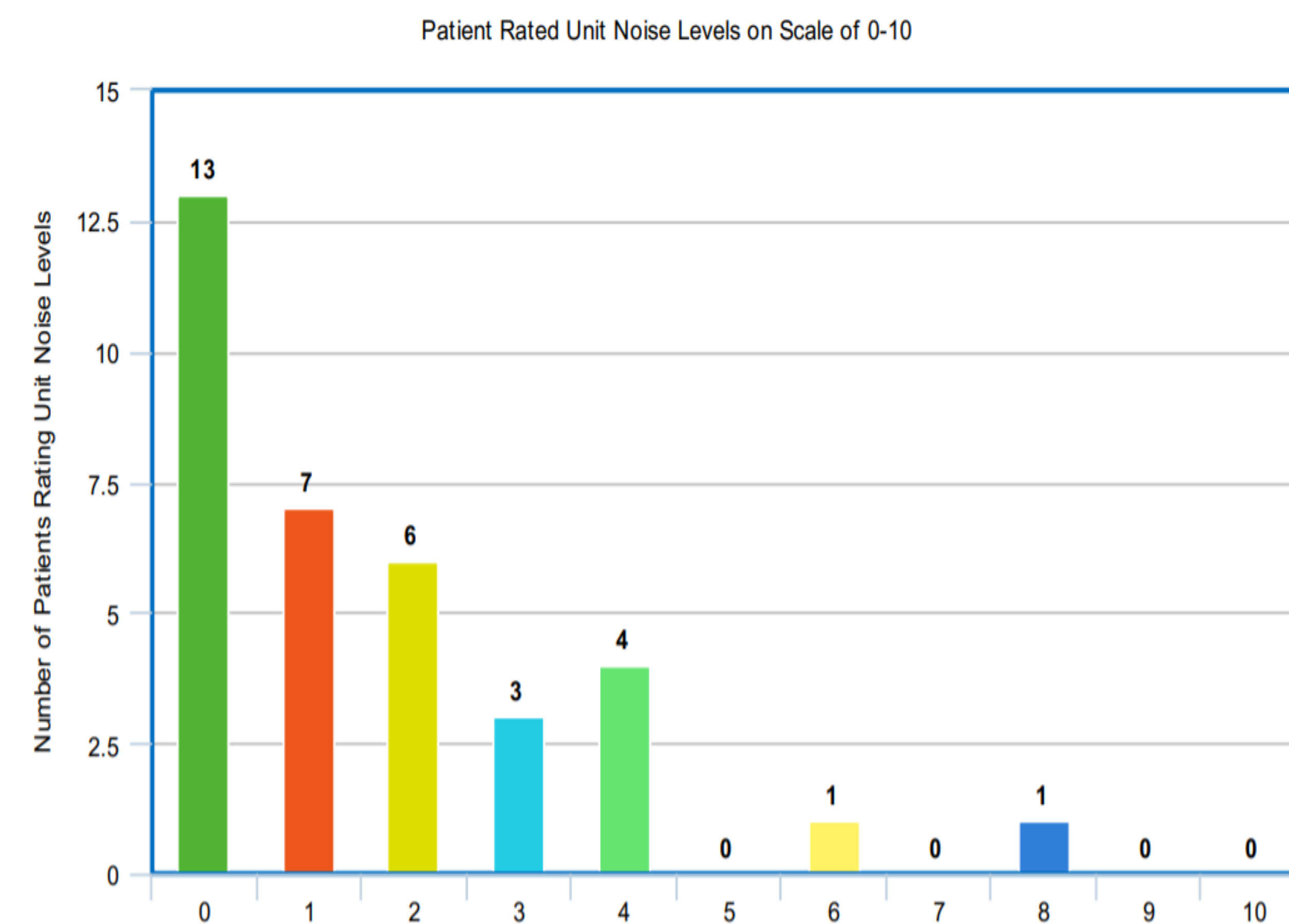
## PICO

- **P**- Postpartum patients
- **I** - White noise app use
- **C**- No white noise app use
- **O**- Patient reporting of quietness

## EVIDENCE

- Mask unit noise (Farokhnezhad Afshar et al., 2016)
- Decreases mother's stress levels and improves infant's desire to breastfeed (Möller et al., 2019) (Senol et al., 2019)
- Improve relaxation and promote sleep and healing (Farokhnezhad Afshar et al., 2016) (Fillary et al., 2015)
- Decrease risk of postpartum depression related to maternal fatigue (Senol et al., 2019)
- Decreases provider distraction during procedures which decreases postpartum hemorrhage risk (Jensen, et al., 2019)

## OUTCOMES



## RESULTS ANALYSIS

- 35 of the 50 Pre-App surveys given to patients were completed. Unit noise levels were rated lower than expected. This is believed to be due to current Covid visitation regulations.
- 7 of 30 patients provided with a "myNoise" survey, returned a completed survey. All 7 patients declined the use of the myNoise app due to an acceptable noise level on the unit where the app was not needed to relax. Data could potentially be skewed due to covid visitation restrictions. There has been a decrease in unit noise since the instillation of the restrictions vs. when the research was started (pre-Covid).

## IMPLEMENTATION

- myNoise information sheet provided in admission folder
- Educate floor nurses on benefits of app use and how to educate the patient on its use
- Discharge Noise Satisfaction Survey given to patients at discharge

## NEXT STEPS

- Continue educating new parents on benefits of white noise use in the hospital and at home
- Implement white noise use hospital wide
- Utilize white noise station on new hospital TVs
- Provide more adequate patient education on app use
- Re-conduct research after Covid visitation restrictions are lifted to assess for a potential skew in data from the current Covid visitation regulations

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