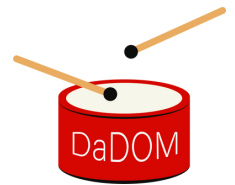


Lesson 7 - Tips & activities

DaDOM online teacher training



Tips for Managing sound environments in a healthcare setting

To complement the ongoing workplace assignment and deepen the understanding of your students on how sound environments affect patient care, the following activities are designed to enhance observational and practical skills specifically around managing and optimizing sound in healthcare settings.

- **Sound observation**

Ask students to spend a few minutes listening to sounds in various locations within the ward at different times (e.g., inside the ward, outside noises, during mealtime, and in the afternoon). Students should write down all the sounds they hear, categorizing them based on their source and time of day.

- **Sound impact reflection**

After completing the activity above, students should reflect on and write about how the sounds made them feel, noting any sounds that were particularly pleasant or disturbing. Identify common sounds that are likely to impact patient care.

- **Client behavior observation**

While observing the ward's sound environment, note the behavior of clients—whether they are listening, wandering, or sleeping.

- **Personal Sound preferences Assessment**

Have students interview relatives or caregivers to gather information about clients' past sound environments and preferences. Record details about clients' preferences for music, TV shows, and general sound environments.

- **Sound Environment Optimization**

Identify sources of noise that can be controlled (e.g., kitchen noises, TV/radio volume). Make adjustments to minimize disruptive noises, such as closing doors or lowering volumes. Assess the impact of these changes on the overall ambiance of the ward and patient comfort.

- **Enhancing the sound environment**

Introduce elements that can create a more lively or soothing atmosphere, such as playing music that resonates with clients or incorporating natural sounds like birdsong. Observe client reactions and gather feedback to gauge the effectiveness of these enhancements.