

Environmental Stressors

Unfamiliar surroundings (e.g., crowding)

Unfamiliar sounds

- Equipment noise (e.g., monitors, telephone, suctioning, computer printout)
- Human sounds (e.g., talking, laughing, crying, coughing, moaning, retching, walking)

Unfamiliar people (e.g., health care professionals, patients, visitors)

Unfamiliar and unpleasant smells (e.g., alcohol, adhesive remover, body odors)

Constant lights (disturb day/night rhythms)

Activity related to other patients

Sense of urgency among staff

Unkind or thoughtless comments from staff

Psychological Stressors

Lack of privacy

Inability to communicate (if intubated)

Inadequate knowledge and understanding of situation

Severity of illness

Parental behavior (expression of concern)

Social Stressors

Disrupted relationships (especially with family and friends)