

Teaching Plan Summary Paper

Michelle Ruhlin

School of Nursing, Old Dominion University

NURS 402: Role Development for Baccalaureate Nurse as Educator

Suzanne Van Orden

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As Nurses, we all set out to prioritize patient safety and the use of safe practices. However, it is emphasized on keeping the patient safe and we forget sometimes that we also need to do things safe for ourselves at the same time. For these reasons I had a strong desire to conduct a teaching session on proper body mechanics and ergonomics. We have so much education as nurses on a lot of different things but one thing I have not touched on since my Associate Nursing School is about safe patient transfers from bed to chair, or lifting in the bed, or transferring from bed to bed. NIOSH guidelines also indicate how to safely transfer patients and recommend patient handling ergonomics that can be found on the CDC website (NIOSH, 2023). Some techniques I have learned on the job, however it is difficult to teach proper body mechanics during the transfer of a patient. Usually, it is just someone telling you to pull the patient or push; it is difficult to teach someone on the job how to properly position your hands and feet and hips to prevent injury. Patient handling Ergonomics should be taught in all units of the hospital and should be part of the Nursing and Clinical technician orientation. Through evidence-based practice this teaching could prevent injuries and hospital costs and it could be taught in a safe environment without the pressure of getting it done quickly.

Assessment of Learners

I found several articles that linked nurses to having low back pain from workplace physical strains through everyday practices. One study used spinal kinematics to measure spinal loads in nurses to predict the risk of low back pain (Jang, et. al., 2007). Jang's group conducted surveys with nurses who reported low back pain, leg pain, and neck pain. I found at least 25 other articles that were focused on back pain in healthcare workers. Safe handling techniques have a large effect on healthcare staff, and there are recommendations and education that are needed to help prevent workplace injuries and long-term pain.

My group of learners will be specifically our unit nurses, clinical technicians, and sitters. That is the main staff that is on the unit helping to move patients from one bed to another, helping ambulate around the unit, cleaning up and helping transition patients from one place to another. The Physical therapists also do this, but I believe they are already well trained in proper transfer techniques, so I would like to find a way to include them in my teaching to the staff on proper techniques and proper posture. The age ranges from twenty-three in our unit, with the majority being in their twenties and thirties. This is a large range, but it is super important that younger nurses and technicians know proper techniques of lifting, transferring, pulling, and pushing. Improper technique has a great effect on your body and follows you the rest of your life. There are only a few males on our unit, so it is largely a female population. Heights range but for the most part the majority are short in stature, which I have found through raising the height of the bed on many occasions. Height can make a difference in how we use our body to help move patients with other staff members who are shorter than us. We may have to position ourselves differently depending on height.

I created a survey that would give me the best information through an app called jot form. I was able to send the survey through our unit group chat and follow the results on the website of JotForm, when I received an email. I used a survey method to assess my learners because it is a popular method that we use on our unit.

Goal and Objectives

My objectives were to increase awareness of proper body mechanics and transfer techniques to Nurses and CT's (Clinical Technicians) to ultimately reduce back and neck pain. I wanted RNs and CTs to also be aware that in general Healthcare staff have a high incidence of Low back pain (Sai, et. al., 2019). also wanted them to be able to verbalize and demonstrate proper body mechanics with the help of one of the Physical Therapists in the hospital. Nurses and Technicians will learn about ways to protect their back to prevent injury from EBP through presentation and help from Physical Therapy and Chiropractic

advice. Participants will identify three ways to prevent back injury and pain after the instruction. They will demonstrate this through proper positioning techniques while transferring patients from bed to stretcher, bed to chair, and lifting patients up in the bed or chair. My attitude objective was that Nurses and Techs will be able express their concerns for time management and how implementing these techniques will affect their job.

Content

A quantitative/qualitative study at Kalinga Institute researched and stated that back injuries account for \$20 billion in direct and indirect costs each year (Dash & Das, 2019). A qualitative study indicated that back injuries/pain are a major reason for people calling out or leaving the nursing profession (Duffet-Leger, et. al., 2021). The survey I conducted indicated that 90% of staff have back or neck pain while at work and outside of work. My survey also indicated that 70% of our staff usually raise the height of the bed when giving medications or while working with patients. When entering the patient's room, RN will raise the height of the bed to prevent bending of the back. Transferring the patient from bed to bed, bed to chair, and lifting patient in bed will be demonstrated by instructors. Nurses and Techs will have a chance to demonstrate understanding through hands on evaluation. At the end of demonstrations there will be discussion for 3-5 minutes about feedback for the learning session and what they thought could work well with their daily routine.

Materials and Methods and Implementation

Information was provided through discussion with a poster presentation and through demonstration. The instructors were a nursing instructor in the hospital, RN from the unit, and a Physical Therapist in the hospital. Instructors evaluated the instruction given on performance of the nurses and techs demonstrating proper techniques. Instruction was given in the hospital on the unit during a mid-shift meeting at work, where we have the resources available: table/bed, chairs, gait belts. Time allotted

for presentation and demonstration was about 8 minutes. Time for evaluation and discussion of attitudes was about 3 minutes.

Evaluation and Outcomes

Nurses and Techs were able to describe and list different techniques for transferring patients from the bed to bedside commode. Some co-workers said that they already performed those techniques taught but thought it was helpful to have a demonstration of how to position your knees hip width apart and to bend at the knees and position palms facing up. Nurses and Techs were able to perform demonstration of the techniques they wanted to improve. Nurses thought that the poster board was helpful for the presentation of information and helpful to have pictures. Nurses and Techs expressed that they do not always increase the height of the bed when helping patients in the bed due to time constraints, but also stated that they will keep in mind the importance of taking extra time to do so. Nurses and Techs stated that they would continue to use the practices learned in the teaching session when transferring patients and pulling them up in the bed.

Summary

In all this was a helpful teaching plan to use because I was able to teach staff on the unit how to protect themselves from injury. I believe it is an important part of our job to protect ourselves from injury and pain. This is something that I think I will teach to staff members multiple times, and it could be easily applied to other units in the hospital. I know that our Physical Therapist said that he has taught some of his ideas to other units and I believe it should be incorporated into the orientation program for nurses.

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