

# Safe Patient Handling & Mobility (SPHM) in Nursing Assistant Programs

## Educating to Empower: SPHM as a Catalyst for Safer Nursing Care

Preparing **future** nursing assistants 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

If over 40 years of evidence indicates that using **“proper body mechanics” does not prevent injury** when manually handling patients, then **why is it still being taught** as the key concept for safe mobilization and care of patients in many **nursing assistant programs**?



### CONSEQUENCE

- For over **2 decades** nursing assistants have among the **highest rates** of sprains and strains of **all occupations** in the United States
- **Manual patient handling** is a leading cause of WMSDs in nursing assistants
- The 6-month prevalence of **back pain** among nursing assistants ranges

**“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 nursing assistant education programs and equip the next generation of nursing assistants 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](http://www.asphp.org)
- Questions? Please contact [info@asphp.org](mailto:info@asphp.org)

