

Long-term Nursing Care

Dennis Homack, Dave Miller, Amy Sommer

May 1, 2003



Methods:

- Interviews with Client and Employees
- Review of OSHA form 300 logs
- Visit to facility
- Informal Employee Survey
- Risk Assessment:
 - Rapid Upper Limb Assessment (RULA).
 - Rapid Entire Body Assessment (REBA).
 - NIOSH lifting equation
- Analysis of videotape and still pictures

Findings: General Observations

● Employees:

- Fitness issues
- Many are smokers
- Slips and falls caused by wearing improper shoes
- Rotating shifts contribute to fatigue related injuries
- Experience Issues

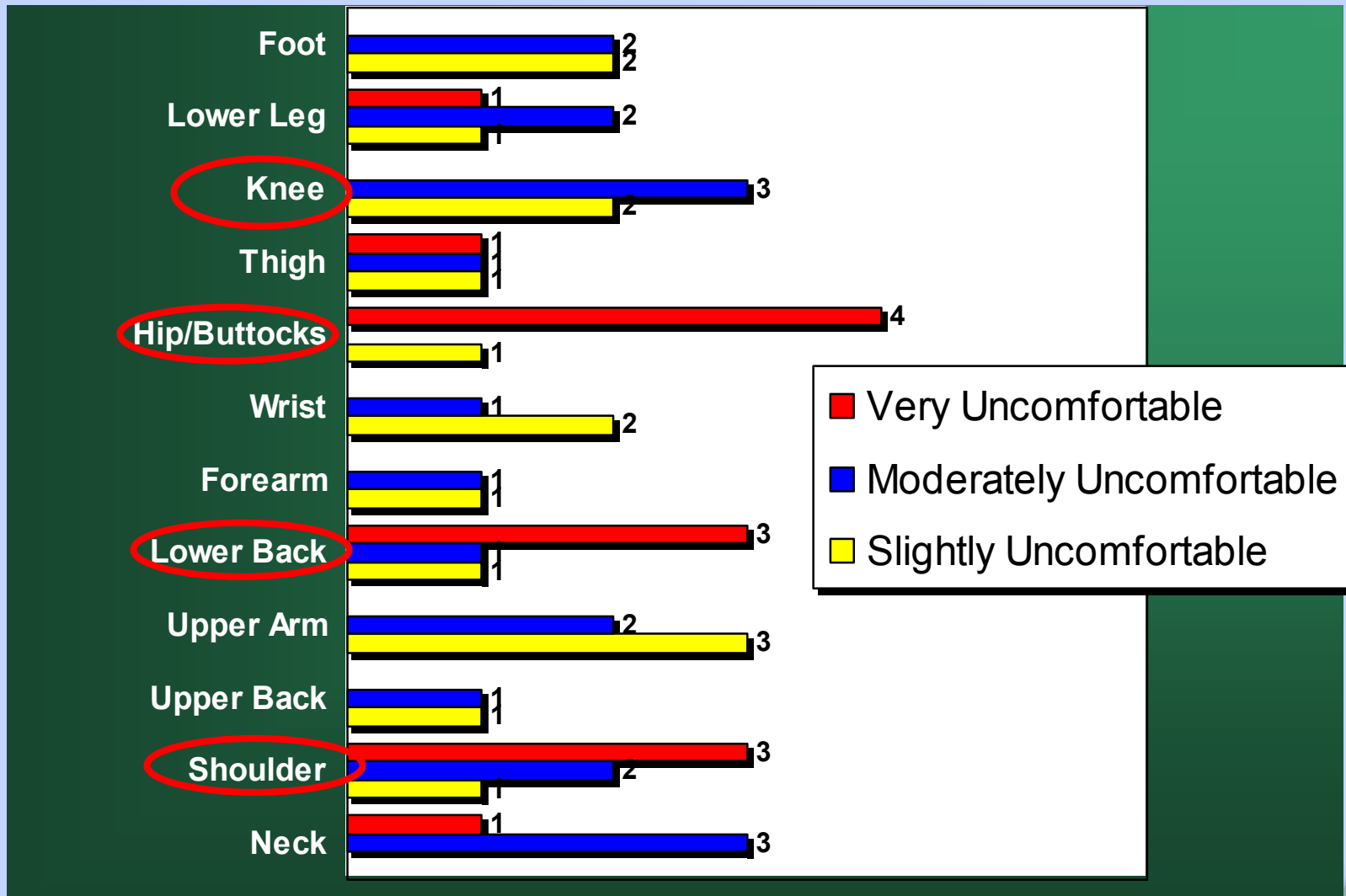
Findings: Survey

- Survey given to 10 employees: ranging from RN, LPN, to CNA
 - 1st Page: Demographic info: age, sex, height, weight, job title, self-rated fitness level, years experience.
 - 2nd Page: Self Reported Complaints
- Used to confirm findings from data collection



Findings: Survey Data

If you experienced ache, pain, discomfort, how uncomfortable was this?



Findings: General Observations



Existing Lifting Equipment:

- Stand lifts, sling lifts: require constant maintenance, and not always available
- Storage: crowded, difficult to access equipment

Findings: General Observations

- **Physical Surroundings,**
 - Beds electrically raise from floor to hip level, control often on floor



Findings: General Observations

- **Physical Surroundings, Work Environment:**
 - Reaching low: food trays off cart, bed making, lower shelves of linen closet.



Findings



Findings



Findings



Incorrect
methods of
carrying trays



Findings



Findings



Findings



“Roller Sheet”



Findings



Findings



Gait Belt



WRONG!



Lifting devices



Lifting devices



Lifting devices



Findings



Lifts are not
always
comfortable
or safe for
patients

Lifting devices



Recommendations

- Ceiling mounted lifts when possible ('H' track)
- Fitness training, wellness program for employees
- Ample, accessible, and well organized storage space for equipment.
- Hold meal tray outs in front of body at or below elbow level
- Provide portable backup lifting equipment, spare parts, and available equipment maintenance personnel.
- Convertible stretcher → wheelchairs.
- No-skid bath mats for employees to stand on (constantly disinfected)

When you lift: details outlined in report

