Long-term Nursing Care

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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?

- Foot: 2
- Lower Leg: 2
- Knee: 3
- Thigh: 1
- Hip/Buttocks: 4
- Wrist: 2
- Forearm: 1
- Lower Back: 3
- Upper Arm: 3
- Upper Back: 1
- Shoulder: 3
- Neck: 3

Legend:
- Very Uncomfortable
- Moderately Uncomfortable
- Slightly Uncomfortable
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