

Promotional: Back Safety (Musculoskeletal Disorders) for All Staff

****You MUST print this for Continuing Education purposes and keep with your certificate of completion.**

Requirements:

For successful completion of this educational activity and receipt of 0.5 contact hour(s), the learner must:

1. Participate in 30 minutes of continuous learning.
2. Complete a quiz with a minimum score of 85%.
3. Complete an evaluation form.

Educational activity description:

This educational activity provides an overview of back, musculoskeletal, and ergonomic best practices for all staff working in a healthcare facility.

Target audience:

The target audience for this educational activity is all staff in a healthcare setting. This is an intermediate level educational activity.

Readability/Reading Level:

The readability/reading level of this course is 11th-12th grade.

Learning outcome:

At the completion of this educational activity, the learner will be able to demonstrate knowledge about back safety for all staff by passing a quiz with 85% or greater accuracy.

Learning objectives:

At the completion of this educational activity, the learner will be able to:

1. Choose two (2) risk factors for back injury in the healthcare setting.
2. Apply two (2) actions to prevent back injury in the workplace.
3. Identify two (2) types of equipment modifications that can be utilized to assist with job tasks.

Author:

Brittany Phillips, PT, DPT, OCS

Dr. Brittany Phillips works as an orthopedic physical therapist and is an Orthopedic Certified Specialist (OCS) through the American Physical Therapy Association (APTA). She treats a diverse patient population, including patients with orthopedic and post-operative conditions, sports rehabilitation, as well as neurologic conditions and oncology. She also holds a certification as a LSVT Big physical therapist, focusing on the treatment of patients with Parkinson's disease. In addition to her role as a clinician, Brittany serves as a Certified Clinical Instructor (CCI) for physical therapy and physical therapy assistant students.

Reviewer:

Linda Shubert, MSN, RN, NPD-BC, CDP

Linda has 35 years of nursing experience working with older adults across rehabilitation, home health, geriatric case management, workers' compensation, acute care, and long-term care settings. She was on the Florida Nursing Association task force that constructed the guidelines for safe patient handling in Florida as well as constructing and teaching courses in the skills lab and in new employee orientation on best practices for lifting and moving based on 10 years working in a physical rehabilitation center....no injuries herself ever! Linda has held a variety of clinical, teaching, consultant, and administrative positions including Director of Nursing, Clinical Professor of Nursing, Staff Development Director, and Simulation and Skills Lab Director. Linda is an advocate for engaged learning and competency-based programming to advance topics of concern to older adults such as infection control and person-centered care.

Planning committee:

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