

Belle Manor Nursing Home, New Carlisle

Intervention Key Words: Lifting device, Transfer, Lifts, Patient Lifts, Sling, Resident Bath, Stock Chaser, Hand Truck, Spring Loaded Laundry Bins

Industry: Health Care

Risk Factor(s): Awkward Posture- Back deviations, Neck and Shoulder deviations, Manual Handling- Lifting/Carrying and Pushing/Pulling, Repetitive motion

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. Belle 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 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. In addition, other CTD risks lie within other duties throughout the home. Dietary employees and maintenance personnel must store their items in an outside building, located more than 100 yards away, through city streets. These items are transported via carts and by hand over rough roads and often weigh up to 700 lbs. It is the frequent trips and heavy loads that can create significant CTD risks in this task. Housekeeping must reach into deep laundry bins in order to remove laundry. This repetition and excessive bending can also lead to CTDs.

Solution:

In order to address CTD issues in the nursing department, Belle Manor purchased 3 resident lifts with a variety of slings. They also added a resident bath system to ease the stresses involved with bathing. Both systems were designed to reduce/eliminate the constant resident lifting that has historically plagued nursing

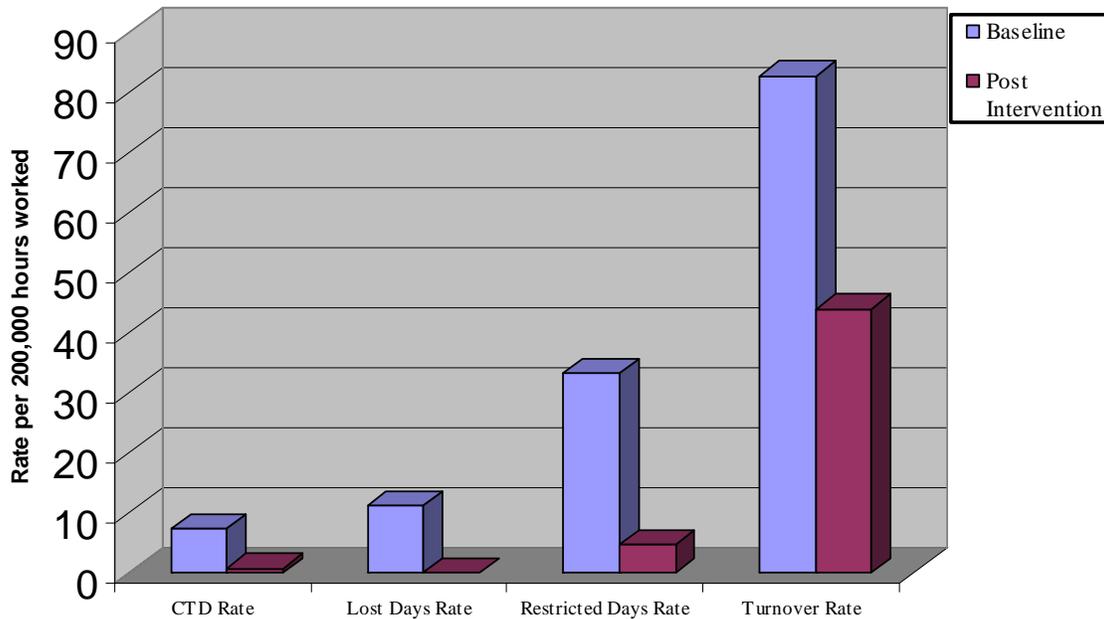
homes with injuries. The addition of spring loaded laundry bins were of great benefit to the housekeeping employees. These bins mechanically lift laundry so the worker doesn't need to bend over to reach the bottom of the baskets anymore. Finally, Belle Manor purchased an electric “Stock Chaser” and 2 hand trucks. The Stock Chaser is used to transport materials from their outside storage building to the home. It has a capacity of 1000 lbs and dramatically reduces the amount of work and time required to stock the nursing home. The hand trucks are



used to move items through tight spaces. Total cost for the equipment was \$42,140. Belle Manor Nursing Home received \$33,353 in assistance from SafetyGrant\$ to offset the costs.

Results:

- A 64% reduction in CTD Risk Factor scores was observed within 2 years following implementation of the intervention.



- CTD rate (standardized per 200,000 hours worked) decreased from 7.4 the year prior to the intervention to 0.7 in the 2 years following. This equates to a 91% improvement.
- Lost Days rate decreased from 11 to 0 while Restricted Days rate decreased from 33.1 to 4.7. Also, Employee Turnover rate decreased from 82.9 to 44.0 in the same time period. The decreases equal 100%, 84% and 47% respectively.