



**AMERICAN NURSES ASSOCIATION**

An Overview of the New  
*Safe Patient Handling and Mobility*  
*Interprofessional National Standards*

Jaime Murphy Dawson, MPH

Senior Policy Analyst

Department for Health, Safety, and Wellness

# ANA's Handle With Care<sup>®</sup> Program

- Launched in 2003
- Industry wide effort to prevent MSDs in health care through:
  - Partnerships
  - Outreach
  - Education and training
  - Legislation
  - Regulation

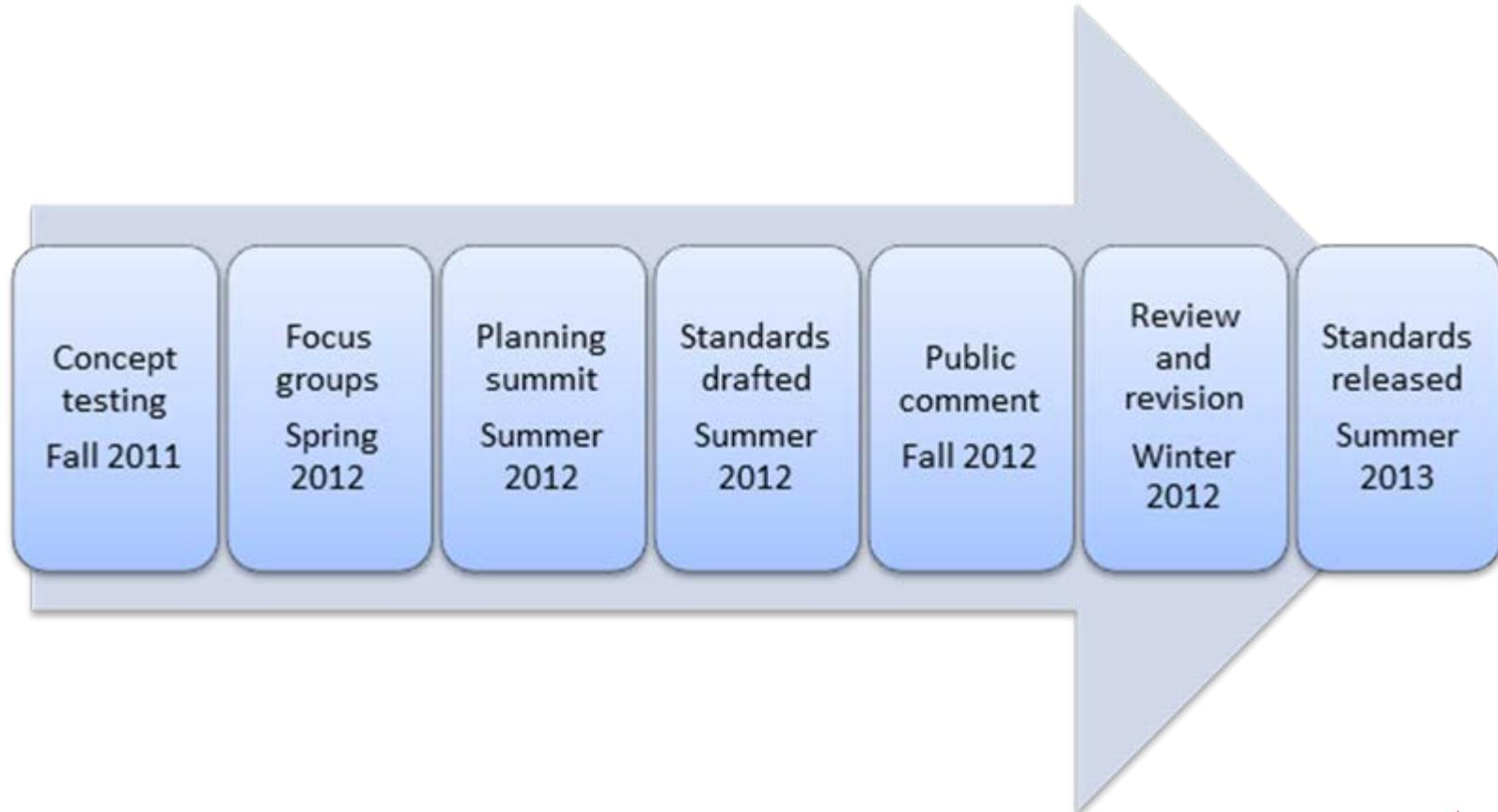


# ANA's 2011 Health and Safety Survey

- 👉 62% reported a disabling MSD is a top concern
- 👉 56% experienced MSD made worse by job
  - 80% of nurses reported working despite frequent pain



# SPHM Standards Development Process

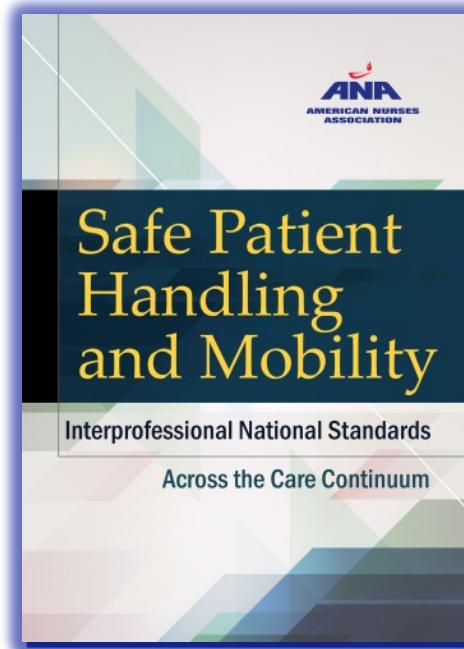


# Working Group Representation

- American Association for Long Term Care Nursing
- American Association of Occupational Health Nurses
- American Association of SPHM
- American Occupational Therapy Association
- ArjoHuntleigh
- Association of Occupational Health Professionals In Healthcare
- Association of Perioperative Registered Nurses
- Association of Safe Patient Handling Professionals
- George Washington University
- Hill-Rom
- Liberty Mutual Insurance Company
- Lockton Companies
- National Institute for Occupational Safety and Health
- National Network of Nursing Assistants
- Park Nicollet Health Services
- Safe Lifting Solutions
- Stanford University Medical Network Risk Authority
- U.S. Army Public Health Command
- VA Patient Safety Center of Inquiry
- Veterans Health Administration
- Washington Department of Labor and Industries
- Washington Hospital Center

# Expectations of National Standards

- Multi-disciplinary, intra-professional, and applicable across a variety of settings
- Realistic and attainable, while raising the bar
- Evidence-based and outcomes focused
- Ready to be incorporated into practices policies, legislation, and regulation

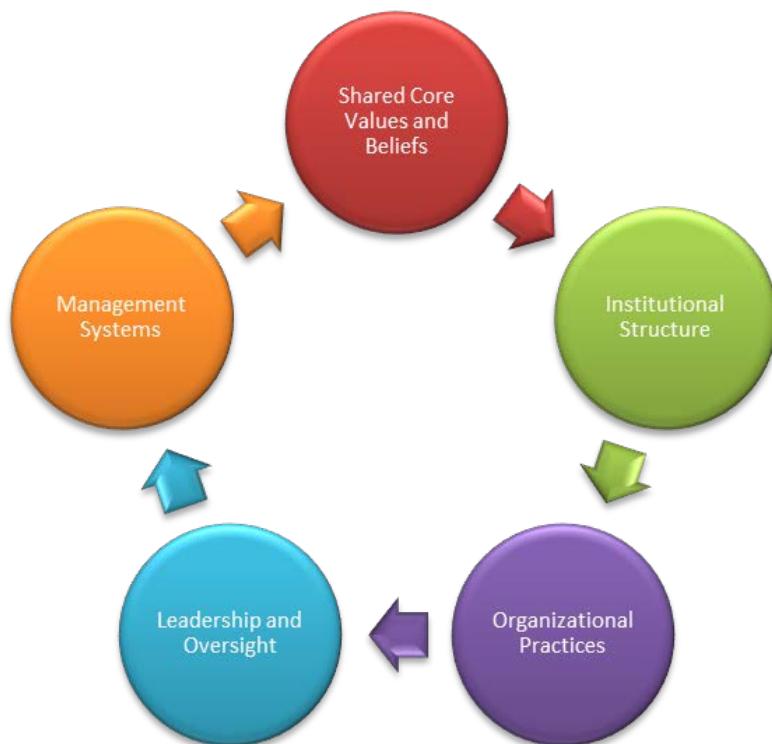


# SPHM Interprofessional National Standards

1. Establish a Culture of Safety
2. Implement and Sustain a SPHM Program
3. Incorporate Ergonomic Design Principles to Provide a Safe Environment of Care
4. Select, Install, and Maintain SPHM Technology
5. Establish a System for Education, Training and Maintaining Competence
6. Integrate Patient Centered Assessment, Care Planning, and Use of SPHM Technology
7. Include SPHM in Reasonable Accommodation and Post Injury Return to Work
8. Establish a Comprehensive Evaluation Program

# SPHM National Standards

## 1. Establish a Culture of Safety



Reprinted with permission from Boston University

# SPHM National Standards

## 2. Implement and Sustain a Safe Patient Handling and Mobility (SPHM) Program



# SPHM National Standards

## 3. Incorporate Ergonomic Design Principles to Provide a Safe Environment of Care



### IN DAILY PRACTICE ...

**SUSAN**, a 57-year-old RN, works at the old community hospital. "I am proud to work in an underserved community. We never have enough money, but we get by. I do worry about injury, for both me and my patients. The rooms are crowded and the bathrooms are small, with tight corners. We can't keep the portable lift in the hallway because of fire code, so it is kept in the far storeroom—it might as well be on the moon. We just don't use it. I hear that we are getting remodeled. I sure hope they fix things."

(See also Standards 1, 2, 4, and 8.)

# SPHM National Standards

## 4. Select, Install, and Maintain Technology



# SPHM National Standards

## 5. Establish a System for Education, Training and Maintaining Competence



### IN DAILY PRACTICE ...

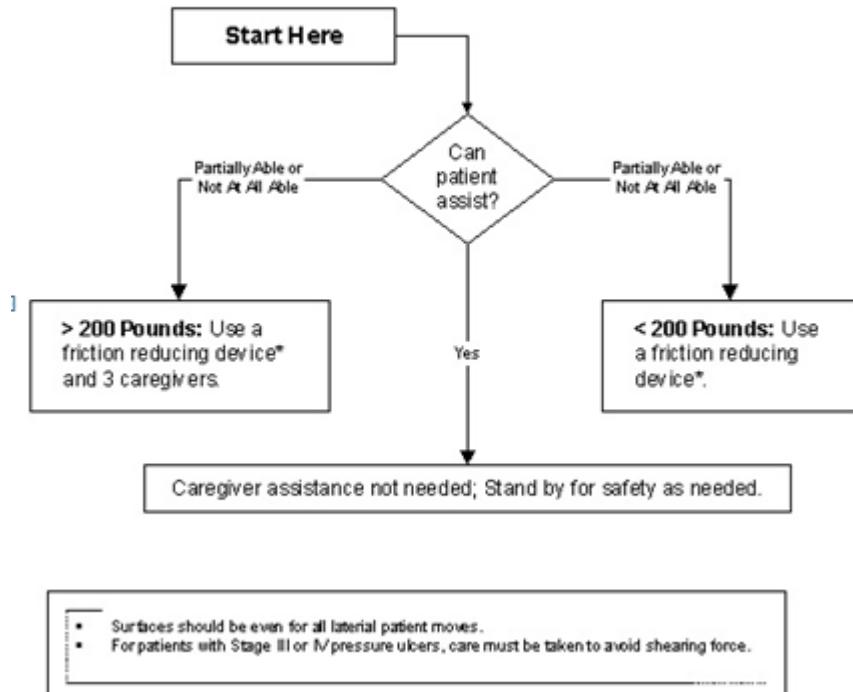
SHERRIE ROLLED HER EYES. OFF THE floor again! She hoped that the SPHM training would go quickly, because they were short of staff anyway. Maybe if she signed in and stayed for just a few minutes. . . .

*(See also Standards 1 and 2.)*

# SPHM National Standards

## 6. Integrate Patient Centered SPHM Assessment, Plan of Care and Use of SPHM Technology

Figure 1: Algorithm 2: Lateral Transfer to and from: Bed to Stretcher, Trolley



Algorithm example from NIOSH's  
*Safe Patient Handling Training for  
Schools of Nursing*

# SPHM National Standards

## 7. Include SPHM in Reasonable Accommodation and Post Injury Return to Work



### IN DAILY PRACTICE ...

LYDIA IS A PHYSICAL THERAPIST AT General Hospital. "I hate to see my co-workers injured while lifting, repositioning, or ambulating patients. The amazing thing is that a lot of the injuries happen when working with relatively small, frail patients. I guess the workers forget. Part of my job is getting them healthy enough for early return to work. People heal better if they are active and feel needed. I work with them on using the SPHM equipment correctly and consistently. Frankly, I wish it was used all the time."

*(See also Standards 1, 2, 4, and 5.)*

# SPHM National Standards

## 8. Establish a Comprehensive Evaluation Program

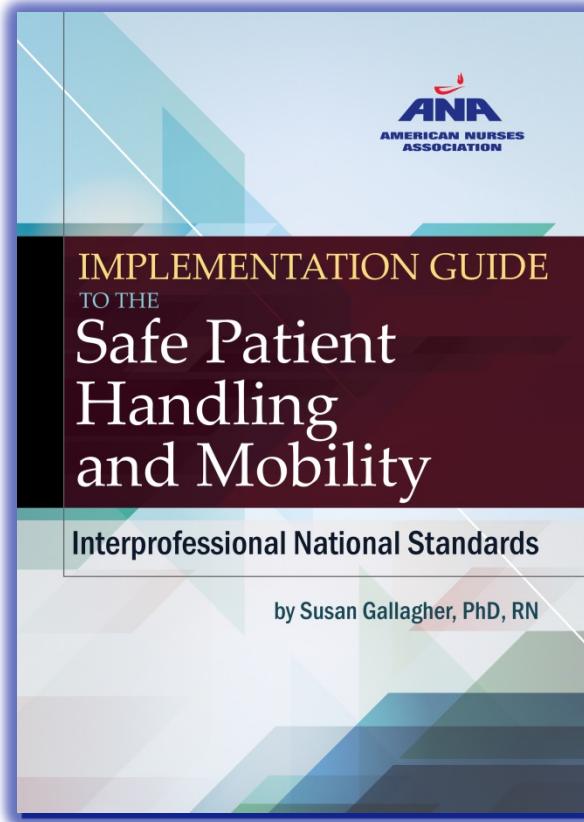


### IN DAILY PRACTICE ...

STACY, THE CHIEF FINANCIAL OFFICER, was amazed. The Safe Patient Handling and Mobility Committee had turned in a concise and complete business plan for upgrading and expanding the SPHM technology. "They used a new method for calculating the return on investment that demonstrated ranges of direct and indirect costs. They considered impact on worker's compensation, staff turnover, improved patient safety, and HCAP scores. They even gathered data on 30-day readmissions related to immobility and falls, and made recommendations for better discharge planning. With value-based purchasing, this is an investment I can support."

(See also Standards 2, 6, and 7.)

# SPHM Implementation Guide



- ➥ Released October 2013
- ➥ Step-by-step strategies for implementing the standards
- ➥ Real-life, setting specific examples
- ➥ Recommendations of resources and reading

# For More Information...

 [www.nursingworld.org](http://www.nursingworld.org)



The screenshot shows the homepage of NursingWorld.org. At the top, the ANA logo is displayed, followed by a navigation bar with links to My ANA, Staff Nurses, Advanced Practice Nurses, Nurse Managers, Nursing Research, Student Nurses, Educators, and What is Nursing?. The main title "NursingWorld" is centered above a search bar. Below the title, a secondary navigation bar includes links for Login, Career & Credentialing, Practice, Ethics, Health & Safety, Policy & Advocacy, Member Benefits, Conferences, and a "Join" button. A red box highlights the "ANA WORKING FOR YOU" section, which features a callout for the "ANA Staffing Conference" on November 8-9, 2013, in Washington, DC. The text describes the conference as comprehensive, interprofessional, and groundbreaking. To the right, a yellow arrow points to the text "The pain stops here." and an image of the book "Safe Patient Handling and Mobility: Interprofessional National Standards Across the Care Continuum". Below this, a section titled "Safe Patient Handling and Mobility Standards" provides information on how to protect patients. At the bottom, there are two news cards: "Nursing Insider News" and "Upcoming Events".

My ANA | Staff Nurses | Advanced Practice Nurses | Nurse Managers | Nursing Research | Student Nurses | Educators | What is Nursing?

**NursingWorld**

search

About ANA | Find Your State | FAQ | Press Room | Contact Us

[Login](#) [Career & Credentialing](#) [Practice](#) [Ethics](#) [Health & Safety](#) [Policy & Advocacy](#) [Member Benefits](#) [Conferences](#) [Join »](#)

**ANA WORKING FOR YOU**

**Registration is Open: ANA Staffing Conference**  
November 8-9, 2013 in Washington, DC

The American Nurses Association will be hosting a conference to bring together recognized leaders and executives from a variety of organizations to share their most successful staffing ideas and proven strategies. Be there to leverage their latest thinking on innovative staffing models, leading practices, strategies and practical solutions. Come pick their minds. Share your thoughts. Then take all that you learn and put it into practice at your own hospital.

[Learn more](#)

**Comprehensive. Interprofessional. Groundbreaking.**

*The pain stops here.*

Get the brand new standards at [www.NursesBooks.org](http://www.NursesBooks.org) or call (800) 637-0323

**Safe Patient Handling and Mobility Standards**

Find out about how to protect yourself and your patients with these new standards. [1](#) [2](#) [3](#) [4](#) [5](#)

**FIND THE RIGHT JOB FOR YOU!**

ANA Nurse's Career Center

**Nursing Insider News**

07/15/13  
ANA Leadership Institute: Call for Faculty

**Upcoming Events**

07/17/2013 - 07/17/2013  
Navigating Nursing Webinar: Funding Quality Initiatives on Your Unit

# For More Information...

 [www.nursingworld.org](http://www.nursingworld.org)



The screenshot shows the homepage of NursingWorld.org. At the top, the ANA logo is displayed, followed by a navigation bar with links to My ANA, Staff Nurses, Advanced Practice Nurses, Nurse Managers, Nursing Research, Student Nurses, Educators, and What is Nursing?. The main title "NursingWorld" is centered above a search bar. Below the title, a secondary navigation bar includes links for Login, Career & Credentialing, Practice, Ethics, Health & Safety, Policy & Advocacy, Member Benefits, Conferences, and a "Join" button. A red box highlights the "ANA WORKING FOR YOU" section, which features a yellow callout box with the text "Comprehensive. Interprofessional. Groundbreaking." and the slogan "The pain stops here." It also includes a link to "www.NursesBooks.org" and a call to action. Another red box highlights the "Safe Patient Handling and Mobility Standards" section, which features a book cover titled "Safe Patient Handling and Mobility" and a link to "www.NursesBooks.org". The bottom of the page features a "FIND THE RIGHT JOB FOR YOU!" section with a photo of a nurse and a patient, and a "Nursing Insider News" and "Upcoming Events" section with news items and event details.

My ANA | Staff Nurses | Advanced Practice Nurses | Nurse Managers | Nursing Research | Student Nurses | Educators | What is Nursing?

**NursingWorld**

search

About ANA | Find Your State | FAQ | Press Room | Contact Us

[Login](#) [Career & Credentialing](#) [Practice](#) [Ethics](#) [Health & Safety](#) [Policy & Advocacy](#) [Member Benefits](#) [Conferences](#) [Join »](#)

**ANA WORKING FOR YOU**

**Registration is Open: ANA Staffing Conference**  
November 8-9, 2013 in Washington, DC

The American Nurses Association will be hosting a conference to bring together recognized leaders and executives from a variety of organizations to share their most successful staffing ideas and proven strategies. Be there to leverage their latest thinking on innovative staffing models, leading practices, strategies and practical solutions. Come pick their minds. Share your thoughts. Then take all that you learn and put it into practice at your own hospital.

[Learn more](#)

**Comprehensive. Interprofessional. Groundbreaking.**

*The pain stops here.*

Get the brand new standards at [www.NursesBooks.org](http://www.NursesBooks.org) or call (800) 637-0323

**Safe Patient Handling and Mobility Standards**

Find out about how to protect yourself and your patients with these new standards. [1](#) [2](#) [3](#) [4](#) [5](#)

**FIND THE RIGHT JOB FOR YOU!**

ANA Nurse's Career Center

**Nursing Insider News**

07/15/13  
ANA Leadership Institute: Call for Faculty

**Upcoming Events**

07/17/2013 - 07/17/2013  
Navigating Nursing Webinar: Funding Quality Initiatives on Your Unit

# H.R. 2480

 [www.rnaction.org](http://www.rnaction.org)



The screenshot shows the homepage of the RN Action website. At the top, there is a banner with the text "When Nurses Talk, Washington Listens" and the ANA logo. Below the banner is a navigation bar with links for "ANA Government Affairs", "Take Action Home", "Activist Toolkit", "Receive Updates", "ANA Membership", and "Donate". The main content area features a large image of a diverse group of healthcare professionals in front of the U.S. Capitol. A blue banner on the left side of the main content area reads "Safe Patient Handling & Mobility". To the right of this banner are four call-to-action buttons: "ACTIVIST TOOLKIT" with a wrench icon, "JOIN NSTAT TODAY" with a computer mouse icon, and "TAKE ACTION eAdvocacy Center for" (partially cut off). At the bottom left, there is a "LATEST NEWS" section with a link to "ANA Supports Federal Bill to Eliminate Manual Patient Handling".

# Questions?

✉ Jaime Murphy Dawson - [jaime.dawson@ana.org](mailto:jaime.dawson@ana.org)

✉ Joe Mayer – [jerome.mayer@ana.org](mailto:jerome.mayer@ana.org)

[www.nursingworld.org](http://www.nursingworld.org)

[www.anasphm.org](http://www.anasphm.org)