

Ergonomic card 2018-



Leena Tamminen-Peter



‘Ergonomic patient handling card®’

- training (herein after called Card) is an evidence based educational patient handling scheme I developed for the Finnish Institute of Occupational Health.

Target group: Social- and health care professionals such as physiotherapists, nurses and their teachers.

Goal: To up-date one's patient handling skills, according to current recommendations. Good skills reduce work-related musculoskeletal disorders, improves risk assessment abilities when assisting patients, contributes to safety and increases the quality of care and rehabilitation.

1) E-learning (during 2 months)

- Importance of ergonomics as a part of the patient's care and own safety.
- Applying biomechanical principals when assisting patients to move with helping devices.
- Assessment of patients' care dependency and need of assisting devices in own unit.
- Body awareness is a starting point to for posture and movements of the nurse (practical exercises).
- Patient's natural patterns are the starting point in assisting a patient to move.
- Legal and professional responsibilities.
- Four E-learning tasks must be done before entering to the hands on training.

2) Practical training (2 days)

- Natural movement patterns and body awareness of the assistant.
- Assessment and activation of patients' resources.
- Assistance in various transfer situations.
- Practice of adequate assisting devices usage.
- How to deal with unpredictable occurrences.

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3) Deepened one's patient handling skills at one's own work place (c. during 1 month) or at a to be agreed upon care work institution.

4) Brief repetition course followed by the practical Ergonomic patient handling exam (1 day)

In Finland, in 2017 >7000 people have passed the Card® exam and >300 have undergone the instructor training.

Training: Organisations can either book their own Card® training course or private individuals may attend one of the organized courses.

Card® -training courses in english will be held by Dr. Leena Tamminen-Peter upon agreement

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