

BEDSIDE ERGONOMICS

TURN THERAPY FOR INJURY PREVENTION

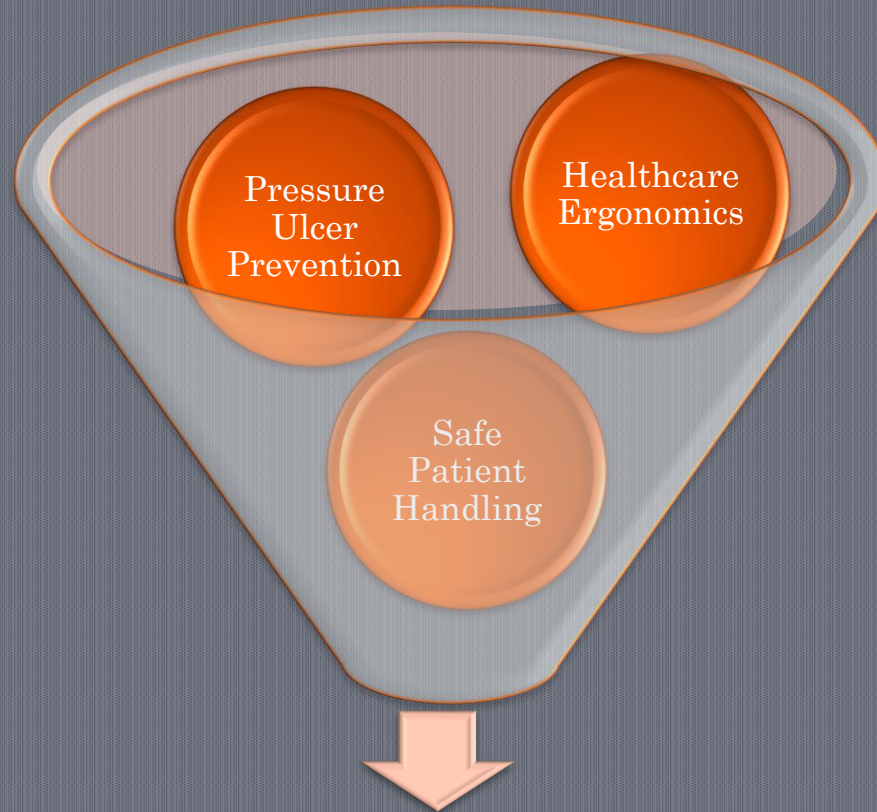
REVEALING THE SCIENCE AND TECHNIQUES OF
PATIENT HANDLING ERGONOMICS FOR CAREGIVER SAFETY
AND PRESSURE ULCER PREVENTION

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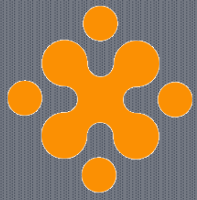
MODULES II – Caregiver Ergonomics

HEALTHCARE ERGONOMICS

ALL OF THESE THINGS GO TOGETHER



Nursing Practice



Total Bedside Ergonomics Consists of 4 Modules

Module I – Pressure Ulcers 101

Discussing the basics from a positioning point of view.

Module II – Caregiver Ergonomics 101

The ergonomics of healthcare & its relationship to patient handling

Module III – Bedside Ergonomics 101

Ergonomic principals applied to the bedbound patient & its relationship to pressure ulcer prevention

Module IV – Learn to Turn 101

Now that you know everything lets get to the details:
Boosting, Turning, Supporting, Floating





MODULE II

Caregiver Ergonomics 101

THE ERGONOMICS OF HEALTHCARE

FUNDAMENTALS OF CAREGIVER INJURY PREVENTION

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What Is Ergonomics?

The science of fitting the task to the person.

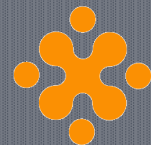
❖ Physical stresses - QUANTITATIVE

- ❖ Force
- ❖ Repetitive Motion
- ❖ Vibration
- ❖ *Position*

❖ Environmental Stresses - QUALITATIVE

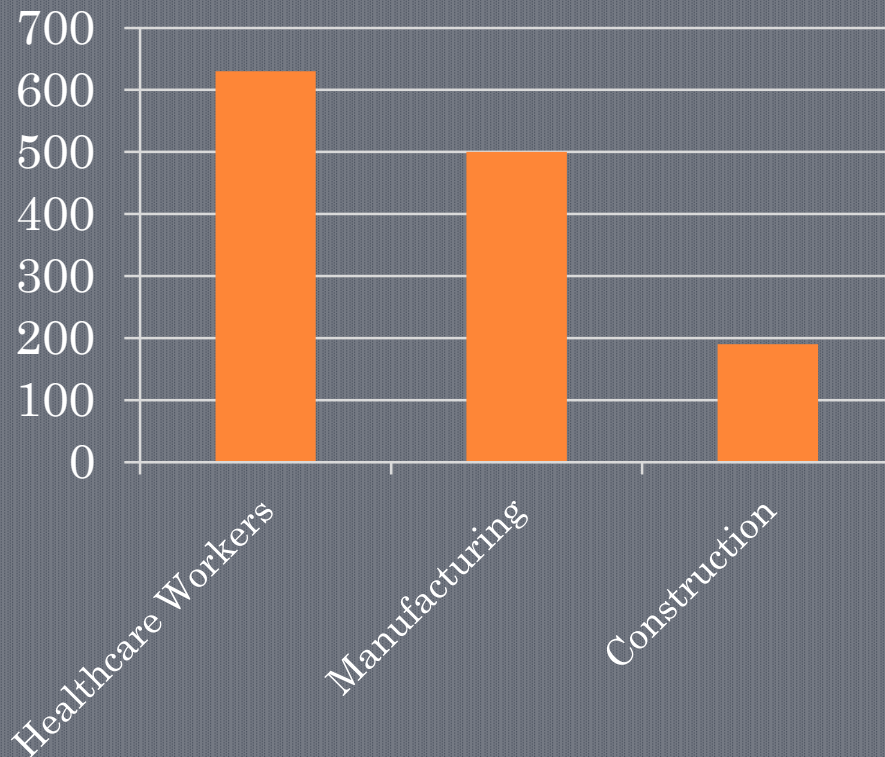
- ❖ Equipment and use of equipment
- ❖ Conditions (moisture, temperature, surroundings)
- ❖ Nature of work

¹. <http://ehs.okstate.edu/modules/ergo/What.htm>



HEALTHCARE ERGONOMICS

Nonfatal Occupational Injuries and Illnesses by Private Industry Sector



SOURCE: BUREAU OF LABOR STATISTICS, U.S DEPARTMENT OF LABOR, OCTOBER 2012

ANA SURVEY 2011

- ❖ 8 OF 10 NURSES WORK WITH FREQUENT MS PAIN
- ❖ 13% WERE INJURED 3 OR MORE TIMES ON THE JOB IN THE LAST YEAR
- ❖ 56% WORK SHIFT THAT LAST 10 OR MORE HOURS
- ❖ 62% ARE AGE 50 OR OLDER
- ❖ RECOMMENDATION THAT WHEN WEIGHT OF LIFT EXCEEDS 35 POUNDS, ASSISTIVE DEVICES SHOULD BE USED

RECOMMENDATIONS FOR ERGONOMIC SAFETY

Limit Patient Lift to 35 Pounds or Less

When weight exceeds 35 pounds, **Assistive devices** should be used

- ❁ Professional Turning and lift equipment
- ❁ More one person



WHY IS HEALTHCARE SO DANGEROUS ?

Working Conditions

❖ Repetitive Movements

- ❖ Transfers - bed to bed, bed to chair, chair to bed
- ❖ Boosting – Scootching a slumping patient up
- ❖ Lifting – Especially patients, but also equipment
- ❖ Pushing/Pulling – Equipment and patients
- ❖ Bending/Stooping/reaching for things

❖ Overexertion

- ❖ Long Hours, Fatigue, Lifting above recommended limits



WHY IS HEALTHCARE SO DANGEROUS ?

Working Conditions

❖ Excessive Weights

- ❖ Resistive Weight
- ❖ Obesity
- ❖ Heavy equipment
- ❖ STATIC LOADS
- ❖ Exponential lift



❖ Unpredictable / Uneven Weights

- ❖ Sudden / Unexpected Patient movements – e.g falling
- ❖ Patient resistance – e.g grabbing, pushing
- ❖ Patient combativeness – all kinds of behaviors
- ❖ Uneven forces – e.g legs go one way, arms another
- ❖ Equipment Failure – e.g wheels stop on electric cords

WHY IS HEALTHCARE SO DANGEROUS ?

Working Conditions

❖ Awkward Postures / Misalignment

- ❖ Weight far from body
- ❖ Reaching over/under objects to complete lift
- ❖ Twisting while moving weight
- ❖ Not directly facing work
- ❖ Bending at lower back instead of getting close to lift
- ❖ Working around clutter instead of cleaning up



Tips to Avoid Ergonomic Injury

- ❖ **The closer you can get to the patient, the better**
Get comfortable with getting up close and personal
- ❖ **Plan your lift**
Give yourself a few seconds to think about how you are going to lift correctly and set up everything so you don't get forced into awkward positions
- ❖ **Get help with heavy lifts**
Make an educated guess about how heavy the lift is. **Don't try to lift over 35 pounds alone. Period!**
- ❖ **Know your patient**
Is this patient heavy? Weak? Is he/she prone to unpredictable movements or resisting?
- ❖ **Communicate with your patient at all times**
Provide clear concise commands, instructions, reassurances before, during, after lifts



Tips to Avoid Ergonomic Injury

❖ DO NOT RUSH !!

The feeling that you have too much to do and not enough time to do it is the nature of nursing. Choose efficiency and good planning to get things done faster.

❖ Stay cool

Don't let the patients' sense of urgency get you in a panic. Know when you are getting frustrated and step out of the room.

❖ Take care of yourself

Consider nursing a sport and treat your mind and body like you're an athlete!

❖ Take care of your equipment and room

A cluttered room is a hazardous room. Get electric cords out of the way. Don't try to use broken equipment or equipment not made for the job.

❖ Get in the way or Let it go

Be so close to the patient that you can feel them lose their balance and you can help them correct. **But do not try to stop a fall**, help them go down. **Let go** of a patient who is pushing against you or pulling at you.

