

Registered Nurses' Association of Ontario

People-Centred Care
Third edition

September 2025

Reference list with open access links where available

*Links active as of September 18, 2025.

Recommendation 1.0:

Citation	Open Access URL
1. Stacey D, Lewis KB, Smith M, et al. Decision aids for people facing health treatment or screening decisions. Cochrane Consumers and Communication Group, editor. Cochrane Database Syst Rev [Internet]. 2024 Jan 29 [cited 2024 Nov 27];2024(1).	http://doi.wiley.com/10.1002/14651858.CD001431.pub6

Recommendation 2.0:

Citation	Open Access URL (where applicable)
1. Hu RF, Jiang XY, Chen J, et al. Non-pharmacological interventions for sleep promotion in the intensive care unit. Cochrane Emergency and Critical Care Group, editor. Cochrane Database Syst Rev [Internet]. 2015 Oct 6; 2018 (12).	http://doi.wiley.com/10.1002/14651858.CD008808.pub2
2. Menger J, Urbanek B, Skhirtladze-Dworschak K, et al. Earplugs during the first night after cardiothoracic surgery may improve a fast-track protocol. Minerva Anestesiol [Internet]. 2018 Jan; 84 (1).	https://www.minervamedica.it/index2.php?show=R02Y2018N01A0049
3. Muntham D, Chirakalwasan N, Arttaweikul P, et al. Effect of Nighttime Earplugs and Eye Masks on Sleep Quality in Intensive Care Unit Patients. Indian J Crit Care Med. 2020 Jan 1; 24 (1): 6–10.	https://pmc.ncbi.nlm.nih.gov/articles/PMC7050172/pdf/ijccm-24-6.pdf
4. Avudaiappan SL, Govindaraj S, Poomalai G, et al. Effectiveness of Earplugs and Eye Masks on Sleep Quality and Fatigue Among Nonventilated Patients in an Intensive Care Unit. Cureus. 2024 July 1.	https://pmc.ncbi.nlm.nih.gov/articles/PMC11293039/pdf/cureus-0016-00000063628.pdf
5. Bahcecioglu Turan G, Gürcan F, Özer Z. The effects of eye masks and earplugs on sleep	https://onlinelibrary.wiley.com/doi/epdf/10.1111/jsr.14044

quality, anxiety, fear, and vital signs in patients in an intensive care unit: A randomised controlled study. <i>J Sleep Res.</i> 2024 Apr; 33 (2): e14044	
6. Thirumalesh PV, Thekkanath MJ. Reduction of Environmental Noise Impact on Preterm Babies in NICU by Using Ear Plugs. <i>Cent Eur J Paediatr.</i> 2023 Dec 21; 19(2): 108.	https://www.researchgate.net/publication/376735323_Reduction_of_Environmental_Noise_Impact_on_Preterm_Babies_in_NICU_by_Using_Ear_Plugs
7. Sibrecht G, Wróblewska-Seniuk K, Bruschetti M. Noise or sound management in the neonatal intensive care unit for preterm or very low birth weight infants. Cochrane Neonatal Group, editor. <i>Cochrane Database Syst Rev</i> [Internet]. 2024 May 30; 2024 (5).	http://doi.wiley.com/10.1002/14651858.CD010333.pub4