

# ASPHP Newsletter

## Special Conference Edition

The Association of



Safe Patient  
Handling  
Professionals

April 2018



## Celebration of SPHM Awareness Week:

We at the ASPHP are so proud and excited to announce that Orlando's Mayor Buddy Dyer has proclaimed the week of the SPHM Conference April 16-20 as "Safe Patient Handling and Mobility Awareness Week". This proclamation recognizes the importance of SPHM in the reduction and elimination of injuries to healthcare workers and patients and provides increased visibility to the great work being done in the SPHM community. Each year this conference brings together those doing cutting-edge work and provides an opportunity to hear about SPHM from researchers, manufacturers, and subject matter experts. It also provides an opportunity for the ASPHP to get together and celebrate both our members and the year's successes.

**Whereas**, manually moving and lifting patients increases the risk of injury and falls to healthcare workers and patients; **and**

**Whereas**, the Tampa VA Research and Education Foundation has been diligently researching programs to reduce these caregiver injuries and patient falls since 1999; **and**

**Whereas**, implementation of Safe Patient Handling & Mobility (SPHM) programming that speaks to education, equipment and changes in healthcare practices has been shown to reduce these injuries to healthcare workers and the patients they serve; **and**

**Whereas**, the Tampa VA Research and Education Foundation along with the American Nurses Association (ANA), Association of Safe Patient Handling Professionals (ASPHP) and National Institute of Occupational Safety & Health (NIOSH) are holding their annual conference for Safe Patient Handling Professionals in Orlando; **and**

**Now, Therefore, I, Buddy Dyer**, Mayor of the City of Orlando, hereby do proclaim the week of April 16th, 2018 as **Safe Patient Handling and Mobility Awareness Week**.

## Invitation to the ASPHP Annual Meeting – Come Join Us!

The ASPHP cordially invites all members and prospective members to join us for our Annual Meeting, which will be held during the 19th Annual Safe Patient Handling and Mobility/Falls Conference.

**Date:** Tuesday, April 17, 2018

**Location:** Rosen Centre, 9840 International Drive, Orlando, FL 32819 – Salon 10

Come network with fellow clinicians, administrators and vendors during our reception of hors d'oeuvres and a cash bar at 5:30pm. Our meeting will begin promptly at 6:30pm. We hope to see you there!



## Join the ASPHP Trivia Challenge Contest & Test Your Knowledge of SPHM

Stop by the ASPHP booth to find out how to join the fun. You and your team can match wits with others on your knowledge of general SPHM and ASPHP trivia. Prizes and bragging rights will be awarded to the winners!

## Are you Certified? Show Off Your Expertise!

Join the group of SPHM experts who have demonstrated their expertise through certification. You will be able to proudly include the certification seal designed for the level you have earned, on your correspondence and business documents. You will also be able to show your achievement with a ribbon for your official conference badge. Certificants, please stop by the ASPHP booth for your ribbon.



## Opportunity to Win A Free Webinar

Come by our booth to enter in a drawing to win a free webinar. If you are ASPHP member, come pick up your ribbon to show your support of the ASPHP and our mission to improve the safety of caregivers and their patients.



## ASPHP & Promote #ASPHP\_ASAP

ASPHP members and certified professionals attending the SPHM Conference in April are encouraged to share their photos, videos and comments through social media.

Start by liking ASPHP's new Facebook page and invite friends and colleagues to do the same. Make sure to use #ASPHP\_ASAP when posting and tag us at [www.facebook.com/AssociationofSafePatientHandling/](https://www.facebook.com/AssociationofSafePatientHandling/)

The hashtag is a call to action. Members and certified professionals can create a short video clip saying why their fellow health care professionals need #ASPHP\_ASAP.

One social media user will be rewarded with a free ASPHP webinar for using the hashtag to promote our organization, the conference and safe patient handling in general during the conference.

## Stop by our Booth for a Selfie or a Group Photo

The ASPHP booth is featuring a Selfie station, where you and/or friends can snap a photo and post to your favorite site! Send a pic to your friends and family and keep them up-to-date on what you are doing and learning in Orlando. Whether you are a SPHM Queen or King, or a Falls "Champion," we have the accessories you need to show off. Stop by and show us your smile!

## Why is Certification Valuable?

Certification in SPHM helps provide the safest work environment for the caregiver and their patients by establishing professional standards for practitioners. Certification is a formal recognition that validates the knowledge, skills and experience of the certified individual.

Certification is for those people who want to distinguish themselves and their achievements, and for those who want to enhance their capabilities year after year. There are three levels of certification offerings. They are Certified Safe Patient Handling Associate (CSPHA), Certified Safe Patient Handling Professional (CSPHP) and Certified Safe Patient Handling Clinician (CSPHC).

Certification can lead to higher visibility and increased job opportunities. Organizations want to hire and retain the best qualified people who will make positive contributions to safety and quality. Studies have shown that individuals who are certified in their field have higher salaries and better opportunities for promotion.

This is the only SPHM certification currently available. Certification is recognized by the ANCC Magnet Recognition Program®, the VA, and acknowledged by OSHA.

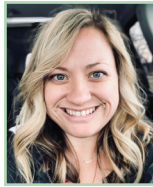
# Congratulations to the First Group of Certified Safe Patient Handling Clinicians!

Please meet the first group of CSPHC's! These licensed clinicians have demonstrated expertise practicing SPHM "at the bedside" and supporting their organization's SPHM program. Their expertise is now recognized with the CSPHP credential. The ASPHP wishes them continued success!

If you are interested in learning more about this new level of Certification, please visit: <http://www.asphp.org/wp-content/uploads/2011/05/Certification-Levels-guideline-.pdf>

**Erin Haling, PT, DPT, CSPHC, CEAS;** University of Kansas Health System, Kansas City, KS; Ergonomics Program Manager; 3 years

*I decided to pursue certification as a CSPHC to belong to a network with resources and to continue to develop my skills as a Safe Patient Handling Clinician. I feel that being CSPHC certified will enhance my career by being an indicator of my commitment to continue to learn and develop throughout my career.*



**Ashley Hursh, PT, CSPHC;** OhioHealth-Riverside Methodist Hospital, Columbus OH; Program Coordinator for Critical Care & Trauma; Co-Chair SPHM committee; 7 years

*I felt it pertinent to become certified as a CSPHC to highlight my unique skills in SPHM. I want to be able to stay on top of current events happening in the SPHM world and be able to bring this information back to my committee and patients.*

*SPHM is a passion of mine as well as providing exceptional care to patients in acute care. I hope to continue to work at the bedside for a long time and feel the only way to do this safely is to change the culture of healthcare in the acute setting to keep our staff and patients safe. Having this certification shows that I am dedicated to changing the culture of my hospital and making it safer for our staff and our patients.*



**Lauren Lash, MPH, PT;** Central Coast Senior Services, Inc., Monterey CA; Director of Safety and Education; 2 years

*This certification is naturally aligned with my skills and focus, as Director of Safety and a Physical Therapist for 20+ years working primarily in patients' homes*

*As we implement a "No Lift" policy and safer client handling protocols, we must change the underlying mindset of all the caregivers. Resources available through ASPHP already have benefited these efforts – our staff are totally impressed by the impact of slide sheets on personal care for bedbound clients. The CSPHC certification is further evidence that we are serious about improving safety and preventing injuries and falls.*



**Robert Masterman, Physical Therapist III, MSPT, CSPHC;** Highland Hospital, Rochester, NY;



**SPHM Committee Chair and Educator; 11 years**

*I was glad to see a new certification level that seemed to best represent my responsibilities as an acute care clinician, educator and co-chair of our safe handling task force.*

*I hope that as we gain more certifications in the area of safe patient handling and mobility that it will help to lend credence to our message of the importance of improving patient and caregiver safety. We hope this will impact our organization positively with our continued challenges as we undergo culture change on our safe handling journey.*

**Ashley N. Thomas, PT, DPT, CSPHC;** Rome Memorial Hospital, Rome NY; Acute Care Physical Therapist, Co-chair SPHM committee; 5 years

*I pursued certification to identify myself as a clinician with expertise in SPHM. Certification provides me with validation when teaching SPHM in my facility and signing-off on staff competencies. This certification empowers me when making SPHM recommendations in other departments in the hospital to advance our SPHM program.*



*Since certification, I have been asked to be a part of patient/family experience, NICHE mobility program implementation and with the director of the education department as we roll-out SPHM facility wide. Certification has allowed me to better connect with other professionals who share the same passion for SPHM and the ability to continue to learn from my experiences and the experiences of others.*

**Roberta White, MSN/ED, BSN, RN, CSPHC;** James A. Haley VA Hospital, Tampa, FL; Safe Patient Handling and Mobility Coordinator; 4-years

*The SPHM Certification has been my goal for a few years. It represents my passion, knowledge, and skill. I want to give my best to our staff and patients.*

*This certification enhances my professional growth and assists me to better advocate for improving staff and patient outcomes, especially regarding their safety.*



**Jill Yano, PT, DPT, CKTP, CSPHC;** Stanford Health Care, Stanford, CA; Senior Physical Therapist; 8+ years practicing SPHM

*I had the CSPHA certification, but the CSPHC seemed like a more specific certification that fits my job description. Plus, I like to be a part of any new project or process!*

*This certification is a personal and professional achievement. My organization's vision statement is "Healing humanity through science and compassion, one patient at a time." With the support from my Rehabilitation Leadership Team, I am empowered to participate in process improvement projects and achieve specialty certifications like the CSPHC.*





## Meet Your Certification Mentor:

You have made the decision that certification in safe patient handling and mobility is right for you and your career. You go to the ASPHP website and find that there are 3 types of certification each with different qualifications and requirements. You read through the descriptions but aren't sure how it applies to you nor what to do next. What should you do? The ASPHP has created a mentoring program to assist applicants as you begin the certification process. ASPHP certificants will answer your questions and give guidance about the process and requirements. These are certified professionals and are knowledgeable with what needs to be included in a successful application. While this mentorship program does not guarantee approval, it does help ensure that your application is as complete and accurate as possible. Come by our booth to meet one of the mentors.

Please contact Kelsey McCoskey at [kelseylmot@yahoo.com](mailto:kelseylmot@yahoo.com) or Sasha M. Latvala at [sasha.latvala@gmail.com](mailto:sasha.latvala@gmail.com) or Patti Wawzyniecki at [pwawzyniecki@hovermatt.com](mailto:pwawzyniecki@hovermatt.com) for more information.

## Not A Member? Join ASPHP Now for a Discounted Rate – Limited Time Offer

A special rate for conference attendees is available during the conference. This one-time special rate is \$99.00 instead of the usual rate of \$135.00. This is for the first year of membership only. This offer expires May 16, 2018. Stop by the ASPHP booth to join today, or pick-up a conference-rate form, to send back with your payment after you return home.

## CERTIFICANT STAGE:

### Christina Squires, MSN, RN, PHN, CSPHP

Each quarter, the Certification newsletter “headlines” a certificant. This quarter, please meet Ms. Christina Squires, who achieved certification in 2016. Christina is the Safe Patient Handling & Mobility Program Coordinator for Dignity Health Central Area, in Santa Maria, CA. Christina admits to being a huge Disney fan. She is also a musician and vocalist, playing flute and drums at church and in a country band, Solomon's Creek.



**ASPHP:** *How did you get started in Safe Patient Handling and Mobility?*

**CS:** By accident! I took the place of a colleague who at a SPHM course. I realized what a big project this was going to be and recognized it as a great final project for my Master's Degree.

**ASPHP:** *Can you describe your current role and responsibilities?*

**CS:** My responsibilities are to manage and sustain the SPHM program for 5 facilities.

**ASPHP:** *What was the impetus to become certified in safe patient handling and mobility?*

**CS:** The certification motivates me to stay involved and connected with other experts. It keeps me current in practice and helps to develop my skills for effective program development and management.

**ASPHP:** *Did you feel prepared for the certification examination? If not, how did you prepare?*

**CS:** I felt somewhat prepared. I used the resources on the ASPHP website and reading list to help me better prepare. I used the sample test. I realized I still had gaps in my knowledge base but was able to pass the exam. I think there is always more to learn and know about SPHM.

**ASPHP:** *Have you experienced professional growth? What has been the value of certification for you?*

**CS:** Yes. Becoming certified enhanced my credibility. I was able to better articulate the need for a SPHM program coordinator position. The organization created and refined the position based upon my knowledge and certification. The ASPHP has brought me the network and has given me personal satisfaction. I've grown professionally and personally.

**ASPHP:** *You are now actively participating in the Certification Examination Committee to help develop the CSPHC-Clinician examination. What has this brought in terms of your professional development?*

**CS:** It's really increased my awareness and satisfaction. I work with people who are vested in the program. Knowing that we are developing something that will help grow programs and develop the sustainability of SPHM practices and get more awareness out to clinicians and key stakeholders is exciting!

**ASPHP:** *Any final thoughts for those thinking about certification?*

**CS:** Being certified in your specialty area is crucial for professional and personal growth. Being certified keeps me involved, current, and excited about affecting change. Yes, there can be monetary gain and advancement; however, the value of learning and imparting the knowledge to others is most important. Finding colleagues with similar interests and motivation is extremely helpful in motivating me.