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Safe Movement Practices by STNAs for Residents in Nursing Homes

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Abstract

Previous research reports that with compliance, safe movement programs and policies play a large role in reducing worker injury and safe patient handling. The purpose for our research is to better understand the daily safe movement practices of State Tested Nursing Assistants as it relates to the safe handling and transferring of patients. We used Qualtric software to electronically survey 14 STNAs from Jenning’s Center for Older Adults Upper Level Neighborhood. The survey consisted of 7 forced choice questions and 19 open ended or follow up questions. The scope of our research covers the complexities of the daily tasks of STNAs and the injuries acquired during patient transfers. It also addresses education, implementation, and barriers of safe movement police and practices, job satisfaction and overall happiness, as well as mental and physical healthy behavior practices. The results of our research show that the profession of STNA is very physically and mentally demanding. Our research confirmed results reported in the literature that the most common work related injuries acquired by STNAs were to the lower back. Results show that half of the participants report they never or almost never physically exercise. Over half of the participants reported that in performing their job duties they were unable to comply with OSHA and BWC recommendations to avoid independently lifting more than 50 pounds. Although many opportunities were given for additional comments, most STNAs were reluctant to provide more information. Over 75% of the participants report being very happy with their job role as an STNA.