

Safe Patient Handling & Mobility (SPHM) in Nursing Programs

Educating to Empower: SPHM as a Catalyst for Safer Nursing Practice

Preparing **future** nurses to **implement evidence-based SPHM practices** by using technology, such as powered lifts and mobility devices, to **support safe and early patient mobilization and fall prevention** while **reducing** work-related musculoskeletal disorders (WMSDs) to ensure a **safe and fulfilling career**.



ISSUE

Nurses are **ill-prepared** to protect themselves from injuries caused by mobilizing and moving **patients manually**. Stats show that nursing is high risk for WMSDs *including career-ending injuries*. **Evidence-based SPHM practices** are **NOT included in the curriculum** of many nursing programs.



CONSEQUENCE

- The **lifetime prevalence of WMSDs** among nurses is **60% to 90%**
- **Manual** patient handling is a **leading cause of WMSDs** in nurses
- **Injured** nurses **cannot** provide effective and high-quality patient care

“Rather than accelerating culture change toward safe mobilization of patients, university-level preparation may be retarding the progress...” Wiggermann et al., 2024

SOLUTION

Let's accelerate culture change in higher education programs and equip the next generation of nurses with strategies for self-protection while providing the highest quality patient care using SPHM!

How to get started?

- Check out the “SPHM Education in Health Care Student Curriculum White Paper” Scan QR code or download from: <https://asphp.org/wp-content/uploads/2023/09/SPHM-Curriculum-White-Paper.pdf>
- Visit the SPHM Curriculum Webpage at www.asphp.org
- Questions? Please contact info@asphp.org

