



# SESSION SYNOPSIS

**Title:** Practical post falls retrieval

**Speaker:** Lois Lees - Lois Lees Moving and Handling Training and Consultancy

**Session Type:** Workshop (Practical)

Falls can be a daily occurrence in some areas of health and social care. This workshop is designed to consider some of the practical techniques and equipment options/solutions available to assist an uninjured person up from the floor, mainly in the community setting, but also for some hospital environments. Delegates will be divided into groups to practice using various scenarios using techniques or a piece of equipment in turn and evaluate the effectiveness, safety, efficiency, user comfort, handler effort and time taken to assist the person up from the floor safely.

**Speaker biography:**

Lois has worked in health and social care for 40 years, from carer to manager in social care and moving and handling co-ordinator/back care advisor in the NHS. Key areas of work include problem solving in complex moving and handling situations with all age groups in community and hospital settings. Claire Beesley - I qualified as a Registered General Nurse in 1994 and since then gained experience in the acute and community sectors. In 2008 I moved in to the field of moving and handling. This role has involved delivering training , problem solving and patient and staff assessments. Yvonne Beswick - Yvonne has worked in social care for 34 years for Oldham council from a carer to home support coordinator to moving & handling advisor in the community, works within the occupational therapy team, carrying out complex assessments in patients homes with families/care agencies, care and nursing homes and schools.

**This session is aimed at those working in:**

- Novice Trainer
- Strategic Advisor
- Adult Care
- Acute Care
- Acute Care Experienced Trainer
- Paediatric Community Care
- Mental Health
- Social Care



# SESSION SYNOPSIS

**Title:** A cheats guide to a good night's sleep

**Speaker:** Jade Godier - Walsall Healthcare NHS Trust

**Session Type:** Workshop (Practical)

Learn how to optimise sleep to wake up rested and ache free. Sleep is the time for treatment, and sleep posture is the single most significant intervention that's often overlooked. You can employ for your patients as well as for yourself - it's relevant to everyone who has a spine and sleeps.

Learning objectives and outcomes: understanding the importance of night-time positioning to the overall wellbeing of patients and their sleep quality. Learning how to position patients in bed and optimise their sleep quality through sleep posture while complimenting the pressure and moving and handling needs of the patient.

**Speaker biography:**

Jade Godier is presenting on James behalf: James Leinhardt is a Sleep Posture Expert. He has designed class-one medical devices to manage the sleep posture of clients suffering with complex neurological illness and injury. He works with NHS trusts and social care throughout the UK and his night-time system has reached clients as far as the Middle East and Australia.

**This session is aimed at those working in:**

- Novice Trainer
- Strategic Advisor
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- Paediatric Community Care
- Mental Health
- Social Care



# SESSION SYNOPSIS

**Session Title:** Wheelchair accessible vehicles, independence and shoulder protection

**Speaker:** Chris Edwards, Mobility Specialist, Lewis Reed Group

**Session Type:** Workshop (Practical)

Chris will be going through his personal experiences of the difficulties getting in and out of vehicles and the damage to shoulder joints and how he changed his life with the application of the right solution.

**Speaker biography:**

As a wheelchair user myself, I am passionate about personal independence and mental health. I believe that access to a bespoke driving or passenger solution that is comfortable, beautiful and a joy to be in, is the cornerstone to this. I've worked within the mobility industry for over 20 years. Firstly, starting with a bespoke wheelchair manufacturer visiting individuals and assessing their needs.

**This session is aimed at those working in:**

- Social Care
- Mental health
- Community care
- Paediatric
- Experienced trainer
- Acute care
- Adult care
- Strategic advisor



# SESSION SYNOPSIS

**Title:** TOO Bedcare Concept: Turn-Only-Once

**Speaker:** Jo De Clercq - Woonzorgnet Dijkleland

**Session Type:** Workshop (Practical)

If a patient can be cared for in bed by only turning him/her once instead of 4 to 6 times for undressing, washing, changing the incontinence material, dressing & putting in place the passive hoist sling, this creates an ergonomic improvement for the nurse. The used combination of wet wash gloves, incontinence material with bellyband closure, carespecific clothing adaptation & a sliding sheet, will make it possible to realise this TOO bedcare concept. The learning objectives is too make it possible to realise smarter care with an ergonomic improvement, lowering the physical workload & mental workpressure & creating caretime.

**Speaker biography:**

I work with full conviction in the elderly sector and also believe in its future but realize that a lot of work still needs to be done in this sector today to maximize care comfort.

An organization with an open atmosphere and a team that respects each other, where there is room to discuss or question everything, is extremely important to me.

I can find myself most in an organization where employees from the workplace have a say and are given a say in the actual policy and vision. Multidisciplinary presence, interdisciplinary communication and transdisciplinary collaboration between the various disciplines are central to me within the institution/company in order to achieve optimal quality.

My ambition is to continue to grow and to continuously gain new experiences. That is why I attach great value to team consultation, evaluation moments & innovation.

**This session is aimed at those working in:**

- Adult Care



# SESSION SYNOPSIS

**Title:** Pressure ulcer prevention through empowering movement

**Speaker:** Caroline Fallon - Arjo

**Session Type:** Workshop (Practical)

Pressure ulcers are considered a key harm in healthcare today. It is widely accepted that most pressure ulcers can be avoided. A national audit in England in 2018 reported a pressure ulcer prevalence of 9.04% and identified that only 51% of those at risk had a planned repositioning regime in place<sup>1</sup>. Identifying risk early, understanding functional mobility levels and focussing on how patients / residents are safely moved plays a key role in reducing the causative effects of pressure ulcers and improving outcomes. This workshop will provide theoretical and practical elements regarding early risk assessment and targeted moving and handling interventions in pressure ulcer prevention and management. Learning objectives: By the end of this session, the attendee should:

- Understand the latest evidence on how pressure ulcers develop and how quickly they can occur
- Be able to identify the 2 causes of pressure ulcers
- Understand why early risk assessment is important and the key risk factors to consider
- Understand current best practice prevention and management guidelines including care pathways
- Be able to identify practical solutions on how empowering movement through targeted moving and handling interventions could reduce the risk of pressure ulcer development.

## **Learning outcomes:**

For each attendee to understand how best practice and guideline aligned early risk assessment and targeted moving and handling interventions could lead to improved patient / resident safety and better pressure ulcer outcomes. Reference: 1. <https://www.wounds-uk.com/journals/issue/653/article-details/national-audit-pressure-ulcer-prevalence-england-cross-sectional-study> accessed 27 6 21

## **Speaker biography:**

Caroline Fallon is clinical lead for pressure ulcer prevention and management at Arjo UKI. She is a qualified nurse with specialist qualifications in Intensive care, Orthopaedic and Spinal Injury Nursing. She is passionate about supporting patients, carers and healthcare organisations in promoting harm free care and improving outcomes. Mary Muir Mary has 34 years' experience of working in a variety of healthcare settings. Mary joined Arjo in 2004 and worked as a clinical specialist, sales, contract and marketing manager, and is currently national clinical consulting manager. Mary has presented at international, national and regional conferences on various clinical topics. Simon Saulis Simon is a Senior sales and product manager who has been in Arjo since 1992 in a variety of commercial, project and consulting roles.

**This session is aimed at those working in:**

- Novice trainer
- Adult Care
- Acute Care
- Experienced Trainer
- Community Care
- Mental Health
- Social Care



# SESSION SYNOPSIS

**Title:** An Exploratory Assessment of Healthcare Porters and their Musculoskeletal Disorders

**Speaker:** Gemma Vaughan

**Session Type:** Abstract

There is no definitive job description for healthcare porters. Knowledge of the tasks they undertake, including frequencies of tasks, task durations, and weights of items moved, is little understood, and, therefore, the risk of developing an associated musculoskeletal disorder (MSD) has not been determined. This study aims to more clearly define the role of the healthcare porter, the risks associated with the tasks they undertake and what could be undertaken to reduce the risk.

The study was divided into three sections. A semi-structured interview of hospital porters to ascertain their perceived tasks and gain a base line of musculoskeletal symptoms using the Nordic Musculoskeletal Questionnaire. This was followed by an observational study of 12 complete portering shifts to confirm the information gathered from the interviews was accurate and to assess the risks associated with each task. The final stage was a series of intervention focus groups with both end users and subject matter experts in health and safety and, manual handling. Of those who participated in the interview study twenty-nine percent (n=16) of participants experienced their first episode of MSD whilst employed as a hospital porter. Of those reporting pre-existing conditions, 14% (n=14) experienced a repeat MSD episode since becoming a porter. Porters reported a mixture of patient and non-patient handling activities, as well as driving, working on computers and sorting mail.

These activities were identified during the observational phase, with the most undertaken tasks being administration (including awaiting tasking) (70 minutes/shift), collecting waste and dirty linen (56 minutes/shift), and transferring bed and trolley patients (37 minutes/shift). One task was identified as a specific risk which was the waste and linen removal process. This process was assessed using the Quick Exposure Check with the back, neck/shoulder and, the hand/wrist body areas showing the highest risk. The regression line showed a slight decrease in risk with increasing age for the back and neck/shoulder regions and a slight increase trend in the hand/wrist with age. The general trend in all three areas resulted in a moderate risk score. Participants were also asked to rate their perceived exertion using the BORG RPE scale and how much physical activity they did outside of work. Unlike the posture scores all the RPE scores showed an upward regression trend with age from light effort to very hard for the four tasks assessed. These were handling waste bags, handling linen bags, moving waste skips and moving linen trolleys. The final study was a focus group study which is in the process of being analysed.

**Speaker biography:**

Gemma Vaughan is a PhD student at Loughborough University School of Design and Creative Arts. A health and safety officer with 20 years experience in large government organisations. The current employment is in a healthcare organisation with 10,000 employees over 3 Welsh counties

**This session is aimed at those working in:**

- Strategic Advisor
- Health and Safety