

## SFGH Environmental Stimulation Precautions Stage I

Please help in this patient's recovery by observing the following:

<b>TV, radio, and noise</b>	<ul style="list-style-type: none"> <li>• <b><u>No</u> television, radio or loud noises</b></li> </ul>
<b>The lights ...</b>	<ul style="list-style-type: none"> <li>• <b><u>Dim</u> lights</b></li> <li>• <b><u>Draw</u> shades</b></li> </ul>
<b>The door ...</b>	<ul style="list-style-type: none"> <li>• <b>Keep door <u>closed</u>, when possible</b></li> </ul>
<b>Maximum # of people in room</b>	<ul style="list-style-type: none"> <li>• <b>No more than <u>2-3</u> people may be in the room at the same time, when possible</b></li> </ul>
<i>Speaking to patient</i>	<ul style="list-style-type: none"> <li>• <b>Speak slowly in a low voice</b></li> <li>• <b>Pause every 3-4 words and between sentences</b></li> <li>• <b>Only one person should speak at a time</b></li> </ul>
<b>Tolerance to interactions</b>	<ul style="list-style-type: none"> <li>• <b>Interact with the patient for <u>5-10 minutes</u> at a time</b></li> <li>• <b>Allow the patient at least 5-minute rest breaks between interactions</b></li> </ul>
<b>Treatment and visit sites</b>	<ul style="list-style-type: none"> <li>• <b>Treatments and visits should take place in the room, when possible with the door closed</b></li> </ul>
<b>If the patient is restless, fatigued, frustrated ...</b>	<ul style="list-style-type: none"> <li>• <b>Pause all medical and non-medical activities</b></li> </ul>
<b>Leaving the Unit</b>	<ul style="list-style-type: none"> <li>• <b><u>Only</u> when medically necessary</b></li> </ul>

Recommended for Rancho Levels I-IV

## Stimulation Precautions Stage II

Please help in this patient's recovery by observing the following:

<b>TV, radio, and noise</b>	<ul style="list-style-type: none"> <li>• <b>Only <u>brief</u> periods of television or radio in the absence of other types of stimulation</b></li> </ul>
<b>The lights ...</b>	<ul style="list-style-type: none"> <li>• <b><u>Dim</u> lights</b></li> <li>• <b><u>Draw</u> shades</b></li> </ul>
<b>The door ...</b>	<ul style="list-style-type: none"> <li>• <b>Keep door <u>closed</u>, when possible</b></li> </ul>
<b>Maximum # of people in room</b>	<ul style="list-style-type: none"> <li>• <b>No more than <u>2-3</u> people may be in the room at the same time, when possible</b></li> </ul>
<b>Speaking to patient</b>	<ul style="list-style-type: none"> <li>• <b>Speak slowly in a low voice</b></li> <li>• <b>Pause every 3-4 words and between sentences</b></li> <li>• <b>Only one person should speak at a time</b></li> </ul>
<b>Tolerance to interactions</b>	<ul style="list-style-type: none"> <li>• <b>Interact with the patient for <u>5-10 minutes</u> at a time</b></li> <li>• <b>Allow the patient at least 5-minute rest breaks between interactions</b></li> </ul>
<b>Treatment and visit sites</b>	<ul style="list-style-type: none"> <li>• <b>Treatments and visits should take place in the room, when possible with the door closed</b></li> </ul>
<b>If the patient is restless, fatigued, frustrated ...</b>	<ul style="list-style-type: none"> <li>• <b>Pause all medical and non-medical activities</b></li> </ul>
<b>Leaving the Unit</b>	<ul style="list-style-type: none"> <li>• <b><u>Only</u> when medically necessary</b></li> </ul>

Recommended for Rancho Levels IV-V

## Stimulation Precautions Stage III

Please help in this patient's recovery by observing the following:

<b>TV, radio, and noise</b>	<ul style="list-style-type: none"> <li>• Only <b><u>brief</u></b> periods of television or radio in the absence of other types of stimulation</li> </ul>
<b>The lights ...</b>	<ul style="list-style-type: none"> <li>• <b><u>Dim</u> lights</b></li> <li>• <b>Keep shades <u>open ½ way</u> to reestablish sleep/wake cycle</b></li> </ul>
<b>The door ...</b>	<ul style="list-style-type: none"> <li>• <b>Keep door <u>open ½ way</u> when possible</b></li> </ul>
<b>Maximum # of people in room</b>	<ul style="list-style-type: none"> <li>• <b>No more than <u>2–3</u> people may be in the room at the same time, when possible</b></li> </ul>
<b>Speaking to patient</b>	<ul style="list-style-type: none"> <li>• <b>Speak slowly in a low voice</b></li> <li>• <b>Pause between sentences</b></li> <li>• <b>Only one person should speak at a time</b></li> </ul>
<b>Tolerance to interactions</b>	<ul style="list-style-type: none"> <li>• <b>Interact with the patient for <u>15–20 minutes</u> at a time</b></li> <li>• <b>Allow the patient at least 5-minute rest breaks between interactions</b></li> </ul>
<b>Treatment and visit sites</b>	<ul style="list-style-type: none"> <li>• <b>Treatments and visits should take place in the room, when possible with the door <u>open ½ way</u></b></li> </ul>
<b>If the patient is restless, fatigued, frustrated ...</b>	<ul style="list-style-type: none"> <li>• <b>Pause all medical and non-medical activities</b></li> </ul>
<b>Leaving the Unit</b>	<ul style="list-style-type: none"> <li>• <b><u>Only</u> when medically necessary</b></li> </ul>

Recommended for Rancho Levels IV–V

## Stimulation Precautions Stage IV

Please help in this patient's recovery by observing the following:

<b>TV, radio, and noise</b>	<ul style="list-style-type: none"> <li>• Television or radio may be used freely in the absence of other types of stimulation</li> </ul>
<b>The lights ...</b>	<ul style="list-style-type: none"> <li>• Keep shades <u>open</u> to re-establish sleep/wake cycle</li> </ul>
<b>The door ...</b>	<ul style="list-style-type: none"> <li>• Keep door <u>open</u>, when possible</li> </ul>
<b>Maximum # of people in room</b>	<ul style="list-style-type: none"> <li>• No more than <u>2-3</u> people may be in the room at the same time, when possible</li> </ul>
<b>Speaking to patient</b>	<ul style="list-style-type: none"> <li>• Speak slowly in a low voice</li> <li>• Pause between sentences</li> <li>• Only one person should speak at a time</li> </ul>
<b>Treatment and visit sites</b>	<ul style="list-style-type: none"> <li>• Treatments and visits should take place in a quiet, non-stimulating place (patient's room or rehab treatment area)</li> </ul>
<b>Tolerance to interactions</b>	<ul style="list-style-type: none"> <li>• Interact with the patient for <u>15-30 minutes</u> at a time</li> <li>• Allow the patient a rest break between interactions</li> </ul>
<b>If the patient is restless, fatigued, frustrated ...</b>	<ul style="list-style-type: none"> <li>• Pause all medical and non-medical activities</li> </ul>
<b>Leaving the Unit</b>	<ul style="list-style-type: none"> <li>• <u>Only</u> when medically necessary</li> </ul>

*Recommended for Rancho Levels IV-VI*

## Stimulation Precautions Stage V

Please help in this patient's recovery by observing the following:

<b>TV, radio, and noise</b>	<ul style="list-style-type: none"> <li>• <b>Television or radio may be used freely in the absence of other types of stimulation</b></li> </ul>
<b>The lights ...</b>	<ul style="list-style-type: none"> <li>• <b>keep shades <u>open</u> to re-establish sleep/wake cycle</b></li> </ul>
<b>The door ...</b>	<ul style="list-style-type: none"> <li>• <b>Keep door <u>open</u>, when possible</b></li> </ul>
<b>Maximum # of people in room</b>	<ul style="list-style-type: none"> <li>• <b>No more than <u>2-3</u> people may be in the room at the same time, when possible</b></li> </ul>
<b>Speaking to patient</b>	<ul style="list-style-type: none"> <li>• <b>Speak just slower than normal in a soft voice</b></li> <li>• <b>Pause occasionally between sentences</b></li> <li>• <b>Only one person should speak at a time</b></li> </ul>
<b>Tolerance to interactions</b>	<ul style="list-style-type: none"> <li>• <b>Interact with the patient for <u>15-30 minutes</u> at a time</b></li> <li>• <b>Allow the patient a rest break between interactions</b></li> </ul>
<b>Treatment and visit sites</b>	<ul style="list-style-type: none"> <li>• <b>Treatments and visits should take place in a <u>minimally</u> stimulating place (patient's room or rehab treatment area or hallways)</b></li> </ul>
<b>If the patient is restless, fatigued, frustrated ...</b>	<ul style="list-style-type: none"> <li>• <b>Pause all medical and non-medical activities</b></li> </ul>
<b>Leaving the Unit</b>	<ul style="list-style-type: none"> <li>• <b><u>Only</u> when medically necessary</b></li> </ul>

*Recommended for Rancho Levels V-VII*

## Stimulation Precautions Stage VI

Please help in this patient's recovery by observing the following:

<b>TV, radio, and noise</b>	<ul style="list-style-type: none"> <li>• Television or radio may be used freely in the absence of other types of stimulation</li> </ul>
<b>The lights ...</b>	<ul style="list-style-type: none"> <li>• Keep shades <u>open</u> to re-establish sleep/wake cycle</li> </ul>
<b>The door ...</b>	<ul style="list-style-type: none"> <li>• Keep door <u>open</u> when possible</li> </ul>
<b>Maximum # of people in room</b>	<ul style="list-style-type: none"> <li>• As tolerated by the patient</li> <li>• If the patient becomes anxious/frustrated, decrease the number of people in the room as soon as possible</li> </ul>
<b>Speaking to patient</b>	<ul style="list-style-type: none"> <li>• Speak normally; do not shout</li> <li>• Only one person should speak at a time</li> </ul>
<b>Tolerance to interactions</b>	<ul style="list-style-type: none"> <li>• Duration of interactions depends on the patient's tolerance</li> <li>• Take rest breaks if the patient becomes frustrated or anxious</li> </ul>
<b>Treatment and visit sites</b>	<ul style="list-style-type: none"> <li>• Treatments and visits should take place in a <u>mildly</u> stimulating place (patient's room, rehab treatment area, hallways or outdoors at quiet times)</li> </ul>
<b>If the patient is restless, fatigued, frustrated ...</b>	<ul style="list-style-type: none"> <li>• Pause all medical and non-medical activities</li> </ul>
<b>Leaving the Unit</b>	<ul style="list-style-type: none"> <li>• <b>Visitors:</b> Check with the staff before leaving the Unit for any important instructions</li> <li>• Return the patient to the Unit if the patient becomes frustrated or anxious</li> </ul>

Recommended for Rancho Levels VI-VII

## Stimulation Precautions Stage VII

Please help in this patient's recovery by observing the following:

<b>TV, radio, and noise</b>	<ul style="list-style-type: none"> <li>• Television or radio may be used freely in the absence of other types of stimulation</li> </ul>
<b>The lights ...</b>	<ul style="list-style-type: none"> <li>• Keep shades <u>open</u> to re-establish sleep/wake cycle</li> </ul>
<b>The door ...</b>	<ul style="list-style-type: none"> <li>• Keep door <u>open</u> when possible</li> </ul>
<b>Maximum # of people in room</b>	<ul style="list-style-type: none"> <li>• As tolerated by the patient</li> <li>• If the patient becomes anxious/frustrated, decrease the number of people in the room as soon as possible</li> </ul>
<b>Speaking to patient</b>	<ul style="list-style-type: none"> <li>• Speak normally; do not shout</li> <li>• Only one person should speak at a time</li> </ul>
<b>Tolerance to interactions</b>	<ul style="list-style-type: none"> <li>• Duration of interactions depends on the patient's tolerance</li> <li>• Take rest breaks if the patient becomes frustrated or anxious</li> </ul>
<b>Treatment and visit sites</b>	<ul style="list-style-type: none"> <li>• Treatments and visits should take place in a moderately stimulating place (patient's room, rehab treatment area, hallways or outdoors at busy times)</li> </ul>
<b>If the patient is restless, fatigued, frustrated</b>	<ul style="list-style-type: none"> <li>• Pause all medical and non-medical activities</li> </ul>
<b>Leaving the Unit</b>	<ul style="list-style-type: none"> <li>• <b>Visitors:</b> Check with the staff before leaving the Unit for any important instructions</li> <li>• Return the patient to the Unit if the patient becomes frustrated or anxious</li> </ul>

*Recommended for Rancho Levels VI-*