

The Locomotion Network

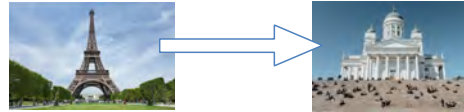


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From Paris to Helsinki



MSD



PSRS@W

Back Pain in Germany

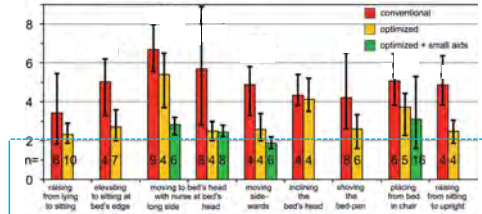
OECD Stat Germany 2012 data (October 20 2013), Hoffman et al.

- 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 :)



Compressive forces on the disc L5/S1 during several activities

.... it simply is too heavy!



⁸Seidler A, Bergmann A, Jäger M et al. Cumulative occupational lumbar load and lumbar disc disease - results of a German multi-center case-control study (EPLIFT). BMC Musculoskelet Dis 2009; 10:48-60.



'If the work is intrinsically unsafe, no amount of training can correct the situation'



David Stubbs, 1983



The Four Cornerstones:

- # 1: guidelines and regulations.
- # 2: social partners.
- # 3 (re)building ergonomic hospitals
- # 4 (training)



Cornerstone # 1 (guidelines and regulations):

- Council Directive 90/269/EEC (1990)
- CEN ISO TR 12296, manual handling of people in the health care sector (2014)



‘ 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)



The Royal College of Nursing (RCN, UK) started condemning manual transfer techniques in the mid nineties.



Australian or Shoulder Lift



Hug lift

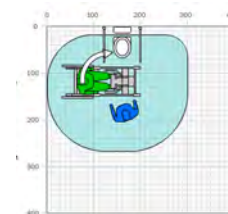


Cornerstone # 2: (social partners)

- employers, unions and government work together
- examples from Germany, UK, Netherlands, France, Sweden, Finland, Spain.



Cornerstone # 3 (re)building ergonomic hospitals:



Cornerstone # 4 (training)






- 'ErgoCoaches' (NL), 'Preventeur Interne' (F), 'Lifting Champions' (UK).
- e-learning
- educational material






Paris:


- demographic and epidemiological (aging, obesity) trends suggest that status quo (no action taken) is very likely to contribute to aggravating MSD problems in the future,
- as we have reliable knowledge and experience about how to assess and solve MSD available, it's time to go from word to action,
- **we have an issue (!) and we know how to solve it (!)** so let's save backs, save careers, reduce costs and improve patient care!

From Paris to Helsinki and vice versa



Juvenal (poet, ancient Rome):
'Mens sana in corpore sano'
 (a sound mind in a sound body)



Minke WERSÄLL (Swedish Work Environment Authority)
'Nobody should get hurt when taking care of others'

