

Special Interest Articles:

- " Moving & Handling Forum
Page 1.
- " New Tracking hoists in Macclesfield
Page 2.
- " No lift policies
Page 3.
- " Compensation used for M&H equipment
Page 4.
- " Nurse nearly dies as a result of M&H injuries
Page 5.
- " Personal assistants want more M&H training
Page 6.
- " Australian man develops own hoist
Page 7.
- " Chief executive needs product training
Page 8.

TLC World Wide Ltd formerly known as
Training & Learning for Care
(0191) 5184488



Welcome

As usual, the purpose of this newsletter is to provide specialised information to moving & handling instructors in an informative and journalistic style. We will endeavor to bring to you information regarding new products and services found in the market place.

In this fifth issue, we have news from the UK

Australia and the USA.

Page 2 has a story regarding 20 new hoists placed in a Macclesfield stroke unit.

Page 3 has news of Australia's "No-lift" policies and the hoverjack air lifting device. On page 4 we report a hoist being placed in a swimming pool as well as a

compensation story. Page 5 sees a story of effective defib use and another story regarding a nurse nearly dying as a result of on-going poor moving and handling techniques.

Page 6 we report of how a community is pulling together to assist a disabled boy to get the equipment he needs.

Gavin Wright
TLC Managing Director

Moving & Handling Forum

It has been noted by ourselves that our forum is vastly under used.

Considering the number and type of people signed up to our newsletter, this is surprising.

As a means of a taster, for example, this is the most recent post along with my response.

I was recently asked by a delegate about the correct method of taking a wheelchair down a kerb when there is no ramp in place. I was told the occupant of the chair was a "big man" which I took to mean was quite a heavy

person and the person with the question tells me that their company policy states they cannot "back in the road" obviously as a matter of health and safety, however she also told me that she felt their was an unnecessary strain on her back because of the weight of the load.

I would appreciate any help you can give me with this

Why not log on to find out what my response was and maybe you could add a comment of your own.

Forums being the nature they are, do not necessarily reflect the true

feelings and opinions of TLC, however, they can certainly be a good means for swapping opinions and networking ideas from other people in the world of moving and handling. Maybe you have a question that you are struggling to find an answer to, or a solution to a problem that you would like to share with others.

To access the forum you will need to go to our web site, www.tlcworld-wide.com (don't miss out the hyphen or you might get a shock) and click the forum link.

Obese patients 'present special challenges' to nurses



"organisations will shift to the new paradigm out of necessity."

Obese patients present nurses with unique challenges and highlight the importance of the best possible moving and handling training and equipment, a report has suggested.

Endocrine Today stated that a body of medical research existed that showed the importance of the right moving and handling equipment when dealing with obese patients.

It cited research from 2007 which showed that using walking belts and mechanical hoists could reduce staff injuries from 83 to 47 per

200,000 work hours.

Susan Humphreys, a nurse at John Hopkins Hospital in Baltimore, explained to the publication that seriously overweight patients present "special challenges" to nurses, making the best moving and handling training important.

"The obese patient clearly presents special challenges in terms of lifting safely and resource requirements to accomplish mobility tasks," she said.

The nurse also revealed that many other medical

practitioners thought that change was needed from hospitals that meant that these organisations were obliged to "provide the safe environment through ergonomic research, no-lift policies and education".

"As the research continues to show the financial cost of occupational back injuries, and the shortages of nurses becomes more critical, organisations will shift to the new paradigm out of necessity," she is reported to have concluded.

Macclesfield stroke patients get new hoists



"Stroke patients in Macclesfield's hospital will be more safely moved."

Stroke patients in Macclesfield's hospital will be more safely moved, after the facility installed 20 state-of-the-art overhead hoists. The local [community news group](#) website reported that the facility's new stroke ward opted to install the hoists after receiving a donation from the Medical and Surgical Trust (Mast) charity.

It is believed that the 20 hoists cost over £50,000. Debbie Burgess, the modern matron for rehabilitation services at the hospital, explained to

the site that the ward typically deals with highly dependent patients who often need help to be lifted out of beds, chairs and baths.

"The hoists have made an enormous difference to patients, giving them greater ease and comfort whilst being moved, and enabling them to have more independence and dignity," Debbie added. "The versatile overhead hoists are an invaluable aid for the staff as they operate in each bedroom and bathroom, to enable patients to be moved

when required and not have to wait to share a hoist."

Recently, a medical expert that trains nurses in the US stressed that the profession was much tougher than many imagined because of the heavy lifting associated with it.

In an interview with [thetelegraph.com](#) Rodney White stressed that nursing was a physically demanding profession.

No lift policies fail to prevent staff injuries in Australian hospitals

Despite strict safety policies in many hospitals, nurses in Australia are still injuring themselves trying to move obese patients.

The Australian Herald Sun newspaper reported that hospitals in the country are already responding to growing levels of obesity by installing new equipment.

However, it noted that this is a slow and expensive process and in the meantime, many nurses are injuring themselves as a result of

poor moving and handling technique.

Health Services Union state secretary Kathy Jackson said that nurses often had little choice but to try to lift very heavy patients without the best equipment or training.

She told the paper: "All public hospitals have a no-lift policy, but the reality is they have to lift patients, otherwise no treatment occurs."

A recent report delivered at the National Conference of Nursing

Workforce Leaders in the US suggested that the strains of moving and handling patients were one of the main reasons many nurses retired early.

Gavin Wright of TLC said that if hospitals insist on burying their heads in the sand and impose no-lift policies they are not being realistic. Rather they should recognise the reality, and give appropriate training to reduce the amount of manual handling that does occur.



"the reality is they have to lift patients, otherwise no treatment occurs"

New lifting device installed in US hospital

A hospital on the west coast of the US has revealed how a new lifting device is improving patient care and staff safety.

The Newport News Times reported that the Siletz Tribal Charitable Contribution Fund recently offered a grant of \$3,700 (£1,850) to help Samaritan Pacific Communities Hospital purchase a new [HoverJack Air Patient Lift Device](#).

According to the publication, the new system is designed to lift patients who have fallen

from their beds. The hover system means that the patient can be lifted in a flat position, minimising injury risks and the chance of moving and handling errors.

The device also works with the existing HoverMatt mattresses used in the hospital, meaning that patients can easily and safely be transferred to a bed or stretcher.

Emily Anthony, the hospital's intensive care unit manager, explained to the paper: "The beauty of the HoverJack is that

we can comfortably lift patients without risking injury to staff or patients- even larger patients because there is no weight limit."

Recently, Lori Larson, a nurse at the Mayo Clinic in Rochester in the US, said that it was vital hospitals continued to invest in new technologies to prevent staff injuries while moving and handling increasingly overweight patients.

The [hovermatt web site](#) has a video illustrating its use.



"we can comfortably lift patients without risking injury to staff or patients"

New hoist helps less mobile Cheshire patients swim



"a charitable donation of more than £12,000 to the town's infirmary meant that a new electronic pool hoist could be installed"

Patients at a hospital in Cheshire will be better able to exercise after a new electronic hoist was installed at the facility's pool.

The local Northwich Guardian reported that a charitable donation of more than £12,000 to the town's infirmary meant that a new electronic pool hoist could be installed.

It is hoped that the new system will make it easier for less mobile patients to get in and out of the water and also prevent moving and handling injuries in their carers.

Much of the money was given by the Brian Wilson Trust. Its trustee, John Pickup, said that he was pleased to be able to help people with limited mobility get exercise.

He explained to the paper: "The trustees

were in the privileged position to be able to help top up the fund to ensure the hoist could be bought as soon as possible.

"Seeing it in operation makes us realise how easily we can take for granted simple tasks like getting into the pool."

Boy's compensation 'could be used to improve moving and handling equipment'



"He is nearly eight and he is getting bigger"

Compensation means that the mother of a boy permanently injured at birth will be able to afford the moving and handling equipment needed to care for him.

The Liverpool Echo has reported that Pauline Loraine's son, Stephen, was left in need of 24-hour care after a complication during his birth.

Now, a judge has awarded the family what has been called "a large compensation pay-

out" to cover his future medical needs.

Mrs Loraine revealed that the money would help the family install better moving and handling equipment to help them care for their son.

She told the paper: "We have moved into the dining room to fit in Stephen's hospital bed, but the room is too small to get a hoist or even his wheelchair in.

"He is nearly eight and he is getting bigger. His muscles can get very stiff and this makes him

difficult for me to carry. There is a lot of medical equipment involved.

"I am just thinking about adapting a room and getting a bathroom on the same floor. At the moment, it is upstairs and it is very hard work."

Recently, it was revealed that an elderly lady from the Midlands died in hospital after it was found that the hoist she needed to live at home was out of stock.

Public successfully use defibrillation to save lives

Members of the public are generally successful at resuscitating people suffering from cardiac arrests, a new survey has shown.

The Nursing Times reported that a study published in the journal Resuscitation showed that members of the public made 1,530 resuscitation attempts using a defibrillator between 1999 and 2005.

Of these, 48 per cent had shocks given, with a spontaneous return of circulation seen in 33

per cent of cases. Encouragingly, 18 per cent of those given shocks by members of the public were subsequently discharged from hospital alive.

In contrast, only 4.4 per cent of those people who were not given shocks regained circulation and only 1.8 per cent survived.

As a result, Colin Elding, a chest pain programme manager for the British Heart Foundation, said to the publication: "We are committed to

increasing access to life-saving defibrillators and in training people to use these in order to increase the chances of survival from cardiac arrest."

Recently, a woman from told the local Shields Gazette how she battled to save her husband's life after he suffered a heart attack in their home.

Ms Sandy Simonside told the paper she used the paper she used cardio-pulmonary resuscitation in a desperate attempt to save her husband's life.



"18 per cent of those given shocks by members of the public were subsequently discharged from hospital alive"

Nurse nearly died as a result of moving and handling injuries

A former nurse from the US has revealed how she almost died as an indirect result of back injuries sustained because of her poor lifting and handling technique.

In an article in the local Lockport Union-Sun & Journal, Loretta Robinson revealed that she was a registered nurse in the area for over 35 years.

Over this time, poor lifting and handling techniques meant that her back became increasingly painful.

As a result, she decided to undergo spinal reconstruction surgery in 2006 to correct the problem.

Unfortunately, she contracted MRSA in the hospital following the surgery and spent four months in a coma. She eventually recovered but the injuries that were first caused by a career of moving heavy patients meant that she was unable to continue her work or even enjoy her hobby of cycling.

Recently, a nurse from the US stressed that her

job would be "nearly impossible" without the right moving and handling equipment.

"It's vital, not only for the patient's safety, but for the staff's safety. There is a high potential for injury," explained Lori Larson, a nurse at the Mayo Clinic in Rochester.

Ok, so the headline was a bit of an attention grabber, but this is just another reason why we should do things properly.



"she contracted MRSA in the hospital following the surgery"

Donations allow Australian boy to get the moving and handling equipment he needs



"The convenience is unbelievable, we will all be able to travel together at the same time"

Donations from the local community mean that one Australian boy will soon be able to afford the moving and handling equipment he needs to live a normal life.

The Great Lakes Advocate reported that donations from the local community had already purchased a Toyota Hiace Bus for the Bayliss family, who provide 24-hour care to their disabled son Benjamin.

Benny suffered a stroke in the womb and was born with cerebral palsy. Resulting complications means

that he cannot use his legs and is unable to control his body temperature. As he has got older and bigger, it has become increasingly difficult for his family to move and handle him safely.

After gratefully taking delivery of the van, the family and local community are focusing on raising the money for the best possible moving and handling equipment.

They plan to obtain AU \$10,000 (£4,800) to purchase a state-of-the-art hoist system for the van.

"We are hoping to seek a local grant (for the hoist) if we can," local pastor Wendy Ballard explained to the paper.

Benny's mother, Julie, added that the new car and equipment would immeasurably improve the family's quality of life.

"The convenience is unbelievable," she said. We will all be able to travel together at the same time."

Recently, a donation allowed a British hospital to invest in a new hoist system for its local swimming pool.

Personal assistants want more moving and handling training



"only seven per cent of employers thought they should fund moving and handling training"

Personal assistants (PA) providing social care for disabled patients want more moving and handling training, a new report has suggested.

The communitycare.co.uk website said that the report, titled Employment Aspects and Workforce Implications of Direct Payments, found that the rise in direct payments to people with physical and mental disabilities had fuelled a growing demand for PAs.

Overall, it was found

that two-thirds of PAs employed to help people with disabilities have had experience in health and social care and 42 per cent have relevant qualifications.

Interestingly, a third of the PAs said that they would like more moving and handling training.

However, only seven per cent of employers thought they should fund training.

According to the website, the research concluded: "Individuals may see it as a stepping stone to further training

in social care or nursing, a chance to respond flexibly to individual needs but also to lay the foundation for a future career and to become familiar with basic skills of personal care, moving & handling, and social interaction."

Dorothy Spencer of TLC said that the problem lies in that most of the individuals who require the help don't see themselves as employers, therefore, they don't understand how existing legislation affects them.

Lack of moving and handling equipment stops former nurse from bathing

A former nurse has spoken out about council delays that have stopped her obtaining the moving and handling equipment she needs to safely get in and out of her bath.

The Cambridge News reported that 72-year-old Alice Moritz has been unable to wash properly for over a year, as the local council has failed to install the correct hoist system in her home.

Mrs Moritz suffers from osteoporosis and severe eczema and cannot get in or out of the bath without the right moving and handling equipment.

Despite promises that her needs would be assessed by the local council, the lady has been waiting for a bath since last June. She has to use baby wipes to clean herself, which has inflamed her eczema and made her feel so "disgusting" that she rarely leaves the house.

"I am crippled with pain and my bones are so weak I cannot risk getting in and out of the bath without a hoist, bar or some other aid," she explained to the local paper.

"Since the day I moved in here, more than 12

months ago, I have been washing myself with baby wipes which keeps me clean but has made my eczema worse."

Jane Crawford-White, community living manager for the Cambridgeshire Community Services, said that Ms Moritz would be assessed in the very near future.

"I am very sorry to hear of the difficulties Mrs Moritz has been experiencing in seeking support for possible adaptations to bathroom facilities in her home," she said.



"Despite promises that her needs would be assessed by the local council, the lady has been waiting for a bath since last June"

Australian man developed own hoist system to let him carry on working

An Australian man disabled in a car crash has revealed that he developed his own moving and handling equipment to allow him to continue to work.

In an interview with the local Maitland Mercury newspaper, Sam Bailey revealed that he was left paralysed in a car accident. As a result of the crash, he lost the use of his legs and only retained limited movement in his hands and arms.

Despite this, and the advice of medical experts, Sam pursued his dream

to work on his family farm.

After learning to drive a four-wheeled motorbike, Mr Bailey worked hard to develop and install an advanced hoist system that would allow him to get into farm machinery and converted tractors.

This allowed him to carry on working on the farm.

"Hopefully my story will inspire people to look forward, not back, and focus on what they have rather than what they have lost," Mr Bailey told the newspaper.

Sam is not only a farmer, but also a pilot, author and public speaker.

Bill Wright of TLC who is also a pilot recently had a discussion with Ergos regarding their [smartlift](#) and how it has been adapted for disabled pilots and passengers to get in and out of light aircraft.



" Hopefully my story will inspire people to look forward, not back"

Advanced surgical table helps doctors carry out safe procedures



"a system that allows the surgeon to adjust the height and rotation of the patient's legs"

A new surgical table has vastly improved the moving and handling of patients undergoing hip replacement surgery at a hospital in the US.

Dr David Dodgin, an orthopaedic surgeon from St Joseph Medical Centre in Bloomington, told the pantagraph.com website that the new specialist pelvic fracture table had helped make anterior hip replacement easier to perform and safer for patients.

Talking to the site, Dr Dodgin said that the new

table boasted a hydraulic lift that means patients can be moved safely to the correct height for surgery.

It also features a system that allows the surgeon to adjust the height and rotation of the patient's legs, which means he can get better access to the hip he is working on.

Recently, the University of Bradford revealed that it had developed a new powered leg suspension system that has the potential to reduce the risk of back injuries

associated with manually lifting (see issue 1-3 of this newsletter).

Sue Barton, creator of the leg support system, explained: "We invented this system not only to improve the working practice of health professionals involved in lifting and supporting a leg, but to allow the patient's leg to be held in a position of comfort."

UK hospital boss takes moving and handling ideas away from US visit

The chief executive of a hospital from the north-east of England has revealed that he picked up some tips on how to reduce moving and handling injuries among his staff while visiting medical facilities in the US.

According to the Coshocton Tribune, Alan Foster, the chief executive of North Tees and Hartlepool NHS Foundation Trust, visited the area's medical facilities as part of an exchange programme that will see local officials head to the UK in the future.

Mr Miller chief financial officer of Coshocton County Memorial Hospital explained that the exchange was a good idea as it helps to "broaden both of our health care experiences".

In one example, Mr Miller said that he was very impressed with a new walk-in bath used in the US hospitals. He said that the system reduced the moving and handling that nurses needed to undertake to help older and disabled people wash.

"I've just not seen that

in the UK," he told the paper. "If elderly patients want to get a bath in the UK, they can, but we have to put them on a hoist to get them into the bath, while this bath you walk up and it has a door on it."

Editor's comment
Come on Denise, maybe you should invite Mr. Foster onto one of your trusts moving and handling courses, or maybe some product training from the likes of Bathtime Mobility Ltd



"I've just not seen that in the UK"