

NEWS RELEASE



For more information, contact:
Gail Wade
252 535-8111
gwade@halifaxrmc.org

For Immediate Release

ICU IS A PLACE FOR REST

Halifax Regional Changes Visiting Hours for Sickest Patients

ROANOKE RAPIDS, NC (August 11, 2011)—It's busy being a patient in Intensive Care at Halifax Regional, so nurses have scheduled patients for more rest time.

Quiet time has been expanded to help patients heal and to give nurses more time to focus on their patients in the ICU. Quiet time—when patients cannot be interrupted---now is 6 to 9 a.m. and 6 to 9 p.m.

No visitors are allowed during these hours. At other times, there is a maximum of two visitors.

“Rest is the great healer,” said Karen Daniels, RN, vice president of nursing. “Patients need time to rebuild their energy and build up their reserves.”

During quiet time, the ICU staff reduces patients’ stimuli, explains Daniels. “Lights are turned down, volume on television sets is reduced, but patients are completely monitored.”

When family and friends visit, patients often feel that they must entertain them, taking their energy. “Patients often are reluctant to tell visitors that they are tired and need rest,” said Belinda Jones-Hill, RN, manager of ICU.

“Without rest, patients can’t heal properly,” said Robin Bohanon, RN, a nurse in ICU for six years. “Nurses are the patients’ advocate.”

The quiet time also helps nurses, Bohanon says. “We use that time to review the patient’s chart more thoroughly and update their plan of care.”

Halifax Regional has 10 patient rooms in its ICU, along with a room for family conferences. More than 600 patients are admitted to the ICU annually, staying an average of 11.5 days.

###

About Halifax Regional

Halifax Regional Medical Center is licensed for 204 beds, including psychiatric and nursery. A non-profit organization, Halifax Regional is fully accredited by the Joint Commission. For more information, visit www.halifaxregional.org.