

The Magic of a Safe Patient Handling Program: Keeping Patients and Healthcare Providers Safe

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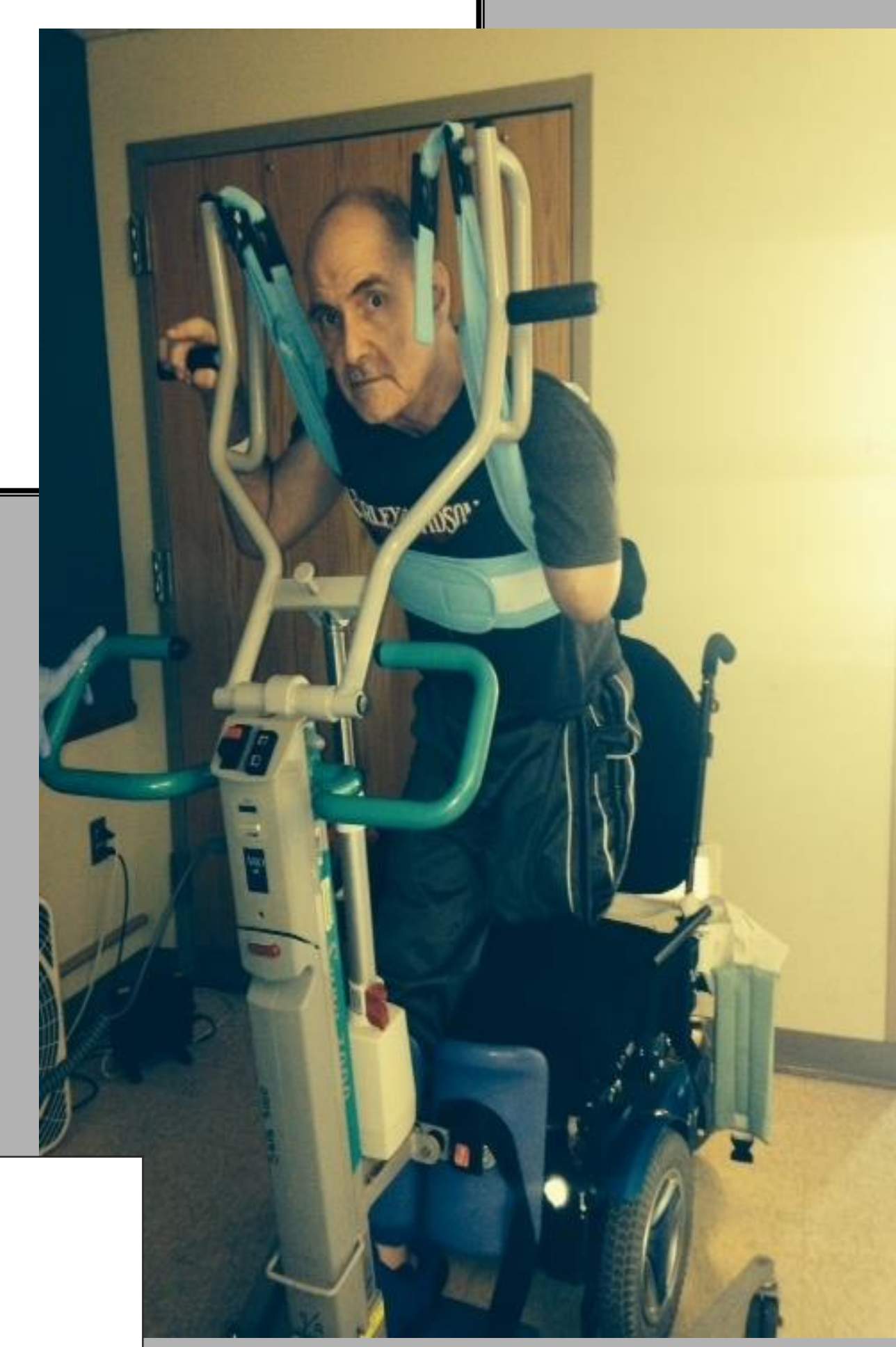
ABSTRACT

Injuries sustained by staff during patient transfers take a huge toll: physically, emotionally and financially, on the person injured and the institution. Nurses have consistently been among the top five occupations with musculoskeletal injuries that require days away from work. There have been many studies showing that implementing a comprehensive safe patient handling program positively impacts both healthcare worker and patient safety. A 197-bed acute rehabilitation hospital implemented a safe patient handling program in June 2012. An interdisciplinary education program, involving therapists, transporters and front-line nurses occurred over several months to educate staff about appropriate use of safe patient handling equipment. The rehabilitation units were assessed for unit-specific equipment based to meet the needs of a particular patient population. Ceiling lifts, sit-to-stand lifts, and friction reducing sheets for repositioning and lateral transfers were obtained and used on all indicated patients. We will present the process that was used to implement our program, discuss the individual steps such as training all staff, describe the role of peer leaders on each unit, and explain the use of patient lift/mobility assessment forms in the EMR system. Mandatory training of all new employees and annual competencies for the use of the equipment is an ongoing process. Initial data is demonstrating the pattern of success for the program. While the number of injuries has not shown a dramatic decrease, the severity and costs associated with patient handling injuries has shown a decrease. Successful outcomes of this program has been staff satisfaction and decreased patient falls during transfers.

Moss Rehab Safe Patient Handling Education

❖ Nursing staff, including RN's, LPN, NA's, and Hospital Unit Coordinators, were included in the Safe Patient Handling Education. Therapists and patient transporters were also included in the education program. This is a hospital-wide initiative to promote awareness of the proper use of equipment to ensure that available equipment is used to reduce patient and staff injuries during transfers. The rehabilitation nursing areas included in the education are:

- ❖ Stroke Program
- ❖ Brain Injury Program
- ❖ SCI Program
- ❖ Amputee Program
- ❖ General Rehab
- ❖ All Per diem Staff



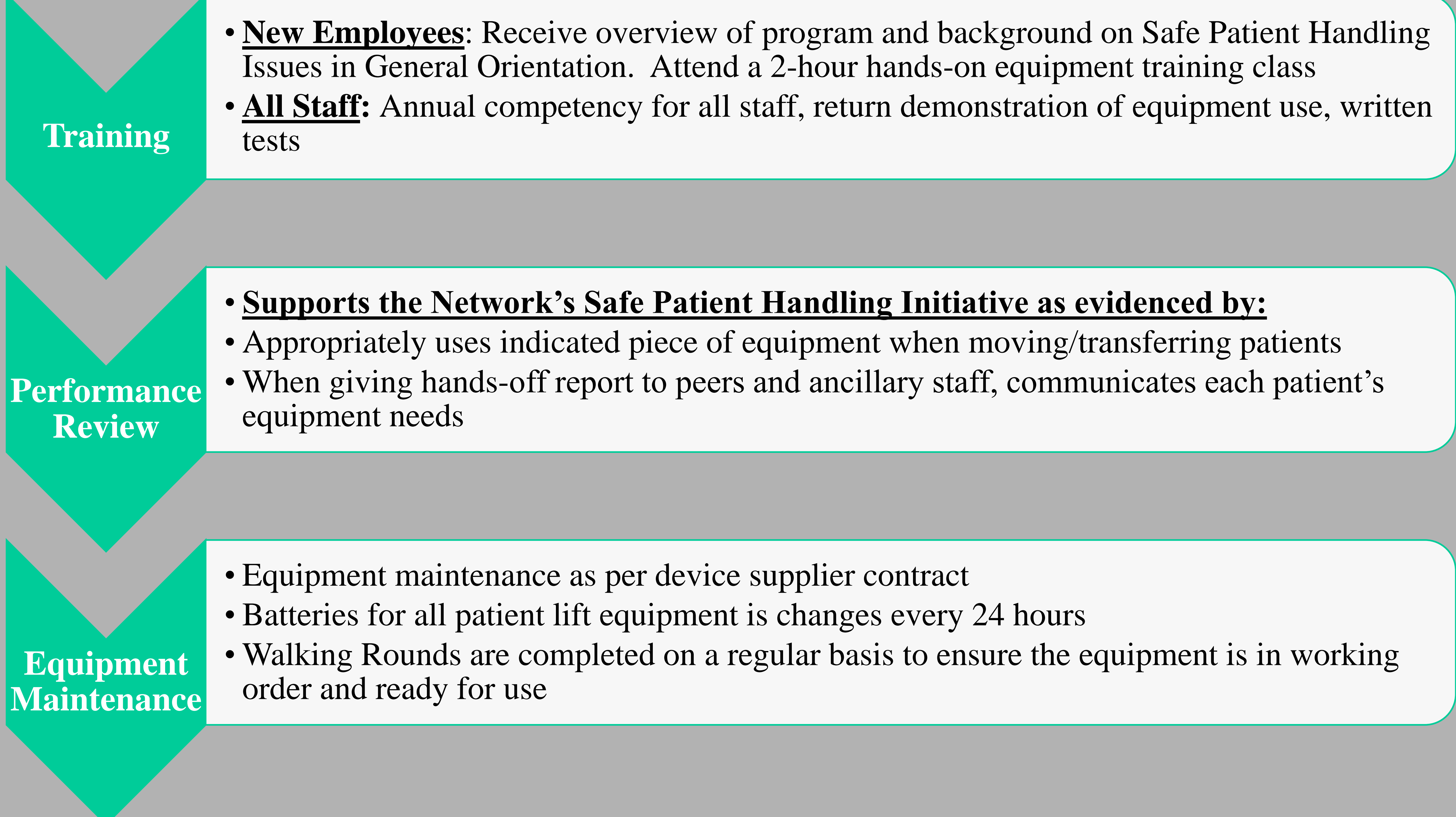
Staff Education Process

- ❖ All Staff attend the Safe Patient Handling Class: This 2-hour hands-on class focuses on safe body mechanics, Lift-Transfer Assessment Scale use, and transfer equipment education
- ❖ Nursing and Therapy Peers are selected to be trained as Transfer Mobility Coaches: Peer-to-peer safe patient handling coaches, available at the unit-level, to assist fellow staff about appropriate transfer equipment use and to ensure staff competency

"The lifts have made a difference by allowing us more independence in transferring patients with ease and preventing injuries and allowing patients to participate in their transfers when possible."
-Danielle, Staff Registered Nurse

"I find the transfer equipment easy to use and helpful to staff to assist patients to move more safely."
-Cyndie, Staff CNA and Transfer Mobility Coach

Sustaining Our Progress Towards Safety



• **New Employees:** Receive overview of program and background on Safe Patient Handling Issues in General Orientation. Attend a 2-hour hands-on equipment training class
• **All Staff:** Annual competency for all staff, return demonstration of equipment use, written tests

• **Supports the Network's Safe Patient Handling Initiative as evidenced by:**
• Appropriately uses indicated piece of equipment when moving/transferring patients
• When giving hands-off report to peers and ancillary staff, communicates each patient's equipment needs

• Equipment maintenance as per device supplier contract
• Batteries for all patient lift equipment is changes every 24 hours
• Walking Rounds are completed on a regular basis to ensure the equipment is in working order and ready for use

Transfer/ Mobility Equipment Use and Training

The role of the Transfer Mobility Coach (TMC) involves:

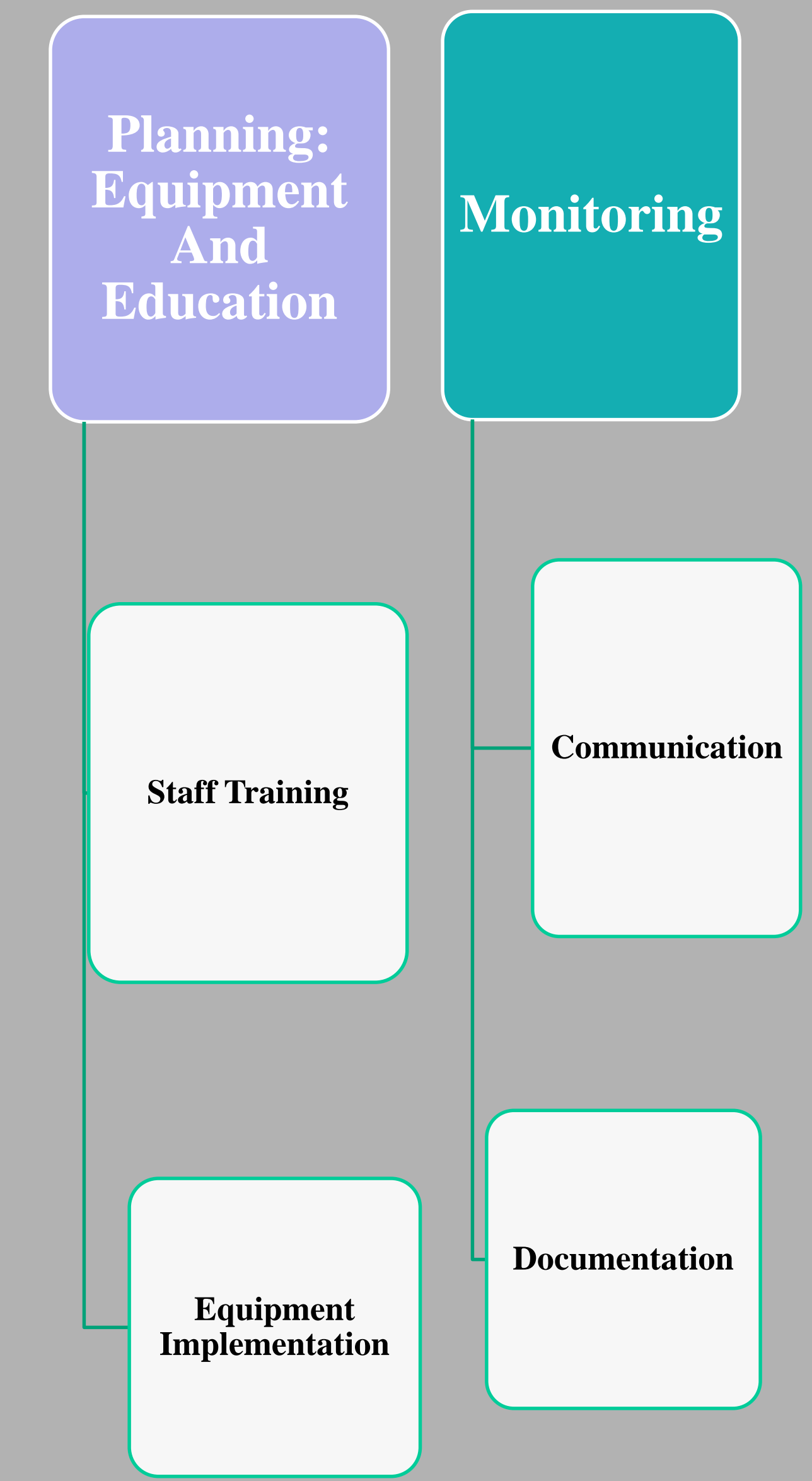
- ❖ Being a peer leader and good communicator
- ❖ Educating staff regarding proper equipment use
- ❖ Being an expert equipment user and an advocate for the program on the unit

Equipment used:

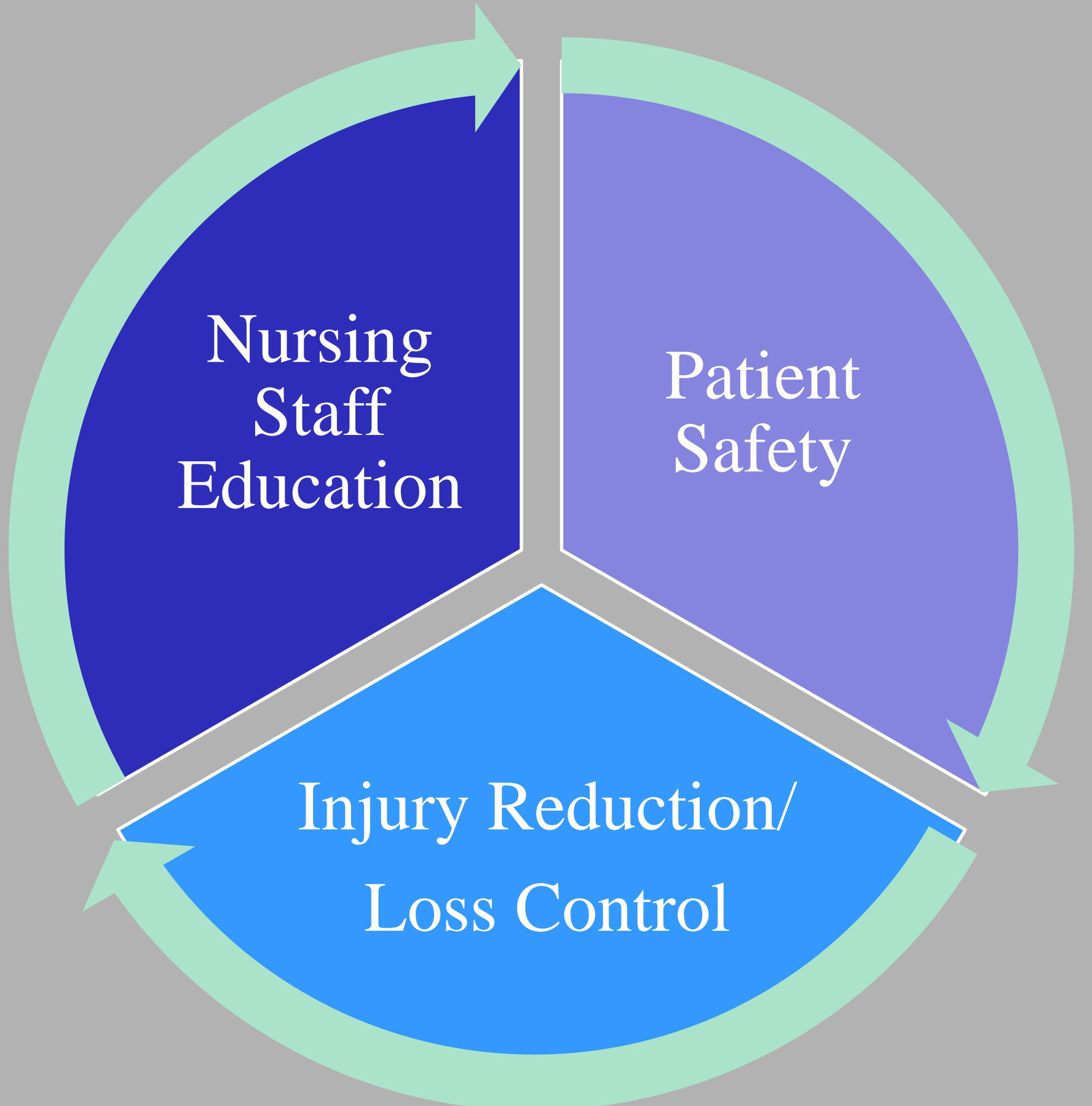
- Sara Steady: Support Seat
- Sara 3000: Stand Lift
- Maxi Move: Maxi Sling Lift
- Maxi Sky: Seated Ceiling Lift

Transfer Mobility Coach (TMC) Responsibilities:

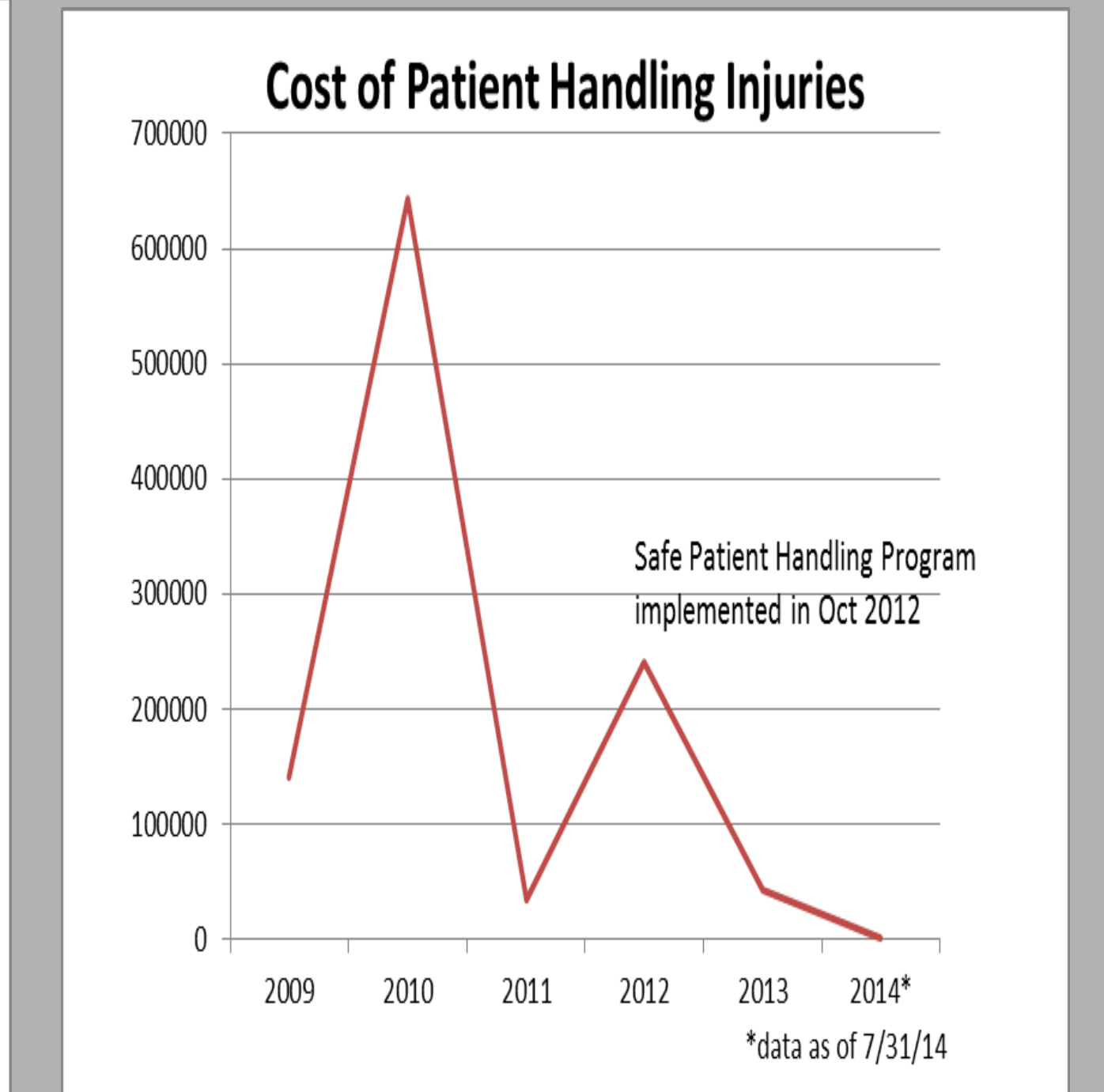
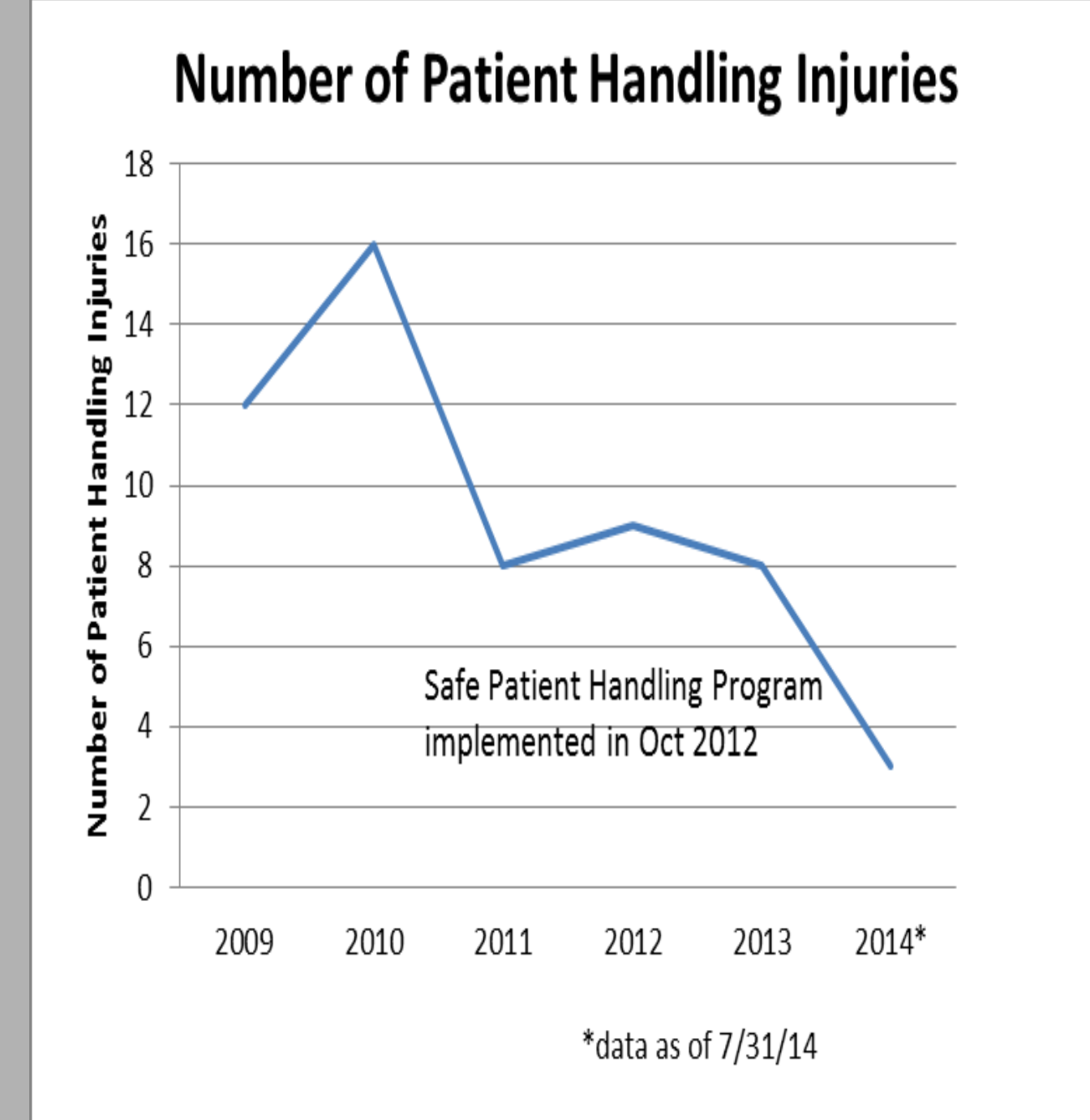
- ❖ Attend 3 of 4 group meetings for updates, training and support
- ❖ Present new information at unit staff meetings
- ❖ Assisting with unit safety action plans
- ❖ Assisting with (1) Safe Patient Handling Class per year



Safe Patient Handling Initiative Goals



Injury Reduction/ Loss Control: Measure of Our Success



REFERENCES

Arnold, Margaret et al. "Changes in Functional Independence Measure Ratings Associated with a Safe Patient Handling and Movement Program". Rehabilitation Nursing, 36.4 (2011): 138-144.

Krill, Candice, Staffileno, Beth, and Raven, Claudette. "Empowering Staff Nurses to Use Research to Change Practice for Safe Patient Handling". Nursing Outlook, 60.3 (2012): 157-162.