

PROGRAM SUMMARY



UCONN

Ergonomics in Healthcare: Continuing Education for Nurses, Nursing Assistants and Healthcare Managers



Module 1: Musculoskeletal Injuries in Nursing: Who is at Risk and Why?

- **Ergonomics** is fitting work to people, not people to work.
- Ergonomics can help prevent worker injuries and musculoskeletal disorders (MSDs) and relieve pain.
- MSDs are prevalent among the nursing population.
 - ▶ In 2015, over **50%** of reported injuries and illnesses among nurses were MSDs.



Module 2: The Identification of Ergonomic Risk Factors in the Healthcare Work Environment

RISK FACTORS FOR MUSCULOSKELETAL DISORDERS

Psychosocial Factors:

- Lack of influence/control over job
- Lack of or poor communication
- Perception of low support from managers and co-workers



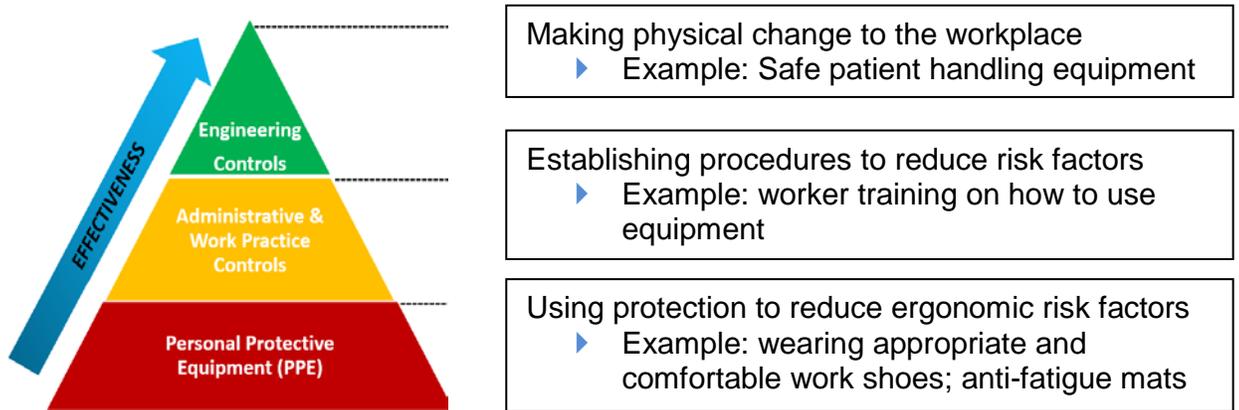
Job Tasks/Work Organization:

- Workstation layout
- Speed of work
- Weight of objects being handled

- ▶ Healthcare tasks such as patient handling and non-patient handling can pose ergonomic hazards. Learn how to identify ergonomic exposures in your workplace by conducting an Ergonomic Job Analyses (EJA).

Module 3: The Application of Ergonomic Principles in Patient Handling and Other Nursing Tasks

The hierarchy of controls for musculoskeletal hazards:

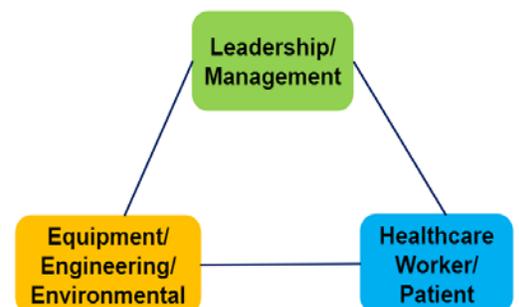


- ▶ Learn about the Ten Principles of Ergonomics in healthcare and how to apply these ergonomic principles in patient handling and non-patient handling tasks.

Module 4: The Essential Elements of a Multicomponent Safe Patient Handling and Mobility Program (SPHM)

The three categories of strategies to improve patient safety and healthcare worker safety

1. Management must demonstrate a commitment.
2. Healthcare workers must be involved in the environment design and equipment selection process.
3. Healthcare workers should be well-trained in ergonomic principles and in the use and handling of patient safety equipment.



- ▶ Learn about the American Nurses Association National Standards for Safe Patient Handling and Mobility and all the necessary elements needed to implement a SPHM program into your workplace.



Module 5: Making the Case for an Effective Safe Patient Handling and Mobility Program in Your Facility

A Safe Patient Handling and Mobility Program (SPHM) can benefit the organizations, caregivers, and patients/residents in a variety of different ways.

Examples of SPHM Benefits		
Benefits for Organizations	Benefits for Caregivers	Benefits for Patients/Residents
Reduced number and severity of staff injuries	Improved job satisfaction and morale	Improved quality of care
Improved patient/resident safety	Reduced risk of injury	Improved patient/resident satisfaction
Reduced workers' compensation medical and indemnity costs	Less pain and muscle fatigue	Improved patient/resident safety and comfort

Examples of barriers to a SPHM program may include, organizational barriers, environment or equipment barriers, and caregiver/patient barriers

- ▶ Learn about management strategies to support and maintain a SPHM program, such as committing budget and time, and providing training and resources. These strategies will help to overcome possible barriers to a SPHM program.
- ▶ Learn about nurse strategies to facilitate a SPHM program include, such as creating and maintaining a culture of safety and following SPHM policy and procedures for lifting and the use of equipment.

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Visit "Continuing Education: Ergonomics in Healthcare"

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