The GateWay to SPHM in Higher Education
CREATING SAFE PATIENT HANDLING CHAMPIONS FOR THE FUTURE

Kirsten Berdahl, PT, MEd - GateWay Community College, Phoenix, AZ
Victoria Voit, RN, MSN - GateWay Community College, Phoenix, AZ

Objectives

1. Identify implication for implementing a Safe Patient Handling and Mobility program into Health Care programs in Higher Education.

2. Describe strategies for overcoming barriers in the development of interdisciplinary SPHM education for students in Allied Health and Nursing programs.

3. Discuss practical approaches for culture change in Health Care education.

Kirsten Berdahl, PT, MEd

Physical Therapist

- 11 yrs fulltime
- Acute Care
- Sports Medicine & Orthopedics
- Athletic Trainer
- Skilled Nursing
- Per Diem Acute Care and Sports/Ortho while teaching

Faculty in PTA Program

- 20+ years
- Basic Skills courses
- Ther Ex and Patient Mobility
- Ortho & Electro
GateWay Community College

Part of the Maricopa Community College District

Now offer about 60 different Associate’s Degree Programs
General Ed/Transfer and Professional/Technical
About 75 different Certificate Programs

Founded in 1968

Center for Health Careers Education - 1999

Nursing and Allied Health Degree and Certificate Programs

Labs to look like workplace
Center for Health Career Education

Degree Programs
- Nursing (PN and RN)
- Physical Therapist Assisting
- Respiratory Therapist
- Medical Sonography
- Nuclear Medicine
- Medical Radiography
- Surgical Tech
- Health Services Management
- Electroneurodiagnostics
- Polysomnography

Certificate Programs
- CNA
- Phlebotomy
- Pharmacy Tech
- Ophthalmic Assistant
- Medical Assistant
- Medical Coding and Billing
- Surgical Technology
- OB Nursing
- PSG Tech
- Hospital Central Service
- Health Unit Coordinator
- CT/MRI

Pro Bono Health Clinic

Respiratory Therapy
Ultrasound
Physical Therapy

Community
MCCCD Employees
MCCCD Athletes

My SPHM Tale

- 2011 – 3rd Annual AZ SPH Conference – Banner Health
  - Convinced the Conference organizers to hold the 4th Annual AZ SPH Conference at GWCC
  - One year – promoted this conference to GWCC faculty and students. Deep Discount
  - September 2012 – 4th Annual AZ Safe Patient Handling Conference sold out!
  - Number of GateWay students and instructors attending = 0
Body Mechanics and Bed Mobility

Horrible Rumor

"Body Mechanics is not enough!"

From my own profession

My SPHM Tale

- 2011 – 3rd Annual AZ SPH Conference – Banner Health
  - Convinced the Conference organizers to host the 4th Annual AZ SPH Conference at GWCC
  - One year – promoted the conference to GWCC faculty and students. Deep Discount!
  - September 2012 – 4th Annual AZ Safe Patient Handling Conference sold out!
- Number of GateWay students and instructors attending = 0
Didn’t you want to do something with Safe Patient Handling?

Bryan Dodd
Program Director Ultrasound
Newly Elected Division Chair

Summer 2015

February 2018
SPH integrated into Curriculum

Allied Health  Nursing

Continuing Education  Conference Sites  Industry Partnerships  Community Education

Service Learning

Phase I Remodel

- Remove desks
- Replace carpet with tile
- Build storage space with outlets for charging

Visited Clinical Partners

Phoenix VA Medical Center
3/16/2019

Phase Two
Fill in drywall to add usable space
Remove floor outlets
Add several wall outlets

Happy SPH Coordinator

Floor outlets
Trip hazard!

Renovations desired almost immediately

Floor outlets
Trip hazard!
Closet too small
To Date

Allied Health Sessions  Nursing Sessions

Strategies
“Strategies” - Administration

- Talk to clinical partners
- Volunteer to do clinical visits to peek at sites
- Gave my students extra credit if did assignments on SPH
- Seek Grant funding
  - Carl Perkins
- Get to know vendor reps
- Seek Donations
  - Hospitals – equipment
  - Companies
- Talk to everybody!

Strategies: Convincing Administration

- Learn the culture
- Know when to keep a low profile and when to toot your horn.
- Started calling myself the SPH Coordinator before I got paid.
- Once the lab started – kept door open during sessions.

Strategies: Convincing Faculty

- Talk to clinical partners
- Be “sneaky”
- Make it fun for students
- Volunteer to teach
- Visit professional association websites
- Visit labs and work spaces in the college. Ask to bring your equipment down and see if it can be of help.
- Talk to everybody
Strategies
Convincing Students

➤ Fun
➤ Show you care

Empowering students

➤ Ask your employers
➤ Ask during job interview
➤ Advocate for themselves
➤ PPE Analogy
➤ Their bodies are worth it.
➤ Long careers

Lessons

➤ Measure outcomes
➤ Collect Data
➤ Vendor
➤ Take photos, record dates
➤ Open space to others while use increases
➤ Put together an Advisory Committee

➤ Challenge:
➤ Real world experience
Establishing early integration of SPHM principles and practices for Nursing students

- Integrate into Nurse Assisting Program, Practical Nursing Program, and Registered Nursing Program
- Create content tailored to basic principles of Safe Patient Handling for first semester nursing students
- Develop simulations for remaining blocks in the nursing program so that safe patient handling equipment is integrated into a practice environment
Influencing the mindset of administrators and healthcare educators

- Getting ‘buy-in’ from instructors
- Shift in culture from ‘skill performance’ to clinical judgment
- Focus: Incorporate the use of SPHM equipment into a client situation
  - Simulation & Focused labs utilized

Influencing the mindset of administrators and Healthcare Educators.

- You may be thinking “I don’t have time for one more ‘thing’ to put in my classes.”
- Remember; ANA Code of Ethics states “the nurse owes the same duties to self as to others” (ANA, 2015, p.5)
- We need to teach our students the importance of protecting themselves and keeping themselves safe as well as keeping patients safe.

Options for First Semester Nursing Students: Focused Labs

- The Basics
- Safe Transfer Lab
- Safe Ambulation & Floor Rescue Lab
Beginning Nursing
Students: Focused Labs

The Basics
- Basic Body Mechanics
- BMAT
- Repositioning in bed
- Supine to SI
- Sit to Stand
- Introduction to Safe Patient Handling Equipment

Safe Transfer Lab
- Basic Transfers
- Sit to Stand (Equipment Assisted)
- Lateral Transfers
- Bed to Wheelchair, Commode, Chair, Imaging Table

Safe Ambulation & Floor Rescue Lab
- Equipment assisted ambulation
- Safety Sling
- Fall Rescue using SPHM Equipment (Multiple Scenarios)
Integrated Simulations

- Second Semester Nursing Students:
  - Focus:
    - Communication & Sensitivity
    - Integrate use of SPHM principles and equipment into patient care scenarios
    - Caring for a Bariatric Client Simulation
    - Caring for a Client with Schizophrenia Simulation

Integrated Simulations

- Third Semester Nursing Students:
  - Focus:
    - Communication & Rehabilitation
    - Integrate use of SPHM principles and equipment into patient care scenarios
    - Caring for a Client with Parkinson’s Disease Simulation
    - Rehab setting
    - Acute care setting

Integrated Simulations

- Fourth Semester Nursing Students
  - Focus:
    - Communication & Complex Clinical Judgment Practice
    - Integrate use of SPHM principles and equipment into patient care scenarios
    - Caring for a Pediatric Client Post Spinal Fusion Surgery Simulation
    - Caring for a Client in the Intensive Care Unit Simulation
Creating the Gateway for our future SPHM professionals
Body Mechanics for
SAFE PATIENT HANDLING LABS
Safe Patient Handling Super Hero

- Able to lift almost nothing with his/her bare hands!
- Runs away from dangerous situations (to get equipment)

Health Care Industry’s Little Secret

Dangerous Jobs

Bureau of Labor Statistics (BLS) show that in 2014,

- the rate of overexertion injuries averaged across all industries was 33 per 10,000 full time workers.
- By comparison, the overexertion injury rate for hospital workers was twice the average (68 per 10,000).
- the rate for nursing home workers was over three times the average (107 per 10,000).
- rate for ambulance workers was over five times the average (174 per 10,000)
The single greatest risk factor for overexertion injuries in healthcare workers is the manual lifting, moving and repositioning of patients, residents or clients, i.e., manual patient handling.

http://www.cdc.gov/niosh/topics/safepatient/default.html

1994 NIOSH published revised NIOSH Lifting Equation
- Dr. Thomas Walters
- When handling or moving patients the maximum recommended weight is:

35 lbs

Safe Patient Handling Movement Roots
- http://www.cdc.gov/niosh/topics/safepatient/
- CDC/OSHA/NIOSH
- Risk Management
- Bariatric Medicine
WHY - Safe Patient Handling (& Mobility)

- Decreased Health Care Worker injury rates & worker's comp claims
- Early Mobility for ICU Patients → shorter stays, fewer complications
- Decreased patient injuries → $ savings
- Assisting with moving Bariatric patients

Paradigm Shift – Creating a culture

- Integration throughout health care institution
- Equipment and supplies
- Organizing and educating people
- 1980’s – learned about blood borne pathogens

Departments Using SPHM

- Emergency dept
- OR
- Nursing floors
- PT and OT
- Diagnostics/Imaging
- Home Health

Fully Integrated Facilities

- VA
- Banner
- Mayo
- Verde Valley Medical Center
- Flagstaff Medical Center
ANA

Bed to Gurney with Rollerboard

Repositioning Sheets

Frames to lift patients
Ceiling Tracks

Ceiling tracks can be used for Ambulation

Standing Frames
Walking Aids

Safe Patient Handling
Super Hero

- Stance
- Abdominals
- Posture/Spine
- Help
- Educate or Enforce

- **Stance**
  - Wide Base of Support
  - Shift our Weight
  - Pivot on Feet
  - Use your LEGS!
Safe Patient Handling
Super Hero

**Abdominals – Core**
- Pull Abs Toward Spine or Cough/Laugh
- Remember to Breathe

**Posture/Spine**
- Head up
- Chest out
- Hollow in Low
- Back

Help
- I need help!
Safe Patient Handling
Super Hero

- Head
- Plan aHead!
- Communicate

- Stance
- Abdom’s
- Posture
- Help
- Education

I need help!

SaPHELAB
SAFE PATIENT HANDLING EDUCATION
Future of the SaPHE program at GateWay

2000 sq. ft.
Future of the SaPHE program at Gateway

- 3-5 Med surge beds with ceiling lifts
- Bariatric bed with ceiling track
- Home health area
- Car
- Walking Track
- Equipment and Supplies
- GWCC Nursing
- GWCC Allied Health
- Other MCCCD Nursing programs
- Other college and university needs
- Industry Needs
- Community Needs

SPH equipment integrated into the new Nursing Labs

References

Thank you

Questions