



# Back Care and Patient Handling Program

Presenters:

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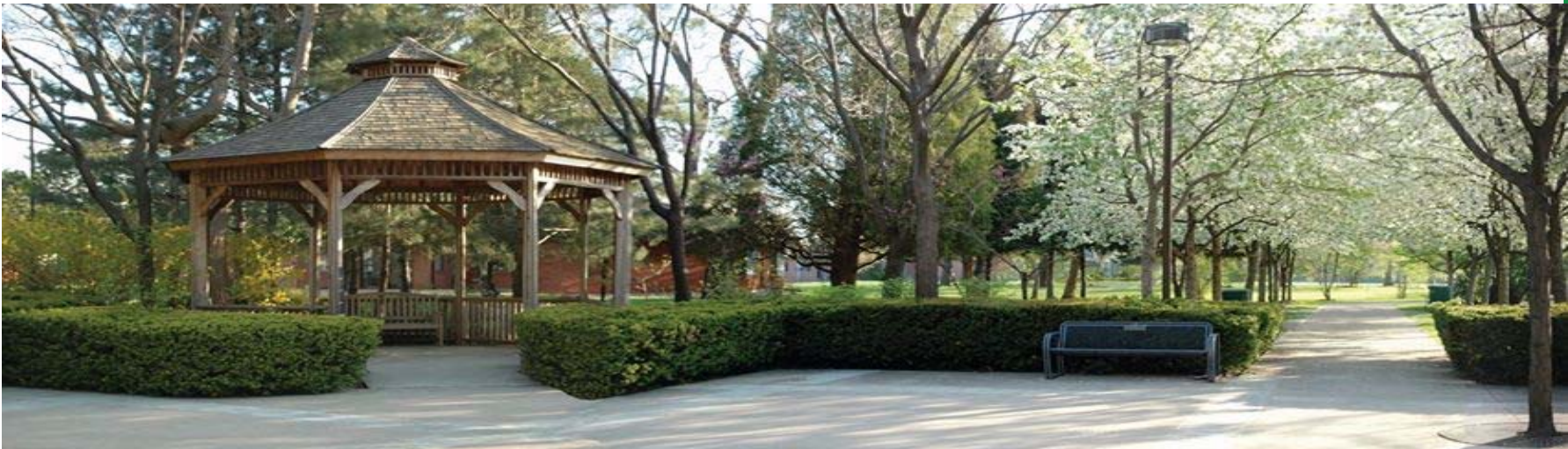
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## Session Overview

1. Our Organization
2. Comprehensive Staff and Patient Safety for Patient Handling
3. Data collection
4. Future Steps

# West Park Healthcare Centre

- Comprehensive Inpatient/Outpatient rehabilitation facility
- Operating 487 beds
- ~40,000 ambulatory visits/year
- More than 900 employees in various services
  - Clinical inpatient/outpatient
  - Maintenance
  - Environmental Services
  - Food Services



# West Park Rehab Plus

- Outpatient Rehabilitation and Wellness Clinic at West Park Healthcare Centre
- Multi-disciplinary team
  - ~20 therapists + support staff
- Government funded rehabilitation
- Fee-for-Service health services
  - Rehabilitation & Wellness Services
  - OH&S Consulting and Service Provision



## Comprehensive Staff and Patient Safety

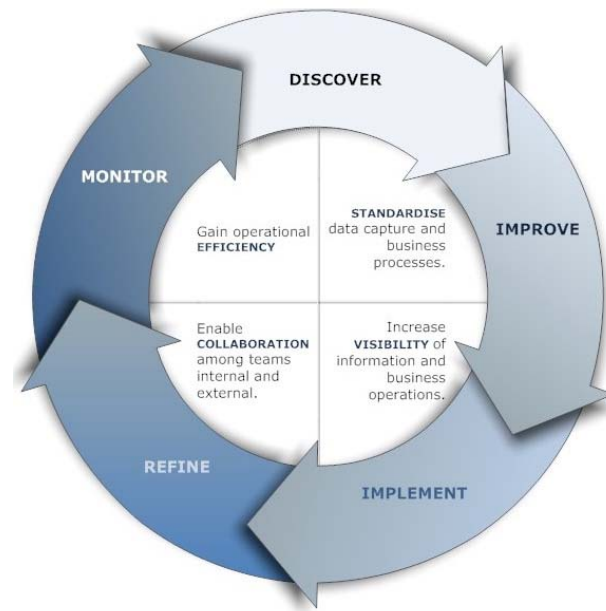
- Nursing is the highest risk occupation for MSDs in North America
  - Majority of injuries reported are MSDs related to patient handling (multiple factors)

## Components of Comprehensive Safety

- Policy and Procedure
- Best Practice Manual
- Education
- Equipment
- Continual follow-up

# Program Development Process

- Continuous process of improvement
- Collaboration with staff and vendors
- Appointment of champions to specific projects



# The Policy

- Individualized, step-by-step patient handling process from intake to discharge
- Multiple patient handling scenarios
- Multiple anthropometric scenarios
- Direction to other documents and resources for additional assistance



# Best Practice Manual

## - Comprehensive and Current

- Compilation of current best practice techniques from multiple sources:
  - Research articles
  - Other best practice manuals
  - Presentations
  - Standards, Codes from various sources (eg: Canadian Standards Association, NIOSH, )
- Amended by JHSC, OT/PT/Nursing best practice groups
- Updated in 2015
- Available to all staff for review



# Education

## - Targeted and Relevant

### 1. Orientation to all new employees

- MSD presentation to all employees
- Back Care and Lifting presentation to clinical employees

### 2. Back care presentation

- Unit-specific movements/procedures
- Problem-solving style of presentation

### 3. Back care video (in progress)

- Learning module-based educational video
- Continually available to all staff
- Produced and filmed in house

# Equipment

## - Safe, Simple and Population-specific

- Equipment based on the needs of the unit
  - Amputee – wheelchairs and transfer boards
  - Chronic Assisted Ventilatory care – ceiling lifts
  - Functional Enhancement – Molift (sit-stand)
- Ceiling lifts on every Unit
  - Number of lifts based on population
- Equipment-specific staff to coordinate maintenance and servicing

# Equipment cont'd



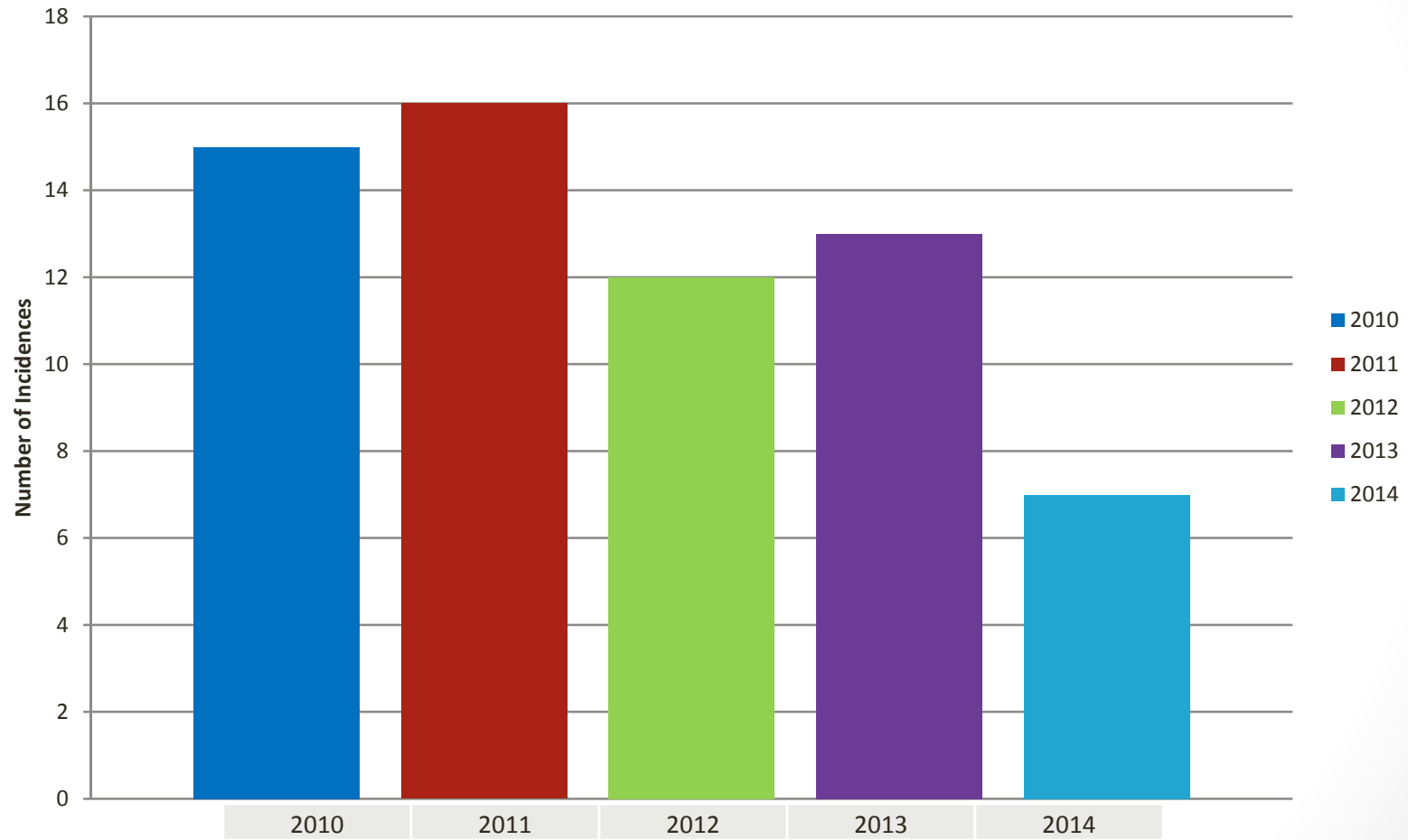
- “H” rails
- Interdisciplinary communication
- Sling choice
- Equipment chosen based on feedback and needs analysis

# Continuous Follow-up

- Unit-specific presentations annually
- Mandatory and continuous access to instructional videos
- Back Care Resource Person (BCRP) *(in progress)*
  - BCRP (RN or RPN) on every unit
  - Additional training and specialization provided by West Park
  - Challenge: maintain staffing changes

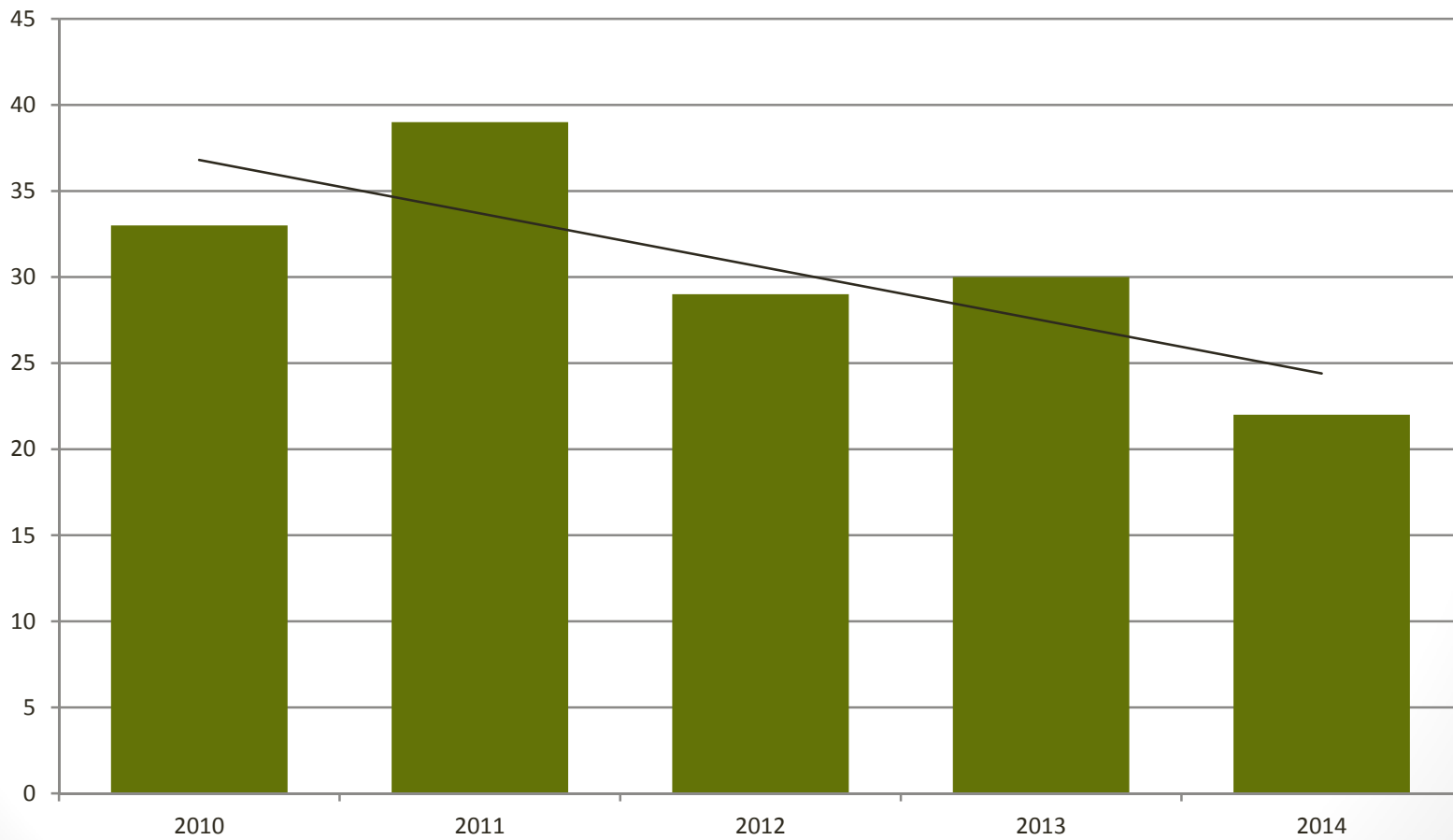
# Metrics

## Incidences of Back Injury by Year



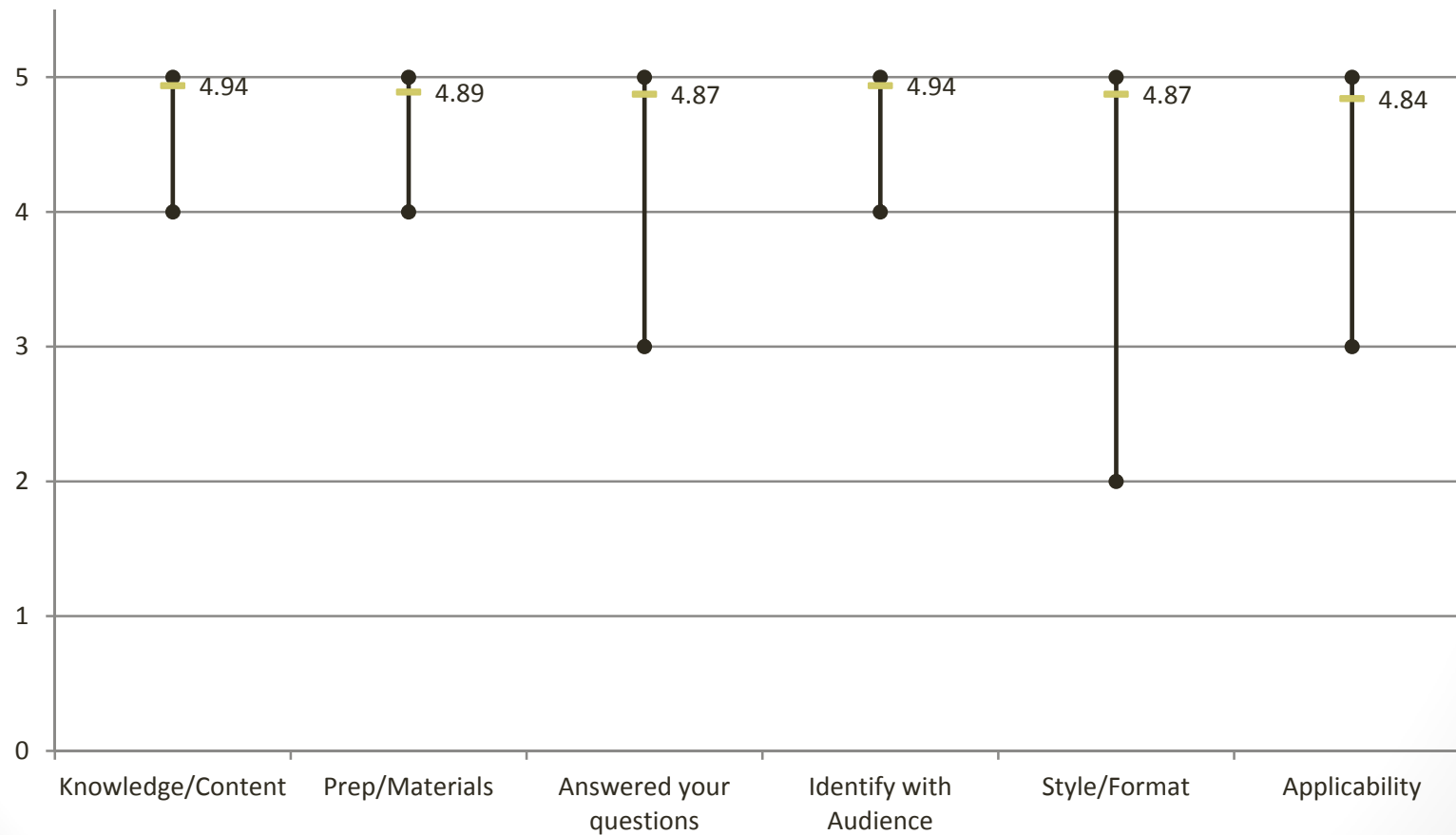
# Overall RSI injuries by Year

RSI by year



# Qualitative Data

Feedback scores for Unit-specific presentation



# Future steps

- Filming and Production of Back Care Module
- Continuous monitoring of injury data
  - Data collected introduction and modification to the different components
- Optimization of the program based on:
  - Qualitative and quantitative data
  - Facility needs
  - Up to date research and trends



Thank you!

