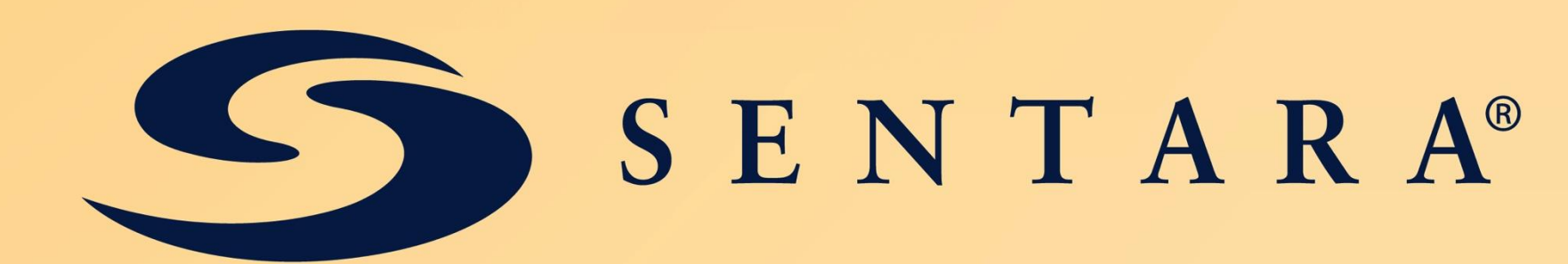




sentara nurse

Focusing on Patient Mobility to Decrease Employee Injuries

Tricia Christoffer BSN, RN, PCCN



Background

- Employee injuries lead to lost time at work, employee dissatisfaction, and a decrease in employee retention. In 2018, over 50% of the employee injuries that occurred on 2W were from back strains while mobilizing a patient. After meeting with each employee when the injury occurred, a pervasive lack of knowledge among Nursing Care Partners (NCPs) related to the use of mobility assistive equipment available on the unit and a lack of understanding of proper body mechanics when mobilizing a patient was discovered.

Aims/Goals/Objectives

- To decrease employee injuries on 2W Medical Telemetry Unit through a mandatory re-education of all NCPs on the unit.



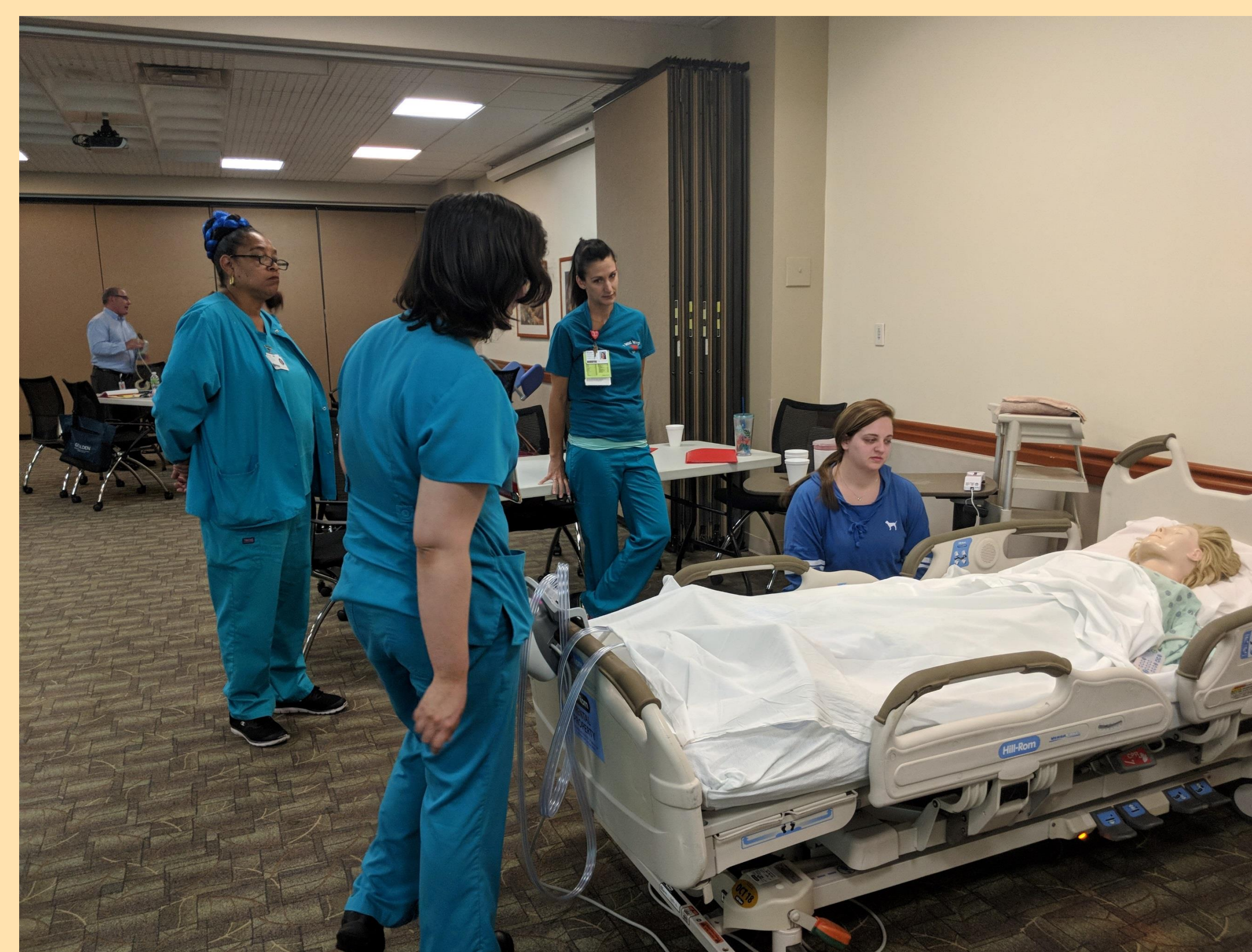
Problem

- Preventing employee injuries is a key Sentara strategy. In 2018, SVBGH Medical Telemetry Unit (2W) had 9 total employee injuries between February and July- making them the top unit where employee injuries occurred throughout the entire hospital. Through a deep dive into each employee injury, it was determined the most common trend was back strains related to transferring of, ambulation of, and bed positioning of patients.



Method

- A “Plan-Do-Study-Act” methodology was used to approach the challenges related to employee injury on 2W. The manager, Tricia Christoffer, met with each staff member when an employee injury occurred to understand the workflow barriers and challenges that lead to the injury. Tricia then coordinated and facilitated a mandatory NCP education blitz in August 2018 that focused on the use of all mobility assistive equipment on the unit, how to properly move a patient in the bed, and how to correctly ambulate a patient. This was a hands-on approach and a return demonstration was required by the end of the session.



Data

- In February 2018 a staff member suffered a back strain related to the prevention of a patient fall as the patient was being ambulated to the bathroom – no mobility assistive equipment was used.
- In March, April, and July 2018 two staff members suffered a back strain related to the attempt to reposition an obese patient in the bed without assistance and without any mobility assistive equipment.
- In June 2018 a staff member suffered a back strain related to ambulating an unsteady patient back to bed without the use of any mobility assistive equipment.



Results

- To date since the NCP education blitz in August 2018, 2W Medical Telemetry Unit has had 0 employee injuries.

Conclusion

- Refocusing on the use of proper body mechanics and assistive mobility devices proved to be an effective strategy to decrease employee injuries on 2W Medical Telemetry Unit.

Contact Information

Tricia Christoffer BSN, RN, PCCN
SVBGH 2WW Cardiac Unit
tdchris1@Sentara.com