

Elmwood Centers Inc., Green Springs

Intervention Key Words: No-Lift Training, Lift, Transfer

Industry: Health Care

Risk Factor(s): Awkward Posture- Back deviations, Manual Handling- Lifting/Carrying, Repetitive motion

Situation:

The incidence Cumulative Trauma Disorders (CTDs) in nursing homes is a growing problem. Constant interaction between patients and employees and absence of proper equipment result in many preventable sprains and strains. Risk factors for nursing home employees include repetition, awkward posturing and the use of physical force necessary for many tasks. Elmwood Centers Inc., like many other elderly care facilities in the state, faced high employee injury and turnover rates due to everyday, work related tasks. These tasks include lifting residents, repositioning them and assisting with their many other daily activities. Employees perform an average of 24 and 30 patient transfers per day. This facility would like to educate its staff members of proper lifting techniques and enforce a mandatory "No-Lift" policy. Lack of equipment, resulting in inconsistent utilization of their current lifts has hindered the institution of this policy.

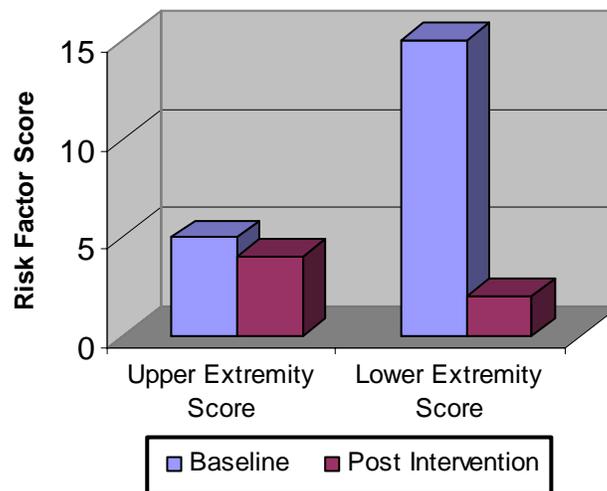
Solution:

Being "lift-free" renders a constant commitment and an ever-increasing expense. Elmwood Centers purchased an additional patient lift, hoping to increase availability to the employees, thus increasing compliance. Proper in-service training was also performed to educate the employees of the benefits of mechanical lifts. Total cost of the lift and its accessories was \$4770.55. In order to offset the burden, Safety Grant\$ awarded Elmwood Centers \$3816.44.



Mechanical patient lift

Results:



- Upper Extremity Risk Factor Score decreased from 5 to 4, while Lower Extremity Scores fell from 15 to 2 following the intervention.
- CTD rate (per 200,000 hours worked) decreased 100% in the 24 months following the intervention when compared to the year prior.
- Lost Days and Restricted Days rates were at 0 for the 12 months prior to the intervention and remained at 0 for at least 2 years after.
- Employee Turnover rate (standardized per 200,000 hours worked) decreased 42% in the 2 years following the intervention
- Resident incident reports decreased from 132 in the year before the intervention to 115 in the year after the intervention, a 13% improvement.