

HUSH *(Help Us Support Healing)*

Littleton Regional Healthcare is pleased to announce the implementation of a new initiative to promote a quiet environment during the night hours for patients during their hospital stay. The campaign is referred to as HUSH (Help Us Support Healing). This is in direct response to our patient satisfaction survey scores, which indicate that many patients feel that it is too noisy at night, and some find it difficult to get adequate sleep. It is a known fact that sleep or restful hours allow our bodies time to regenerate and heal. It is our hope that HUSH will encourage everyone on staff at LRH, both day and night shifts, to be mindful of noises and ensure a quiet environment.

There are several things we can provide to ensure patients have a restful night sleep including earplugs, sleep mask, headphones, noise machine or a fan to drown out noises. Littleton Regional Healthcare has purchased these items, and will have them available at all times should a patient request one.

Perhaps the most effective way to promote a quiet environment is to keep conversation to a whisper. Staff should be diligent in assisting each other to keep their voice volume down at all times, especially once patients are settled in for the night.

The goal of this initiative is to support and promote healing and to ensure patient satisfaction.

Together we will be successful and support healing!

