

**Development and evaluation of
risk assessment and interventions
promoting safe patient manual handling
in the Swedish healthcare sector
– Strategies to prevent
Musculoskeletal Disorders**

Charlotte Wåhlin

Associate professor, ergonomist

Linköpings University Hospital, Region Östergötland

Occupational and Environmental Medicine

Linköping University, Sweden

Occupational and Environmental Medicin

- ✓ Investigations of patients, analyzing work exposure and occupational injuries
- ✓ Collaboration for improvement of the work environment, promoting Occupational Safety and Health
- ✓ Teaching and research projects



Patient and Workers Safety study (PAWSS)

- The overall goal with the research project PAWSS is to promote health and safety in the healthcare environment for both caregivers and patients.
- Our main focus now is the development process of a strategy that will be used to promote safe patient manual handling in healthcare and care homes



Collaboration



- A multiprofessional research team
- Collaborate with relevant partners outside the research community
- Stakeholders are involved in a reference group; union, employers, HR strategist, The Swedish Work environment authorities, The Swedish Association of Local Authorities and Regions
- Research funding during 2021-2023 by AFA försäkring

Research on injuries in healthcare

- Patient and healthcare workers incidents, injuries and situations at the workplace were they occurred during 4 years (Wåhlin et al. 2020).
- Health care workers' experiences of workplace incidents that posed a risk of patient and worker injury: A critical incident technique analysis (Nilsing Strid et al. 2021).
- Patient manual handling /patient transfers, is a situations where risk and injuries occurs, especially musculoskeletal disorders among caregivers



A systematic review



- A systematic review on work interventions with the aim to promote safe patient manual handling in healthcare and social care
- Published between 1997-2018
- 10 randomized controlled trials + 19 cohort studies with a control group
- With variety of health related outcomes
- A swedish report published by Swedish Work Environment Authority, 2019

To promote safe patient manual handling



- Give healthcare workers access to suitable work equipment and
- Train them to use work equipment
- Train peer coaches in safe patient manual handling
- Appoint work groups and peer coaches with responsibility for safe patient manual handling.
- Develop a plan for implementation with a participatory approach, involving management engagement and collaboration with workers

The development process of a strategy promoting safe patient manual handling



We are taking in consideration that:

- In Swedish healthcare setting, there is a lack of higher quality research focusing on methods for risk assessments and interventions promoting safe patient manual handling => research is needed
- Risk assessments are not being used systematically even though it is essential for successful prevention

Intervention strategy



Based on research
and in collaboration
with stakeholders

Education

E-learning and,
manual handling
training

Guideline

Safe patient
manual
handling

Risk
assessment

patient
mobility and
health

Falls

Work
equipment

The Swedish
context

Systematic work
environment

Regulations
legislation
policies

Implementation



- The intervention strategy will be implemented in hospital wards in care homes, in south east of Sweden
- All participating units will get feedback from a work environment evaluation using Structured Multidisciplinary Work Evaluation Tool
- Our studies will evaluate perceived usefulness of the strategy for safe patient manual handling, adherence to using the strategy
- Quantitative and qualitative methods

Reserach team 2021-2023

Welcome to contact: charlotte.wahlin@regionostergotland.se

sebastian.buck@regionostergotland.se



Charlotte Wåhlin



Sebastian Buck



Jan Sandqvist



Emma Nilsing Strid



Paul Enthoven



Jenni Fock



Maria Andreassen

