

Calvary Manor Nursing Home, Ottawa

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

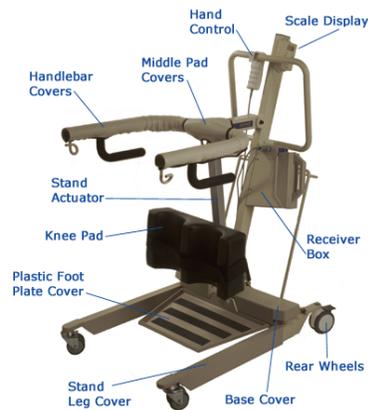
Situation:

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. Calvary Manor 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, bathing 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.

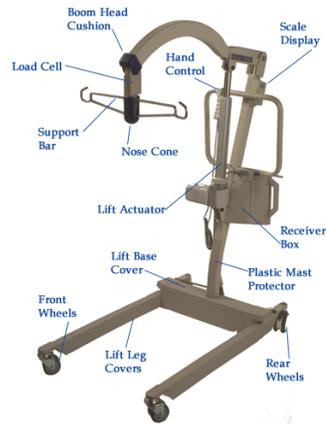
Solution:

To achieve their goal of having a “No-Lift” policy in place, Calvary Manor sought the help of Medcare Products and its “Zero Back Injury System” (ZBI). Medcare 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. Medcare offers its customers trade-in and upgrade opportunities as the needs of the care facility change. It was determined that Calvary Manor was in need of 2 patient lifts and 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 \$13,053. Assistance, in the form of \$10,442, was provided by Safety Grant\$ to offset the costs.

Medcare Stand-N-Weigh



Medcare Lift-N-Weigh

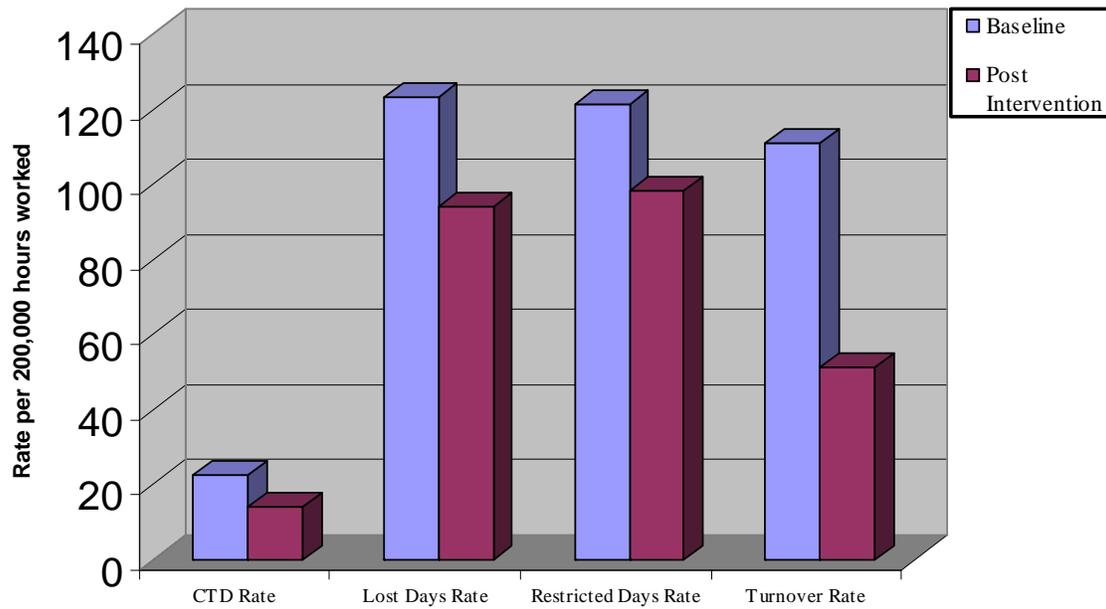


In addition, Calvary Manor purchased an automatic resident bather/whirlpool. Bathing, which can become a very strenuous task, can now be completed mechanically. The new bath allows for easy transfer from any sort of chair and requires very little effort on the part of the care giver. The home also replaced 19 of their fixed height beds with fully electric ones. This allows for proper positioning of residents for lifting and transfers while being able to adjust to safe sleeping heights. The total cost for the bath and beds was \$40,189. Calvary Manor received \$29,558 in assistance for these interventions.



Apollo Bath System

Results:



- CTD Rate (per 200,000 hours worked) decreased 36% in 2 years following the intervention when compared to the year prior.
- Lost Days rate, Restricted Days rate and Turnover rate decreased 24%, 19% and 54% respectively in the same time period.
- CTD Risk Factor Scores, averaged over 5 tasks, decreased 22% following the intervention.