

Promotional:

Safe Resident Handling for Direct Care Managers: Prevention of Musculoskeletal Disorders (MSDs)

****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 1.0 contact hour(s), the learner must:

1. Participate in 60 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 the components, benefits, and importance of a safe resident handling program to prevent work-related musculoskeletal disorders (MSDs) for direct caregivers. This overview of best practices for safe handling programs is from a supervisor's perspective.

Target audience:

The target audience for this education activity is supervisors and managers of direct care staff, whose responsibilities include the mobilizing of residents. 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 11th-12th grade.

Learning outcome:

At the completion of this educational activity, the learner will be able to demonstrate knowledge about safe resident handling 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) recommendations from the OSHA guidelines for prevention of musculoskeletal disorders (MSDs) in nursing homes.
2. Select two (2) assessment tools to guide choices for equipment handling residents.
3. Apply two (2) assessment information to selection of handling equipment for three scenarios.

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

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, using it to advance topics of concern to older adults such as infection control and person-centered care.

Planning committee:

Judy Hoff, RN, BSN, MA, PhD

Linda Shubert, MSN, RN, NPD-BC, CDP®

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ANCC continuing professional development information:

Healthcare Academy is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

ANCC disclosure and program information:

Participants will be required to complete the entire educational activity, quiz, and evaluation form. There will be no endorsements of products or off-label use.

There are no relevant financial relationships for any individual in a position to control the content of this activity.

EXPIRATION: The expiration date for this educational activity is May 6, 2027. No contact hours will be awarded to participants who fail to submit evaluation forms. Please contact Healthcare Academy with questions.