A5-13: Title: Safe patient handling and movement program: evidence-based culture change through failure of body mechanics and musculoskeletal disorders (MSDs) to nursing staff

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Abstract:
Introduction: Purpose: Nurses report that approximately 52% complain of MSDs, and 12% suffered a career-ending back injury leaving them with chronic back pain. With the ever present nursing shortage research has shown that MSDs are a contributor and affect the quality of patient care. The nursing shortage is expected to increase with an estimated 30% fewer nurses than needed by 2020, and something is being done about nurses’ on the job injuries related to patient handling and movements.

Method(s): Methods: In 2004, the Institute of Medicine (IOM) formed a committee to study the work environment for nurses and patient safety. In 2005, through the collaborative efforts of the American Physical Therapist Association (APTA), Association of Rehabilitation Nurses (ARN), and the Veterans Administration (VA) a national task force was formed to study safe patient handling and movement and to develop a position paper through information gathered from recent evidence on safe patient handling.

Results: Results: There was an increasing number of MSDs to nursing personnel related to patient handling. The body mechanic techniques taught in nursing schools did not support reduction of injuries. A new evidenced-based approach in schools of nursing, physical therapy, occupational therapy, and other educational programs was needed; application of the research that had been performed to support safer patient handling and work environments; use of patient-handling technologies, environmental modifications, administrative controls; low lift policies; staff training and education about the findings of the research and new technologies to keep nursing staff safe; and eliminating manual patient handling.
**Discussion & Conclusions:** Conclusion: Recent technological solutions have emerged that significantly reduce the risks associated with MSDs. It takes time to develop and teach new ways of doing old things and imbed them into practice. We know that there is no safe way to perform manual patient handling. Implication for Nursing: A safe patient handling and movement program in all care settings will decrease turnover of nursing staff, reduce transfer related injuries, assist with recruiting efforts, improve patient care and dignity, and lower worker’s compensation pay outs.

**Abstract History:**

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