

# Myocare Nursing Home, Cleveland

**Intervention Key Words:** Patient Lifts, Training, Zero Back Injury System (ZBI)

**Industrial Key Words:** Health Care

**Risk Factor(s):** Awkward Postures-Back deviations, Neck and Shoulder deviations, Manual Handling-Lifting/Carrying

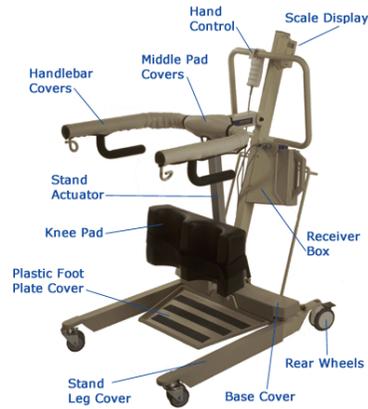
## **Situation:**

The incidence Cumulative Trauma Disorders (CTDs) in nursing homes is a growing problem. Constant interaction between patients and employees and the 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. Myocare Nursing Home, 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. This facility would like to educate its staff members of proper lifting techniques, obtain the proper equipment and enforce a mandatory “No-Lift” policy.

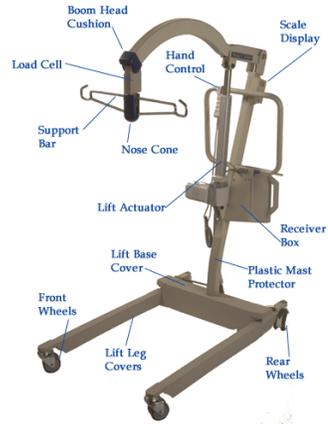
## **Solution:**

To achieve their goal of having a “No-Lift” policy in place, Myocare sought the help of Medicare Products and its “Zero Back Injury System” (ZBI). Medicare has designed a program which guarantees a 35% reduction in injuries related to patient lifting. The package includes preliminary site analysis, new lift equipment as deemed necessary by the analysis, extensive training on all new equipment, consistent compliance monitoring and post implementation analysis and training. Medicare offers its customers trade-in and upgrade opportunities as the needs of the care facility change. It was determined that Myocare was in need of 6 patient lifts and 18 assorted slings and belts to be used with the lifts. The total cost for the “Zero Back Injury System” to be implemented at the facility was \$44,295. Assistance, in the form of \$33,152, was provided by Safety Grant\$ to offset the costs.

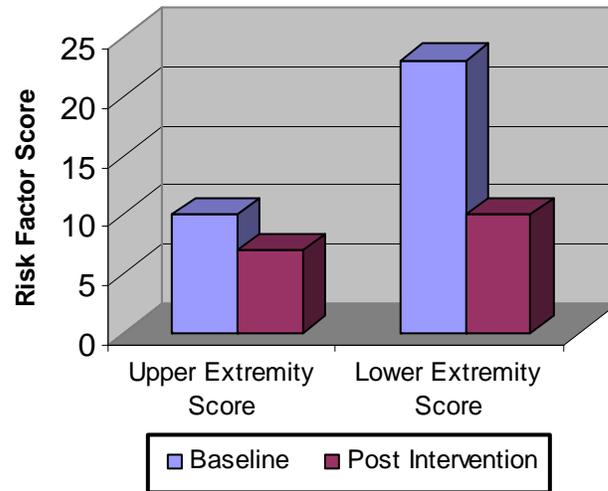
### Medcare Stand-N-Weigh



### Medcare Lift-N-Weigh



### Results:



- An 49% reduction in CTD Risk Factor scores was observed within 2 years following implementation of the intervention.
- Increases in CTD, Lost Days, Restricted Days and Employee Turnover rates (per 200,000 hours worked) were seen but may not be attributed to the intervention.