



Best Practices For Using Patient Lifts



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Food and Drug Administration
Center for Devices and Radiological Health

Patient Lifts

- Designed to lift and transfer patients from one place to another (e.g., from bed to bath, chair to stretcher).
- Not stairway chair lifts or elevators.



Types of Patient Lifts

- Powered patient lifts – Motorized operation using a rechargeable battery
- Manual patient lifts – hydraulic operation



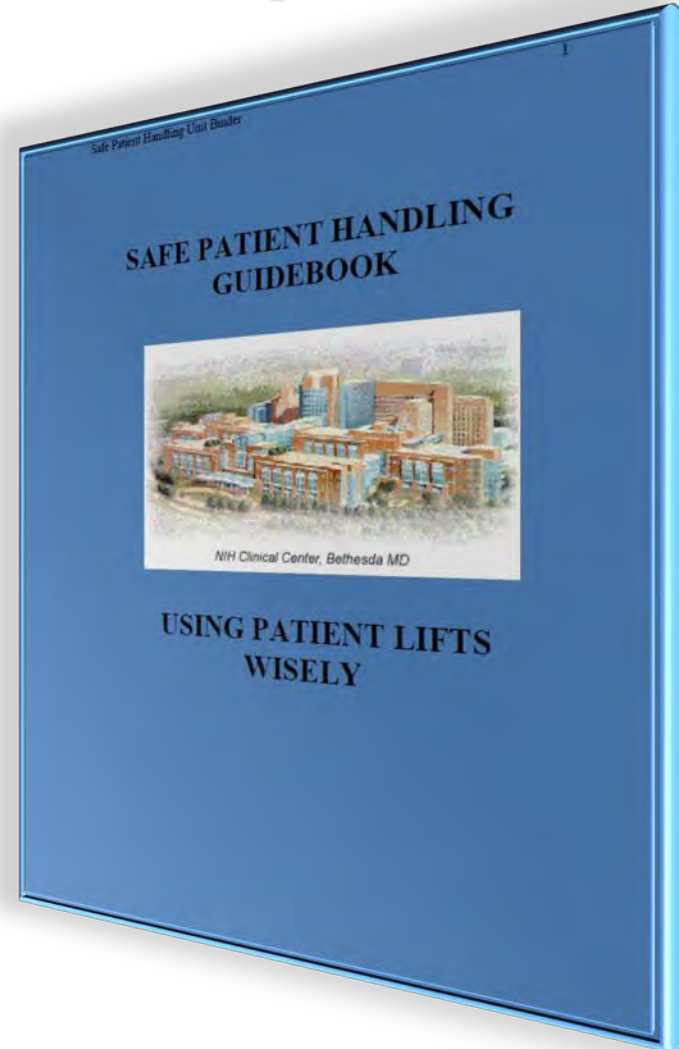
Office of Surveillance and Biometrics

- Primary office in FDA's Center for Devices responsible for reviewing adverse event reports.
- Found improper use of patient lifts have lead to patient falls resulted in:
 - head traumas
 - fractures
 - deaths



Assuring Patient Safety

- Safe patient handling laws mandating the use of patient lifts to transfer patients have been passed in several states.
- Users of patient lifts must read all instructions provided by the manufacturer in order to safely operate the device.



Patient Lifts Best Practices

Nurses can help mitigate risks by doing the following:

- Receive training and understand how to operate the lift.
- Match the sling to the specific lift and the weight of the patient.
- Make sure the sling is not frayed or stressed at the seams or otherwise damaged.
- Don't use the sling if it's damaged



FDA's Best Practices Continued

- Prior to transferring, make sure that the patient is not restless or agitated.
- Keep the base (legs) of the patient lift in the maximum open position.
- Keep the patient's arms inside the sling straps.
- Keep all clips, latches, and hanger bars securely fastened during operation.



FDA's Best Practices Continued

- Prior to transferring, lock the wheels on all wheelchairs, stretchers, beds, or chairs.
- Don't exceed the weight limits for the lift and sling.
- Follow the instructions for washing and maintaining the sling.
- Create and follow a maintenance safety inspection checklist.





ANA

AMERICAN NURSES ASSOCIATION

**An Overview of the New
*Safe Patient Handling and Mobility
Interprofessional National Standards***

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Department for Health, Safety, and Wellness

Department for Health, Safety, and Wellness

Promoting the health, safety, and wellness of
the nurse and the nursing profession

Empowering nurses to be stronger
role models, advocates and educators

For Themselves

And for their

Families

Communities

Work Environment

Patients

**Healthy
Work
Environment**

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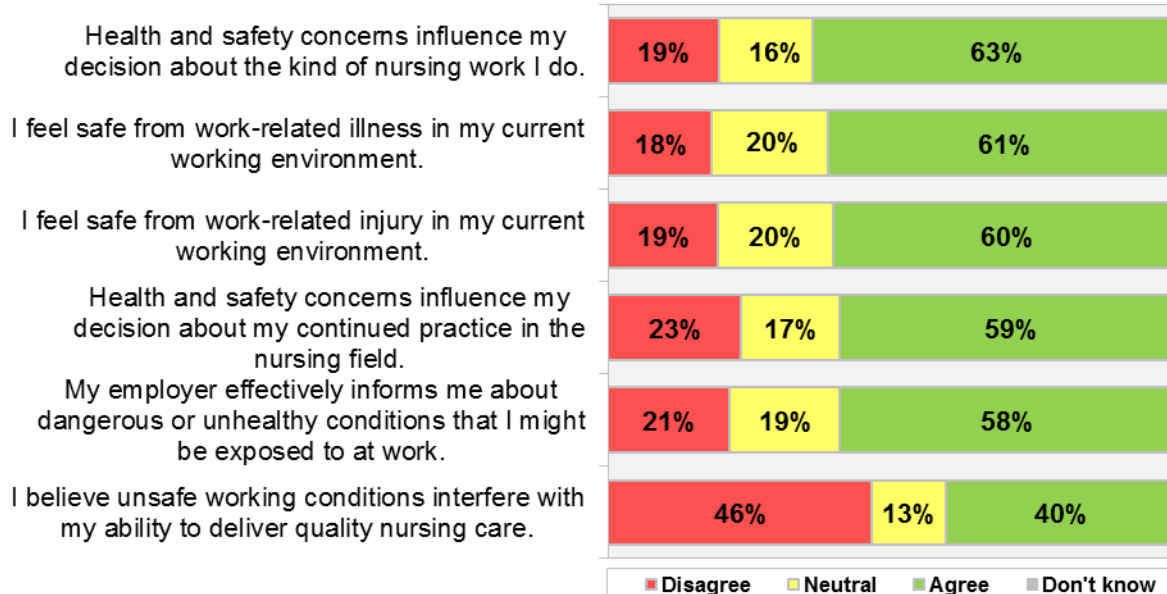
ANA's 2011 Health and Safety Survey

- 62% reported a disabling MSD is a top concern
- 56% experienced MSD made worse by job
 - 80% of nurses reported working despite frequent pain



ANA's 2011 Health and Safety Survey

Opinions relating to the nursing work environment (Q7)



2011 Bureau of Labor Statistics



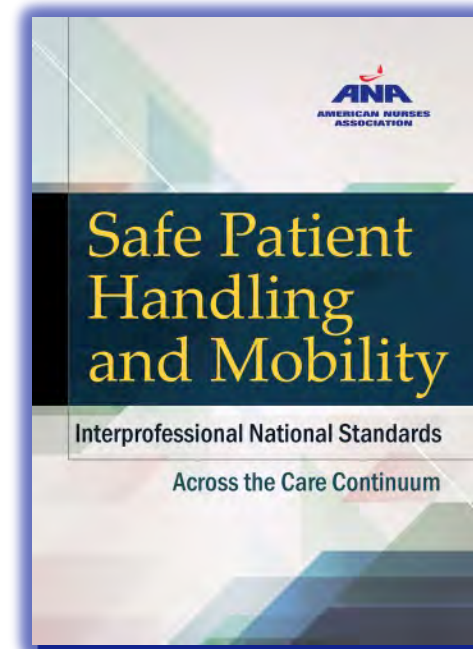
🔥 387,820 MSD cases
(33% of all injuries)

🔥 Occupations with
most MSDs:

- **Nursing Assistants**
- Laborers
- Janitors and Cleaners
- Truck drivers
- **Registered nurses**
- Stock Clerks

Expectations of National Standards

- Multi-disciplinary, intra-professional, and applicable across a variety of settings
- Realistic and attainable, while raising the bar
- Evidence-based and outcomes focused
- Ready to be incorporated into practices policies, legislation, and regulation



SPHM Interprofessional National Standards

- 1. Establish a Culture of Safety**
- 2. Implement and Sustain a SPHM Program**
- 3. Incorporate Ergonomic Design Principles to Provide a Safe Environment of Care**
- 4. Select, Install, and Maintain SPHM Technology**
- 5. Establish a System for Education, Training and Maintaining Competence**
- 6. Integrate Patient Centered Assessment, Care Planning, and Use of SPHM Technology**
- 7. Include SPHM in Reasonable Accommodation and Post Injury Return to Work**
- 8. Establish a Comprehensive Evaluation Program**

SPHM National Standards

1. Establish a Culture of Safety



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SPHM National Standards

2. Implement and Sustain a Safe Patient Handling and Mobility (SPHM) Program



SPHM National Standards

3. Incorporate Ergonomic Design Principles to Provide a Safe Environment of Care



IN DAILY PRACTICE ...

SUSAN, A 57-YEAR-OLD RN, WORKS at the old community hospital. “I am proud to work in an under-served community. We never have enough money, but we get by. I do worry about injury, for both me and my patients. The rooms are crowded and the bathrooms are small, with tight corners. We can’t keep the portable lift in the hallway because of fire code, so it is kept in the far storeroom—it might as well be on the moon. We just don’t use it. I hear that we are getting remodeled. I sure hope they fix things.”

(See also Standards 1, 2, 4, and 8.)

SPHM National Standards

4. Select, Install, and Maintain Technology



SPHM National Standards

5. Establish a System for Education, Training and Maintaining Competence



IN DAILY PRACTICE ...

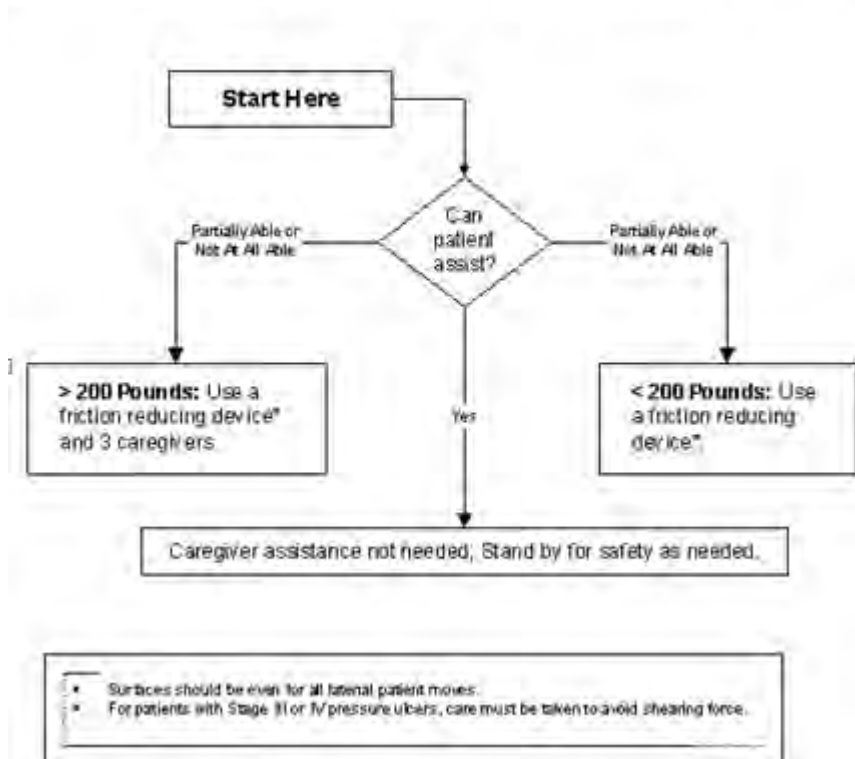
SHERRIE ROLLED HER EYES. **O**FF THE floor again! She hoped that the SPHM training would go quickly, because they were short of staff anyway. Maybe if she signed in and stayed for just a few minutes. . . .

(See also Standards 1 and 2.)

SPHM National Standards

6. Integrate Patient Centered SPHM Assessment, Plan of Care and Use of SPHM Technology

Figure 1: Algorithm 2: Lateral Transfer to and from: Bed to Stretcher, Trolley



Algorithm example from NIOSH's
*Safe Patient Handling Training for
Schools of Nursing*

SPHM National Standards

7. Include SPHM in Reasonable Accommodation and Post Injury Return to Work



IN DAILY PRACTICE ...

LYDIA IS A PHYSICAL THERAPIST AT General Hospital. "I hate to see my co-workers injured while lifting, repositioning, or ambulating patients. The amazing thing is that a lot of the injuries happen when working with relatively small, frail patients. I guess the workers forget. Part of my job is getting them healthy enough for early return to work. People heal better if they are active and feel needed. I work with them on using the SPHM equipment correctly and consistently. Frankly, I wish it was used all the time."

(See also Standards 1, 2, 4, and 5.)

SPHM National Standards

8. Establish a Comprehensive Evaluation Program



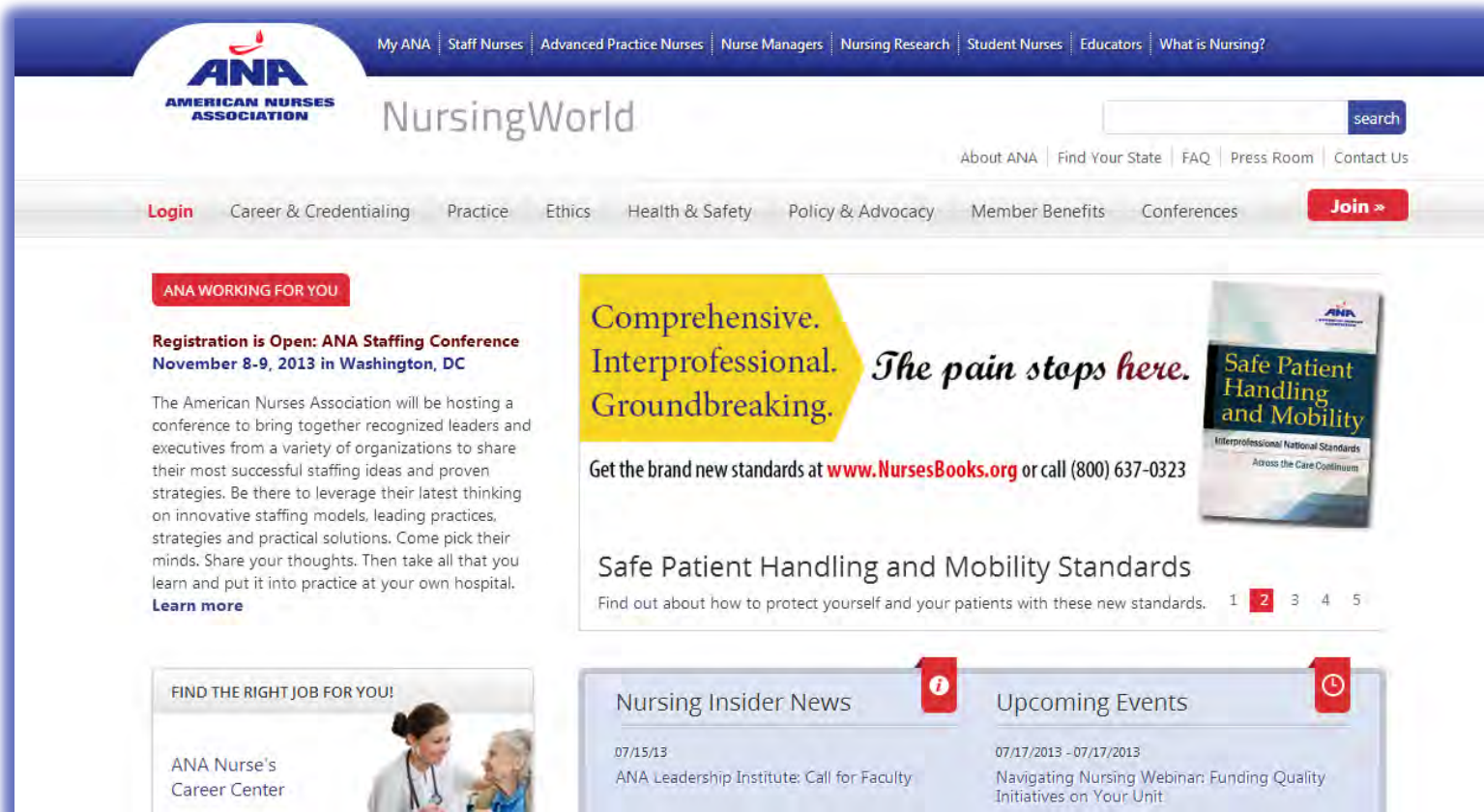
IN DAILY PRACTICE ...

STACY, THE CHIEF FINANCIAL OFFICER, was amazed. The Safe Patient Handling and Mobility Committee had turned in a concise and complete business plan for upgrading and expanding the SPHM technology. "They used a new method for calculating the return on investment that demonstrated ranges of direct and indirect costs. They considered impact on worker's compensation, staff turnover, improved patient safety, and HCAP scores. They even gathered data on 30-day readmissions related to immobility and falls, and made recommendations for better discharge planning. With value-based purchasing, this is an investment I can support."

(See also Standards 2, 6, and 7.)

For More Information...

 www.nursingworld.org



The screenshot shows the NursingWorld website homepage. At the top, there is a navigation bar with links for My ANA, Staff Nurses, Advanced Practice Nurses, Nurse Managers, Nursing Research, Student Nurses, Educators, and What is Nursing?. The ANA logo (American Nurses Association) is on the left, and the NursingWorld logo is in the center. A search bar is on the right. Below the navigation bar, there are links for About ANA, Find Your State, FAQ, Press Room, and Contact Us. A secondary navigation bar includes Login, Career & Credentialing, Practice, Ethics, Health & Safety, Policy & Advocacy, Member Benefits, Conferences, and a red Join button.

ANA WORKING FOR YOU

Registration is Open: ANA Staffing Conference November 8-9, 2013 in Washington, DC

The American Nurses Association will be hosting a conference to bring together recognized leaders and executives from a variety of organizations to share their most successful staffing ideas and proven strategies. Be there to leverage their latest thinking on innovative staffing models, leading practices, strategies and practical solutions. Come pick their minds. Share your thoughts. Then take all that you learn and put it into practice at your own hospital. [Learn more](#)

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Safe Patient Handling and Mobility Standards

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ANA Nurse's Career Center

Nursing Insider News

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For More Information...

www.anasphm.org

The screenshot shows the ANA NursingWorld website. At the top, there is a navigation bar with links for My ANA, Staff Nurses, Advanced Practice Nurses, Nurse Managers, Nursing Research, Student Nurses, Educators, and What is Nursing?. The ANA logo is on the left, and the text 'NursingWorld' is in the center. A search bar is on the right. Below the navigation bar, there is a secondary menu with links for Login, Career & Credentialing, Practice, Ethics, Health & Safety, Policy & Advocacy, Member Benefits, Conferences, and a red 'Join »' button. The main content area is titled 'Health & Safety' and features a sidebar with links to 'Safe Patient Handling and Mobility', 'ANA Resources', 'Spotlight on Organizational Affiliate', 'National Resources', 'Needle Safety', 'Environmental Health', 'Disaster Preparedness & Response', and 'Work Environment'. The main article is titled 'Safe Patient Handling and Mobility' and includes a breadcrumb trail: Home » Health & Safety » Healthy Work Environment » Safe Patient Handling and Mobility. The article text discusses injuries and musculoskeletal disorders (MSDs) and mentions the ANA's role in preventing them through SPHM programs. It also includes sections for 'Official Position' and 'National Interdisciplinary SPHM Standards – Now Available'. A video player is embedded in the article, showing a nurse assisting a patient. At the bottom of the article, there is a call to action to order the standards from nursesbooks.org. A sidebar on the left contains a 'FIND THE RIGHT JOB FOR YOU!' section with the ANA Nurse's Career Center logo and an image of two nurses.

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Home » Health & Safety » Healthy Work Environment » Safe Patient Handling and Mobility

Safe Patient Handling and Mobility

INJURIES AND MUSCULOSKELETAL DISORDERS (MSDs) ARE COMMON IN NURSES AND ARE OFTEN CAUSED BY MANUALLY LIFTING AND MOVING PATIENTS. THIS IS MORE THAN JUST AN INCONVENIENCE; THESE INJURIES ARE OFTEN LIFE ALTERING AND CAREER ENDING. THE AMERICAN NURSES ASSOCIATION (ANA) WORKS TO PREVENT INJURIES AND PROTECT NURSES AND OTHER HEALTHCARE WORKERS THROUGH SAFE PATIENT HANDLING AND MOBILITY (SPHM) PROGRAMS AND ADVOCACY.

Official Position
In order to establish a safe environment for nurses and patients, ANA supports actions and policies that result in the elimination of manual patient handling.

National Interdisciplinary SPHM Standards – Now Available
ANA, in collaboration with a national working group, developed national interdisciplinary SPHM standards to help hospitals and other health care employers develop safe, effective, and enduring programs. The standards are applicable across the care continuum.

To order, go to nursesbooks.org. Bulk discounts are available. **Learn more about the Standards here.**

Endorse the SPHM Standards.

Advocacy

FIND THE RIGHT JOB FOR YOU!

ANA Nurse's
Career Center

References

American Nurses Association. (2013) *Safe Patient Handling and Mobility Interprofessional National Standards*.

American Nurses Association. (2011). *2011 Health & Safety Survey Report*. LCWA Research Group.

Department of Labor, Bureau of Labor Statistics. (2011). *Nonfatal Occupational Injuries and Illnesses Requiring Days Away from Work*.

The Facility Guidelines Institute. (2010). *Patient Handling and Movement Assessments: A White Paper*.

Questions?

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www.nursingworld.org

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