

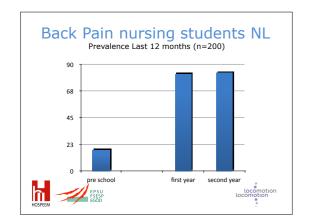
Back Pain in Germany OECD Stat Germany 2012 data (October 20 2013), Hoffman et al.

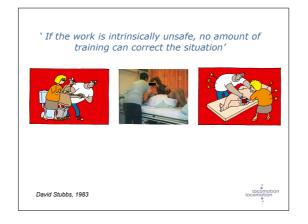
- annual prevalence of back pain in nursing is 50-55%
- 369.500 German nurses have back pain every 12 months at least one episode
- 1012 nurses per 24 hours
- 21 nurses during this presentation :(

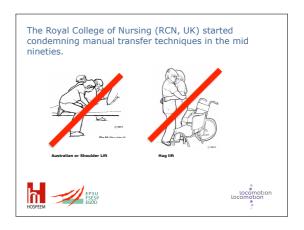














Council Directive 90/269/EEC of 1990:

The employer shall take appropriate organizational measures, or shall use the appropriate means, in particular mechanical equipment, in order to avoid the need for the manual handling of loads by workers. The manual handling of a load may present a risk particularly of back injury if it is:

- too heavy or too large,
- difficult to grasp,
- unstable,
- with a bending or twisting of the trunk





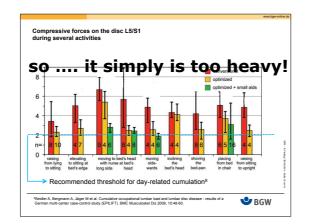
1. What are typical MPH-activities?

- Raising a patient from lying to sitting at the edge of the bed
- Moving a patient towards the head of the bed
- · Lifting a leg of a lying patient
- Inclining the head of the bed with the patient in it
- Moving from bed to a chair
- etc.

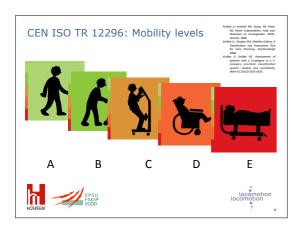


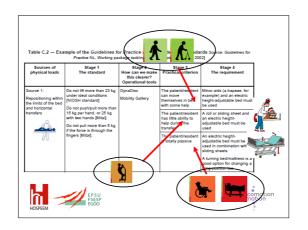
3. Which forces act on the lumbar spine?5,6,7 Infrared cameras Infrared cameras Stiffening Infrared cameras Infrare

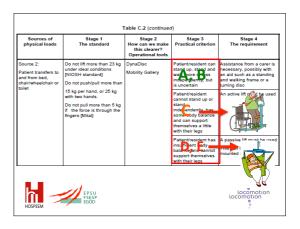


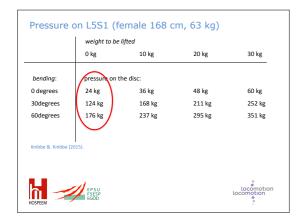


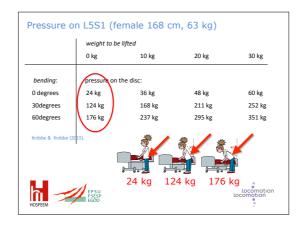




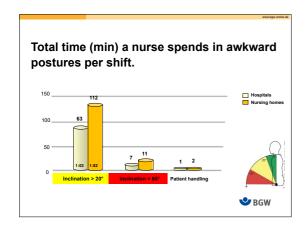


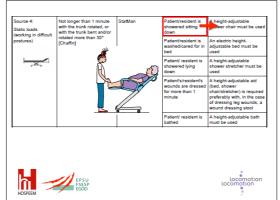










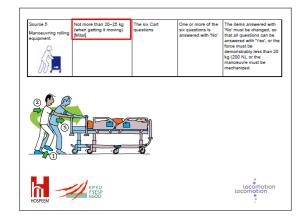


´ The nurse should have easy access to both sides of the bed and should be able reach any part of the patient without having to bend over´

Florence Nightingale (1859)





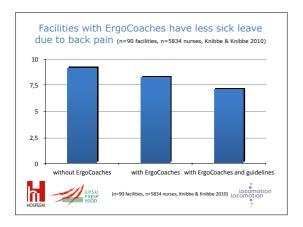


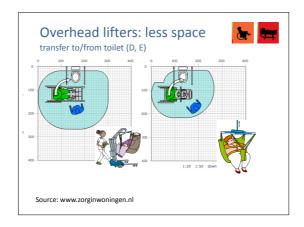












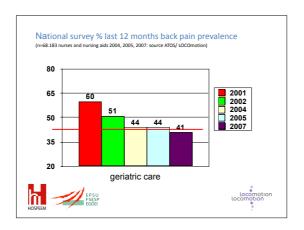












Messages:

- · cooperate (employers, unions, inspectorate) · address all four cornerstones (guidelines, social
- partners, architecture, training)
- 100 delegates * 3 messages * 4 colleagues * 5 hospitals * 400 nurses * 25% effectiveness = 600.000 backs saved
- start, keep going, save backs, save careers, reduce costs, improve patient care!







Thank you very much for your attention!







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