



SESSION SYNOPSIS

Session Title: Be Smart, Be BackSmart

Speaker: Andreas Heinen, Head of Public Relations, For Life and Michael Gissinger, Head of Sports, ForLife

Session Type: Workshop

A practical session looking at the push and pull forces exerted when maneuvering basic hospital stretchers compared with advanced mobility options. This session will use sensor technology to measure push and pull forces.



SESSION SYNOPSIS

Session Title: Continuing physical health care in mental health environments

Speaker: Sue Lenihan, Kent Medway NHS and Social Care Partnership Trust

Session Type: Workshop

Mental health is moving forward. We are trying to care for the whole patient. Their physical wellbeing, their comfort as well as their safety. Traditionally Mental health bedrooms could have appeared custodial to clients and their loved ones because all the comforts of home were considered a risk to their lives. Only by working together to manage the risks can we move forward and unlock the potential of safety and comfort.

Speaker biography:

Sue has worked in healthcare for 34 years & is passionate about preventing self-harm whilst assisting safe movement. She explains how she has worked collaboratively with manufacturers to solve problems with bedframes and mattress's creating prototypes required to help meet the needs of mental health patients across five care group settings.

This session is aimed at those working in:

- Strategic advisor
- Adult care
- Acute care
- Community care
- Mental health
- Social Care



SESSION SYNOPSIS

Title: Negating the risks: An evidence-based risk assessment tool to use across the systems when prescribing proportionate care using a single-handed care approach

Speaker: Deborah Harrison, A1 Risk Solutions & Jo-Anne Webb - Rehab for Independence

Session Type: Abstract

Accurate data collection and analysis is essential to demonstrate good service provision but also to identify areas for improvement. After working with over 70 NHS, Integrated Care Systems and Social Care it was evident that no organisation collected data in the same manner. Some organisations wanted to concentrate their efforts in monetary savings, some on equipment spend, a few on well-being, no one appeared to focus on care hours saved. Evidence identified a robust data collection tool was required (2017, 2018, 2020 Harrison) that would not only meet the needs of the clinician, but many others including workforce planning, equipment provision and staffing requirements. We will present the evidence-base and research process contributing towards the development of the Moving with Dignity risk assessment tool. You will have an opportunity to play with the tool using a case study.

Speaker biography:

Jo-Anne Webb Jo is a Specialist Occupational Therapist at Rehabilitation for Independence providing a client-directed approach to maximise independence following catastrophic injury. Research interests are safe moving and handling, postural management and application of single-handed care to promote moving with dignity, with several publications both Nationally and Internationally. Deborah Harrison Deborah's passion is enabling staff to achieve a high level of competency in Moving and Handling and gets great satisfaction knowing end users will be handled with dignity and respect. Deborah enjoys assisting individuals be the best they can be "You can do anything if you try" is her mantra

This session is aimed at those working in:

- Novice Trainer
- Strategic Advisor
- Adult Care
- Acute Care
- Experienced Trainer
- Paediatric Community Care
- Social Care Other
- Single Handed Care
- Proportionate Care
- Moving with Dignity



SESSION SYNOPSIS

Title: Early Mobilisation of Critical Care Patients through innovative lateral transfer methods

Speaker: Martina Tierney - Seating Matters

Session Type: Workshop

Critically ill patients are often on prolonged periods of bed rest with limited mobility. It has been recognised that mobilising critically ill patients is beneficial to patients' rehabilitation. In this presentation, Martina Tierney outlines the effect safe, appropriate early mobilization can have on patient and caregiver wellbeing. Martina will describe real-life patient case studies of safe and efficient transfers of critical care patients from lying in bed to a fully seated, clinically optimised position. This combined with the clinical rationale and technological innovations behind this method of transfer will offer care professionals new options in early patient mobilisation and safe patient handling. This presentation will outline the clinical rationale and benefits of lateral transfers of highly dependent patients, the risks and considerations between various equipment and transfer options and will include case studies of various patient types from across the world. Also discussed will be the impact of this practice on caregiver and patient moving and handling risks, and the wider benefits to the healthcare system such as length of stay, out of bed statistics and patient recovery.

Speaker biography:

Martina Tierney qualified as an Occupational Therapist in 1983 and since this time has worked in various settings including rehabilitation, mental health, nursing homes and community care. As Clinical Director at Seating Matters, Martina oversees education and clinical research into clinical, therapeutic products to improve patient care and healthcare outcomes.

This session is aimed at those working in:

- Acute Care



SESSION SYNOPSIS

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

Speaker: Gemma Vaughan

Session Type: Workshop

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. Participant 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