

A close-up photograph of a Black woman with voluminous, curly dark hair. She is wearing a bright red, textured knit sweater. Her eyes are closed, and she has a gentle, serene smile. Her hands are clasped together over her chest. The background is a soft, out-of-focus bokeh of light green and yellow, suggesting an indoor setting with natural light. The overall mood is peaceful and positive.

# Handling and mobility



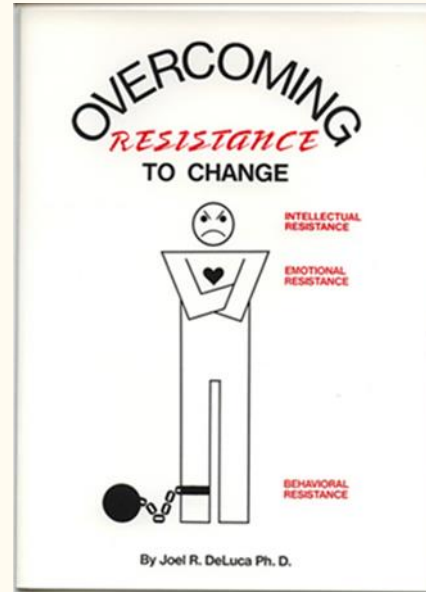
“If you want to make enemies, try  
to change something”

Woodrow Wilson



# Change requires

- Think differently
- Feel differently
- Act differently



# Psychological stages of change

- Denial – current methods are fine
- Anger – SPHM requires more training, cost, time
- Bargaining – Agreement to use technology some of the time
- Depression - Resignation that change is inevitable
- Acceptance – Willing to make change

# Requirement for behavioral change

- Awareness of need to change
- Desire to participate and support change
- Knowledge about HOW to change
- Ability to implement change
- Reinforcement to sustain change



# Implementing change – enabling factors

- Role models
- Employee confidence
- Social pressures
  - Early adopters
  - 80/20 rule
- Job satisfactions
- Recognize success



# Key Points

- Why BSPHM?
- What is SPHM?
- History of SPHM
- Legislation
- Science
- Integrating worker and patient safety
- Practical considerations



# Patients today

- 74.% overweight or considerations
- One million children
- 2.6 co-morbid conditions
- Sicker, more acutely ill
- Complex interventions





# Caregivers today



Ranking of occupation	Occupation	Number of incidents	Rate per 10,000 FTE	Median days away from work
	Total	387,820	38.5	11
1	<b>Nursing assistants</b>	25,010	5	6
2	Laborers and freight- stock- and material movers- hand	21,700	140	12
3	Janitors and cleaners- except maids and housekeeping cleaners	16,530	114	8
4	Heavy and tractor-trailer truck drivers	13,750	99.4	21
5	<b>Registered nurses</b>	11,880	5	8
6	Stock clerks and order fillers	10,250	80.2	12
7	Light truck or delivery services drivers	9,600	125.7	17
8	Maintenance and repair workers- general	9,300	91.1	14
9	Production workers- all other	9,250	5	11
10	Retail salespersons	8,550	29.4	10
17	<b>Emergency medical technicians and paramedics</b>	4,890	299.7	7
19	Construction laborers	4,420	70.5	9
22	<b>Personal care aides</b>	3,870	65.1	16
24	<b>Home health aides</b>	3,480	50.8	13
30	<b>Licensed practical and licensed vocational nurses</b>	2,840	51.1	7
	<b>Healthcare workers combined</b>	<a href="http://data.bls.gov/cgi-bin/print.pl/news.release/osh2.t18.htm">http://data.bls.gov/cgi-bin/print.pl/news.release/osh2.t18.htm</a>	<b>51,970</b>	
	<b>NA, RN, and LPN combined</b>	<b>39,730</b>		
	*Nearly twice the next highest occupation!			

# Legislation

- Texas
- Washington
- Rhode Island
- New Jersey
- Maryland
- Ohio

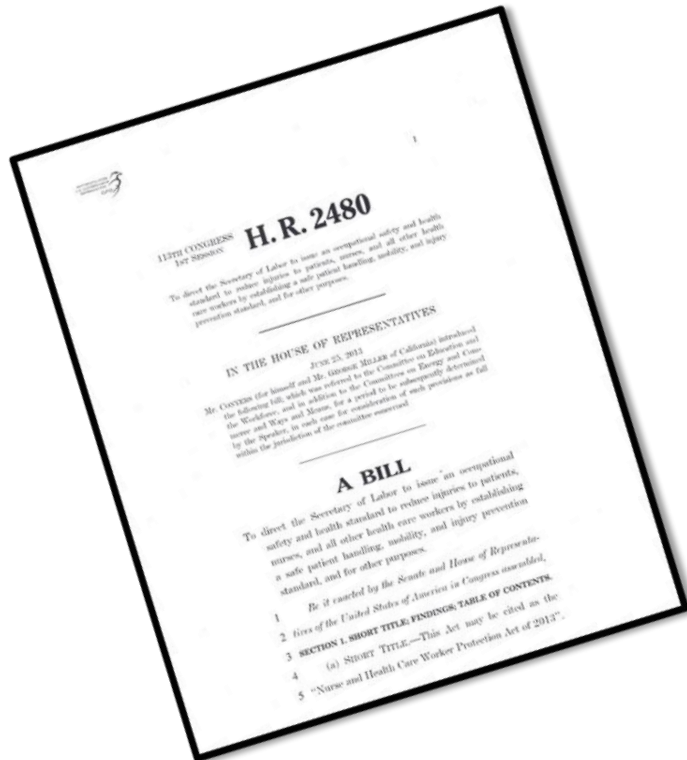


# Legislation

- Hawaii
- Illinois
- Minnesota
- Missouri
- California
- New York



# National Legislation HR2480



# Why now?

- Chronic back pain (52%)
- Sever back injury (39%)
- Day away from work (38%)
- Department transfer (20%)
- Experience pain to day (20%)
- Leave professiona early (12%)



# How can we safely mobilize patients?

Yesterday



# How can we safely mobilize patients?

Today





# Economic costs

- Work related MSDs persist as leading and most costly occupational health problem in the US
- Low back injury \$40,000
- Indirect cost 5:1

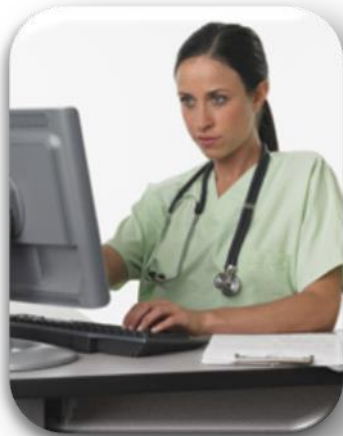
US Department of Labor, Occupational Safety and Health Administration



# Costs at home



# Costs at work



# BSPHM Program today

- Facility coordinator
- Task force/Committee
- Policies and procedures
- SPHM Assessment
- Technology
- Training
- Outcomes
- Support

Gallagher SM. *A Practical Guide to Bariatric Safe Patient Handling and Mobility: Improving Safety and Quality for the Patient of Size*. Visioning Publishers: Sarasota, FL. 2015.



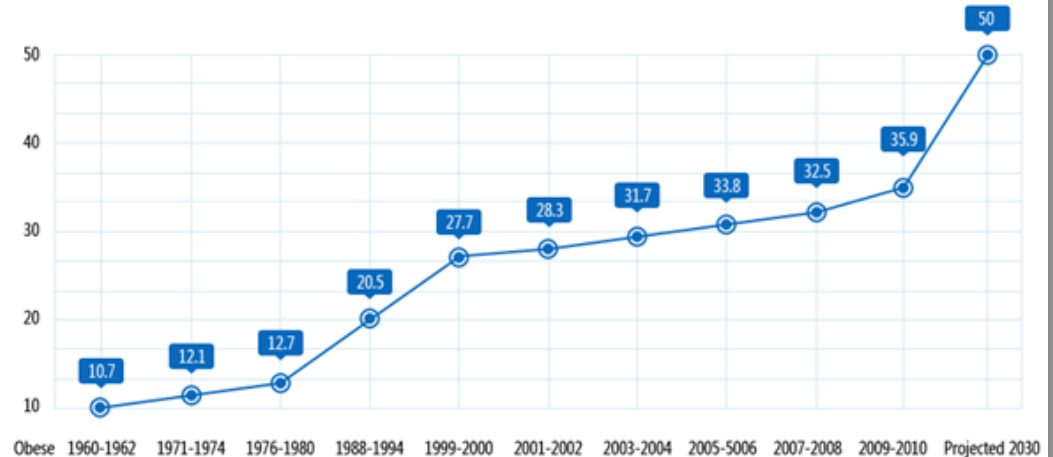
# History of SPHM

- Hampton (1890)
- AMA (1960)
- BLS OSHA (1970)
- VA SPH *Movement* Conference (1999)
- Nelson, Charney, Waters, Marras
- Texas state legislation (2005)
- VA National Directive (2010)
- ASPHP (2011)
- ANA National Standards (2013)

## Prevalence of obesity

Half of Americans will be obese by 2030, without intervention.

### Prevalence of Obesity Among U.S. Adults Aged 20-74



Derived from NHANES data ([http://www.cdc.gov/nchs/data/hestat/obesity\\_adult\\_09\\_10/obesity\\_adult\\_09\\_10.html#table1](http://www.cdc.gov/nchs/data/hestat/obesity_adult_09_10/obesity_adult_09_10.html#table1))

# Projections for 2030

- 65 million more obese adults in the US
- 11 million more obese in the UK
- 6 – 8.5 million additional people with diabetes



# Projections for 2030

- 6 – 7.5 million additional people with heart disease and stroke
- 492,000 – 669,000 additional people with cancer
- \$48 – 66 million additional annual costs

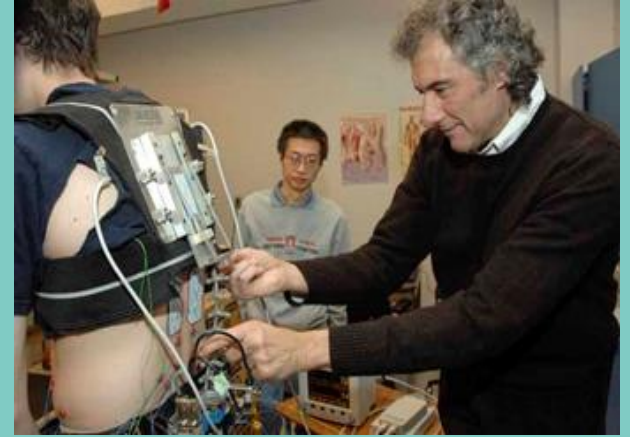
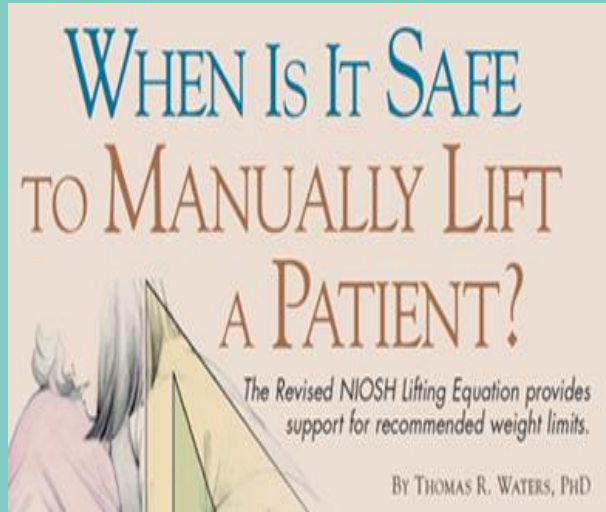






# **True/False Activity**

# Handling and mobility research



Marras W, Davis K, Kirking B, Bertsche P [1999]. A comprehensive analysis of low-back disorder risk and spinal loading during the transferring and repositioning of patients using different techniques. *Ergonomics* 42(7):904–926

.Waters T, Collins J, Galinsky T, Caruso C [2006]. NIOSH research efforts to prevent musculoskeletal disorders in the healthcare industry. *Orthop Nurs* 25:380–389.

# Healthcare Is Not A Safe Industry For Its Workforce

Distribution of (selected) nonfatal occupational injuries and illnesses by private industry sector, 2010

## Healthcare

Manufacturing

Retail Trade

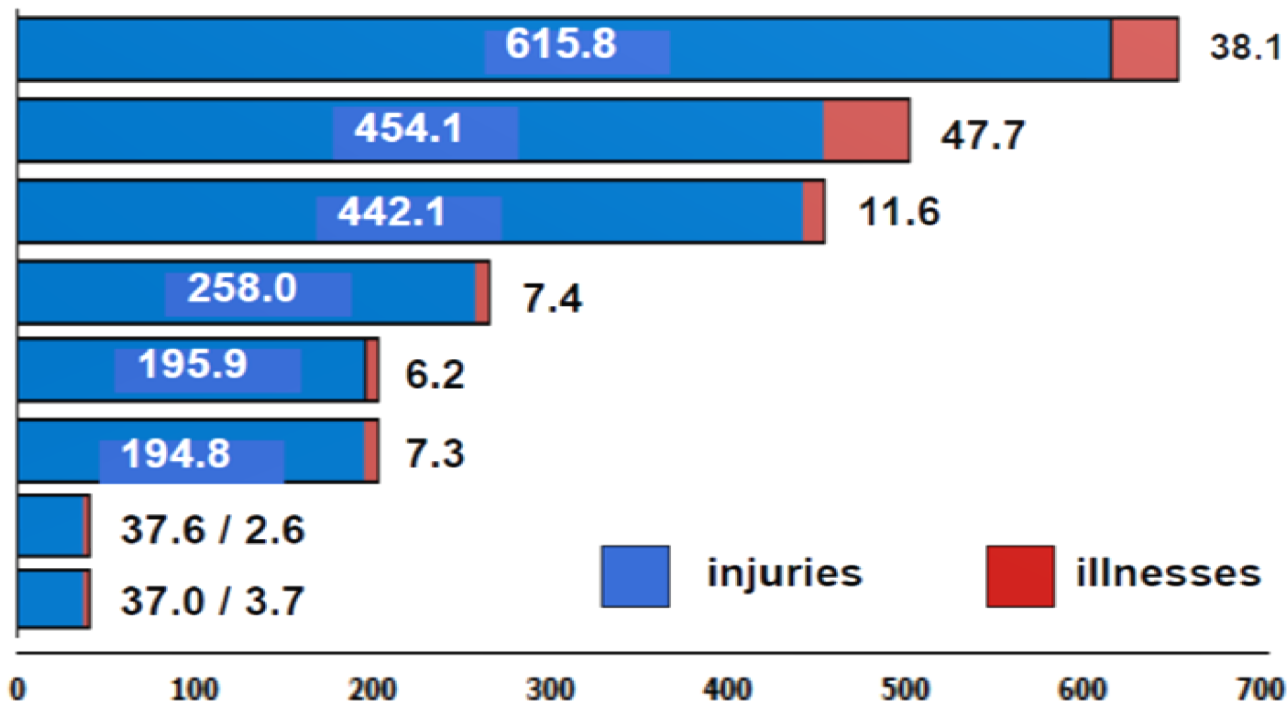
Accomm & food services

Construction

Transport & warehousing

Ag-forest-fishery-hunting

Finance & insurance



Source:

Bureau of Labor Statistics, U.S. Department of Labor, October 2011



# Water Bottle Exercise







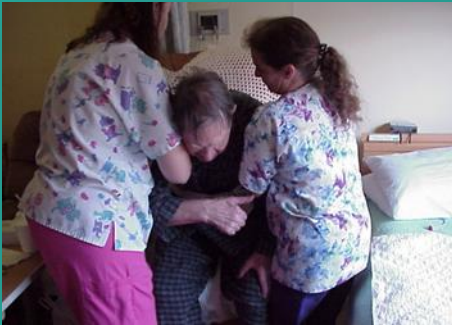


Let's talk technology





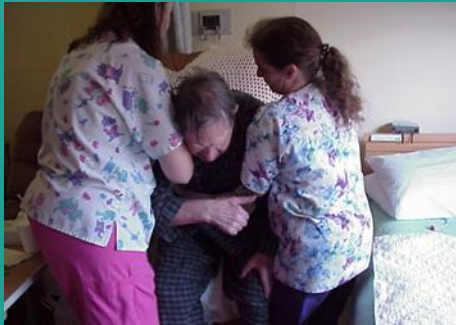
# Understanding the dangers of inappropriate technology







# Understanding the dangers of inappropriate technology



# Moderate assist



# Moderate assist





# Ceiling lifts



# Lateral transfer



# Sling placement



# Toileting or hygiene

## Assessment

Sit upright independently

Upright toileting

Cognition – cooperative in the moment

## Application

Toileting (can remove clothes at Toilet)

Transfer for patients with upper body control



# Early ambulation

Decreased length of stay

Improved circulation and oxygenation

Promotes self confidence and a sense of well-being





# Limb bands

Holding limb

Turning patient to visualize coccyx

Placing patient in lithotomy for access to the perineum

Range of motion

Elevating abdominal fold/pannus



*Equipment is available*



# The science of patient safety, comfort, and satisfaction



# Blending worker safety and patient safety

2013 OSHA

2013 Facts about Hospital Worker Safety

Worker and patient initiatives



# Integrate patient and worker safety

William Charney

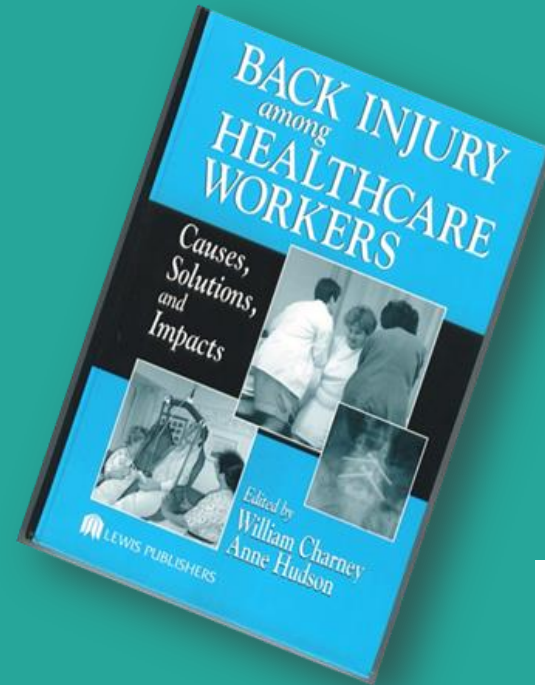
Paul O'Neill

Habitually excellent

ZERO preventable HARM

Address issues in real time

You know this!



# We are the “safe-guards” of our colleagues...

What do you want to be doing in 10 years?  
Will your body be up to the task?  
How do you care for your co-workers?  
If you could make a difference... would you?



# Thank you!

- Questions?
- Concerns?
- Ideas?

