

## Promotional: Safe Resident Handling: The Basics

**\*\*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:**

Lifting and moving activities during care activities is frequently associated with injury to both staff and residents. This learning activity will identify best practices for safe mobilization of residents and is appropriate for any caregivers who job duties involve moving residents.

### **Target audience:**

The target audience for this educational activity is all caregivers in the healthcare setting whose job duty involves the lifting and moving of persons being cared for. This is an intermediate level educational activity. Information is geared to practitioners with a general working knowledge of current practice trends and literature related to the subject matter. The focus is on increasing understanding and competent application of the subject matter.

### **Readability/Reading Level:**

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

### **Learning outcome:**

At the completion of this educational activity, the learner will be able to demonstrate knowledge about ergonomics related to the mobilizing of residents 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. Identify two (2) risk factors that have the potential to create workplace injuries.
2. Select two (2) techniques that can help prevent workplace injuries.
3. Identify one (1) lifting and moving aide for use when assisting residents.

### **Author:**

Brittany Phillips, DPT, PT

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 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 and was recently a finalist for the Florida Clinical Instructor of the Year.

### **Reviewer:**

Samantha Newcomb, MSN, RN

Samantha has 13 years of nursing experience working with older adults in long-term care settings. Samantha has held positions of clinical practice and education including Staff Nurse and Clinical Instructor for Nurse Aide Training Program for North Carolina. As a clinical instructor, Samantha has taught infection control, safety, and care standards for long term care for adults. Samantha is an advocate for staff receiving competency-based training in the long-term care setting.

**Planning committee:**

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