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Reducing Hospital Toxicity: Impact on Patient Outcomes

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Clinical significance

- Circadian rhythms control many physiologic and behavioral functions
- Routine hospital care commonly is disruptive to a patient's intrinsic circadian rhythm which is further compounded by loss of personal control of health information
- Modest changes in hospital routines can be implemented that reduce circadian disruption and enhance free flow of information to patients
- These changes result in measurable improvements in hospital length of stay, readmission, and subjective measures of satisfaction

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