

Shhh . . . It's quiet time!

We all know how good it feels to get a good night's rest. For patients in the hospital, the ability to rest during the day is as important as resting during the night. In fact, their healing may depend on it. In order to help our patients get the rest they need, Windom Area Hospital is instituting "Quiet Time" every day from 12:30 to 2:00 p.m.

During this time, staff will strive to make the patient care areas as quiet as possible. This will include limiting/eliminating interruptions to the patient, dimming the lights in hallways and patient rooms, minimizing overhead pages, closing patient room doors, using "library" voices, and scheduling cleaning of patient areas for different times. Complimentary Sleep Kits with ear plugs and eye masks are also available for patients. Educational signs will be posted to remind patients, staff and visitors about the importance of Quiet Time.

Windom Area Hospital's Performance Improvement Coordinator, Lois Anderson, RN, CPHQ, is quick to explain the importance of Quiet Time as well. "Clinical evidence has shown that reducing hospital noise increases sleep

quality, lowers blood pressure, improves wound-healing, raises pain tolerance, and strengthens the immune system. We are excited to bring these benefits to our patients through our Quiet Time program."

The U.S. Environmental Protection Agency recommends decibel levels of 40 in a hospital setting, but the reality is that most hospitals have decibel levels between 70-80. Implementing Quiet Time processes can reduce hospital noise levels by up to 20 decibel levels, greatly improving the patient experience.

We look forward to decreasing the noise in our patient care areas in order



to allow our patients to get the rest they need for healing and comfort. For more information on Windom Area Hospital's Quiet Time program, please contact Lois Anderson at (507) 831-2400.

iPads

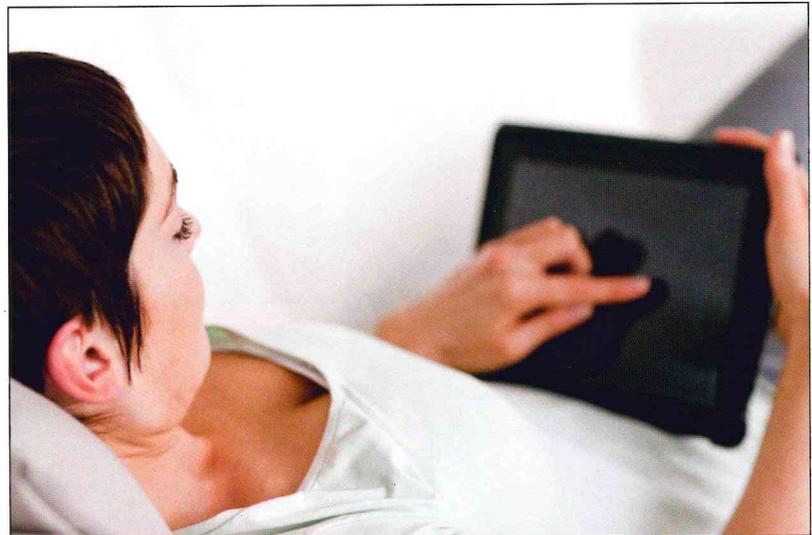
Thanks to a grant from the Blandin Foundation, patients at Windom Area Hospital will now have access to the use of an iPad during their stay.

In March, 2010, Blandin Foundation was awarded a federal Broadband Technology Opportunities Program (BTOP) grant. They used this grant money to fund the Minnesota Intelligent Rural Communities (MIRC) project, a multi-sector, comprehensive approach to supporting sustainable broadband adoption in rural communities. Windom Area Hospital received \$2,000 through the MIRC program to purchase four iPads for patient and visitor use, and one iPad designated for staff members to use with patients for education and treatment purposes.

The iPads are intended to help patients and visitors stay "connected" to their family, friends, and the world while they are at Windom Area Hospital. For example, the iPads can be used to: update CaringBridge sites; access, send

or respond to emails; surf the internet; use news, weather or other current event apps; play games; read e-books; and more!

There is no fee to use an iPad. iPads will be available on a first-come, first-served basis, with consideration given to "equal" usage. Patients and visitors over the age of 18 can check-out the iPads by providing a photo ID (inpatients will be exempted from this requirement) and signing a usage agreement. Because patient care is our priority, Windom Area Hospital staff



will not be available to train patients or visitors on iPad usage.

We are excited to be able to help the people we serve stay "connected" while at Windom Area Hospital!