

## **Safe Patient Handling & Early Mobility**

### **NYSNA Continuing Education**

*The New York State Nurses Association is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.*

This program has been awarded 2.0 CHs through the New York State Nurses Association Accredited Provider Unit.

*The New York State Nurses Association is accredited by the International Association for Continuing Education and Training "IACET" and is authorized to issue the IACET CEU.*

The New York State Nurses Association is authorized by IACET to offer 0.2 CEUs for this program.

In order to receive contact hours/CEUs participants must view the recorded presentation, pass a comprehensive exam with at least 80%, and submit an evaluation. Contact hours/CEUs will be awarded until April 6, 2020.

All American Nurses Credentialing Center (ANCC) accredited organizations' contact hours are recognized by all other ANCC accredited organizations. Most states with mandatory continuing education requirements recognize the ANCC accreditation/approval system. Questions about the acceptance of ANCC contact hours to meet mandatory regulations should be directed to the Professional licensing board within that state.

NYSNA has been granted provider status by the Florida State Board of Nursing as a provider of continuing education in nursing (Provider number 50-1437).

NYSNA wishes to disclose that no commercial support or sponsorship has been received. NYSNA Program Planners and Presenters declare that they have no conflict of interest in this program.

## How to Take This Course

Please take a look at the steps below. These will help you to progress through the independent learning module, complete the course examination and receive your certificate of completion.

### 1. REVIEW THE OBJECTIVES

The objectives provide an overview of the recorded presentation and identify what information will be covered. Objectives are stated in terms of what you, the learner, will know or be able to do upon conclusion of the presentation. They let you know what you should expect to learn by viewing this particular recording and can help you focus your study.

### 2. PRINT YOUR RESOURCES PAGE!

There is an excellent "Resources" page available prior to viewing the recording. We recommend that you print this page to keep as a guide for future use. These resources are referenced throughout the presentation.

### 3. WATCH THE PRESENTATION

View the recorded presentation in its entirety.

### 4. COMPLETE THE COURSE EXAM

After watching the presentation, click on the "Course Exam" option located on the course navigation toolbar. Answer each question by clicking on the button corresponding to the correct answer. All questions must be answered before the test can be graded; there is only one correct answer per question.

HINT! You can print and review the exam questions before viewing the presentation and answer the questions as you move through the recording. Just remember to submit your final answers online.

### 5. GRADE THE TEST

Next, click on "Submit Test." You will know immediately whether you passed or failed. If you do not successfully complete the exam on the first attempt, you may take the exam again. If you do not pass the exam on your second attempt, you will need to purchase the program again.

### 6. FILL OUT THE EVALUATION FORM

Upon passing the course exam you will be prompted to complete an evaluation. You will have access to the certificate of completion after you complete the evaluation. At this point, you should print the certificate and keep it for your records.

## **Introduction**

The New York State Nurses Association (NYSNA) has produced this video presentation of its live *Safe Patient Handling and Early Mobility* workshop. This 2 hour video is facilitated by professionals with expertise in nursing occupational health and safety hazards. A review of the hazards of manual patient handling will be followed by information on legal requirements for safe patient handling programs and the equipment and policies that will promote improved safety for both nurses and patients.

The program includes lecture using photographs, graphics and video clips, will provide a question and answer period from the live presentation, a critical thinking exercise, and will give you some ideas and interventions to consider. It is a valuable continuing education opportunity for nurses in all care settings, and is appropriate for those who provide direct care as well as trainers and supervisors.

The presenters are: **Lisa Baum, MA, CSP** and **David Pratt, BA**.

*The live workshop was funded by a grant from the New York State Department of Labor Hazard Abatement Board, Contract #T16060GG.*

## **Presentation Objectives**

At the conclusion of this recorded presentation, the learner will be able to:

- Identify the hazards to patients and healthcare workers of unsafe patient handling techniques.
- Describe the components of an effective safe patient handling program that integrates early patient mobilization.
- Recognize the legal requirements of the NYS Safe Patient Handling Law.

## **Safe Patient Handling & Early Mobility**

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### **About the Presenters**

*Lisa Baum, M.A., CSP*

Lisa Baum, M.A., CSP is an Occupational Health and Safety Representative for the New York State Nurses Association (NYSNA), representing over 40,000 registered nurses in the State of New York and New Jersey.

Ms. Baum received her B.A. from Bucknell University and her M.A. from New York University.

Specializing in occupational health and safety for almost 20 years, Ms. Baum has worked for several unions including the American Federation of Teachers, the American Federation of State, County and Municipal Employees and the New York State Nurses Association. Ms. Baum's experience includes a wide range of occupational hazards including exposures to toxic substances, ergonomic hazards, infectious diseases, workplace violence, and other hazards common to healthcare settings. Ms. Baum also has extensive experience assisting World Trade Center rescue and recovery workers exposed to a broad array of hazardous substances.

Ms. Baum serves on various statewide committees focused on improving healthcare working conditions.

*David Pratt, B.A.*

David Pratt is currently an Occupational Health and Safety Representative for the New York State Nurses Association (NYSNA) and has years of experience in health and safety. He was a former Health and Safety Specialist for the New York Committee for Occupational Health, has served on the Zero Lift Taskforce, as chair of the Long Island safe patient handling committee, and on the executive committee of the Long Island Volunteer Organizations Active in Disasters group and other workplace campaigns.

The presenters have declared they have no vested interests.

During the presentation you will be asked to complete a Mobility Assessment and Equipment Selection Exercise. You will need to print the exercise packet to complete the activity.

Recorded: October 17, 2016  
Duration: 1 hour, 41 minutes

The recording may be accessed from:  
<https://vimeo.com/208250439>

## Resources

The following list of resources was compiled from the presentation.

### **Bureau of Labor Statistics of the U.S. Department of Labor**

<https://www.bls.gov/home.htm>

### **National Institute of Occupational Safety & Health (NIOSH)**

<https://www.cdc.gov/niosh/>

### **New York State Nurses Association (NYSNA)**

Phone: 212-785-0157

E-mail: [info@nysna.org](mailto:info@nysna.org)

[www.nysna.org](http://www.nysna.org)

### **NYS Zero Lift Task Force**

E-mail: [SPHinNYS@gmail.com](mailto:SPHinNYS@gmail.com)

[www.zeroliftforny.org](http://www.zeroliftforny.org)

## References

- National Pressure Ulcer Advisory Panel, European Pressure Ulcer Advisory Panel and Pan Pacific Pressure Injury Alliance. Prevention and Treatment of Pressure Ulcers: Clinical Practice Guideline. Emily Haesler (Ed.) Cambridge Media; Osborne Park, Western Australia; 2014.
- Nelson, A et.al., (January 2, 2008) "Link Between Safe Patient Handling and Patient Outcomes in Long-Term Care" *Rehabilitative Nursing* Vol. 33, Issue 1, pg. 33-43.
- New York State Department of Labor. (Producer), & Kaleida Health. (Co-Producer). (2014). *Safe Patient Handling (SPH) Techniques* [Instructional Video Series]. Available from <https://labor.ny.gov/workerprotection/safetyhealth/safe-patient-handling.shtm>
- Quigley, P., White, S., (May 31, 2013) "Hospital-Based Fall Program Measurement and Improvement in High Reliability Organizations" *OJIN: The Online Journal of Issues in Nursing* Vol. 18, No. 2, Manuscript 5.
- Tuohy-Main, K. (1997). Why Manual handling should be eliminated for resident and career safety. *Geriaction*, 15, 10-14.

## Safe Patient Handling & Early Mobility

### Course Exam

After viewing the video presentation, please select the best answer to the questions below.

**Note:** Contact hours/CEUs will be awarded for this online course until **April 6, 2020**.

1. According to the National Institute of Occupational Safety and Health (NIOSH), what is the maximum amount of weight that the average healthcare worker can safely lift without incurring injury?
  - A. 50 lbs.
  - B. 75 lbs.
  - C. 35 lbs.
2. Is a pivot transfer a safe way to lift a patient from a seated position?
  - A. Yes
  - B. No
3. Is using good body mechanics enough to protect most healthcare workers from musculoskeletal injury?
  - A. Yes
  - B. No
4. What patient outcomes are improved with the use of safe patient handling equipment:
  - A. Decrease in falls.
  - B. Decrease in pressure ulcers.
  - C. Decrease in urinary incontinence.
  - D. All of the above.
5. Which of the following pieces of SPH equipment CANNOT be used for a patient with limited upper body strength:
  - A. Motorized sit-to-stand.
  - B. Floor/mobile lift.
  - C. Non-motorized sit-to-stand.
6. When should a patient mobility assessment be conducted?
  - A. Upon admission.
  - B. After a surgical procedure.
  - C. Upon admission and whenever there is a change of status.
7. How can a sling be placed under a patient without risk of injury to the healthcare worker?
  - A. Use a friction-reducing device to slide the sling under the patient.
  - B. Manually lift the patient and then slide the sling under the patient.
  - C. Have the patient hold onto the caregiver's body for support while the sling is manually slid under the patient.



8. Does the New York State Safe Patient Handling Law require healthcare facilities to have labor-management safe patient handling committees comprised of 50% management and 50% non-managerial direct patient care workers?
  - A. Yes
  - B. No
  
9. Does the New York State Safe Patient Handling Law allow a healthcare worker, who acts in good faith, to refuse to lift/transfer/reposition a patient if the worker believes the conditions under which the patient will be lifted/transferred/repositioned is unsafe?
  - A. Yes
  - B. No
  
10. Are home care agencies covered by the New York State Safe Patient Handling Law?
  - A. Yes
  - B. No