Ergonomic patient handling card®

– way to promote good working practices in the health care sector
What we know about safe working practices?

• Good working practices in the health care sector promote safe and fluent work by
  • reducing musculoskeletal strain, e.g., due to heavy workload in patient handling, and in the long term also by reducing absence of work
  • promoting caregivers’ well-being at work
  • increasing patients’ safety and the quality of their care
Ergonomic Patient Handling Card® - Knowledge and skills for safe working practices

- Ergonomic Patient Handling Card® is a national Finnish learning programme managed by the Finnish Institute of Occupational Health (FIOH), since the year 2009/2010
- The Card is also available in English
- The content of the Card program is based on studies and good practices of nursing
- The development of the Card program has been done in collaboration with the Ministry of Social Affairs and Health, and the Sotergo - ergonomics network of the social and health care sector in Finland.
- The social partners are active players/operator in the Sotergo –network.
Ergonomic Patient Handling card® training

The aim of the education

• to qualify the standards of know-how and skills needed to manage safe assistance of patient handling.
• to enhance the fluency and safety of work in individual and organizational level.

Content of the training program includes both E-learning phase and contact sessions with practical training:

- E-learning 2-months period
- Contact sessions (16 h) and Practice at work
- Recap and competence test (8h)
Content of the training scheme

1. **E-learning phase (2 months)**
   - Ergonomic principles in the prevention of musculoskeletal strain and disorders
   - Body control and management; independent training and reflection
   - Biomechanical principles in patient handling and transfers
   - Principles of occupational safety and health in health care sector
   - Cognitive ergonomics (optional section)
   - Healthy worker (optional section)

2. **Contact sessions (16 hours)**
   - Individual risk assessment during patient handling
   - Rehabilitative and resource-based activation of patients
   - Ergonomic principles and safe working habits during different patient handling situations
   - Use of assistive devices during patient transfer and patient handling

3. **Practice in patient handling and transfers at one’s workplace** (at least one month)

4. **Recap and competence test**
Status of Ergonomic Patient Handling Card® (2021)

- In total, nearly 10 000 health care professionals or students (nurses, practical nurses, physiotherapists) have passed the Ergonomic Patient Handling Card® program in Finland
- About 1000 persons per year
- In total, there are 400 trainers for Ergonomic Patient Handling Card® in Finland
- Over 50 social and health care units or practitioners
- Nearly 20 social and health care institutions

FACTS:
- Finland has the population of 5.53 million people
- In Finland, 17% (402 751 people) of the working age people work in social- and health care sector:
  - female 351 513 and
  - male 51 238
  - public sector 276 000 people
  - private sector 111 000 people

(Statistics Finland, 2018)
(Statistics Finland, 2020)
Case Oulu University of Applied Sciences: effects of the Ergonomic Patient Handling Card® training

• Ergonomic Patient Handling Card® training is available in English for the students of Oulu University of Applied Sciences
  • “The ergonomic patient handling means more than only physical patient’s transfer. I learned also that the one goal of ergonomics is to develop the safety and health of work.”
  • “In my opinion, studying ergonomic patient handling is important for the well-being of both workers and patients.”
  • “I am so satisfied I’ve chosen this course since this kind of knowledge is very useful and maybe I will also be able to improve the conditions and techniques of my future colleagues back in my country”
Case City of Rovaniemi: effects of the Ergonomic Patient Handling Card® training

The City of Rovaniemi estimated that the amount of sick leave days was decreased in the care unit receiving ergonomic training

- 900 sick leave days in 2009
- 10 nurses received the EPH Card training – new aid equipment was also purchased to the unit
- 300 sick leave days in 2012

- A research on the effects of ergonomics and the Ergonomic Patient Handling Card® program is planned in near future
Further information

Erja Sormunen
Specialist Research,
Trainer for Ergonomic Patient Handling Card®
Finnish Institute of Occupational Health
tel. +358 43 824 1344, erja.sormunen@ttl.fi

Sara Lamminmäki
Development Manager
Finnish Institute of Occupational Health
tel. +358 46 850 8180, sara.lamminmaki@ttl.fi

Read more:
Ergonomic Patient Handling Card®-training | FIOH (ttl.fi)
Thank you for your interest!

Anne Ranta
working life specialist
anne.ranta@jhl.fi
The Trade Union for the Public and Welfare Sectors JHL

Finnish Institute of Occupational Health