

# Post-test: Rethinking Lift Teams

## Complimentary Continuing Education Course

### Participant Information Form

Name: \_\_\_\_\_ Degree (RN, LPN, etc): \_\_\_\_\_ Date: \_\_\_\_\_

License # or SS#: \_\_\_\_\_ Name of Facility: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ E-mail: \_\_\_\_\_

**\*PLEASE NOTE: Full first name, last name, and e-mail address are REQUIRED to receive certificate. Please print legibly.**

### Course Information

#### Course Overview:

This educational program is designed to educate, through independent study, multidisciplinary clinicians on the definition of a lift team, its history, and benefits to both healthcare workers and patients.

#### Course Objectives:

Upon completion of this program, the participant should be able to:

1. Describe the components of a structured lift team model.
2. List methods to quantitatively measure the success of a lift team model.
3. Identify physical barriers to prevent musculoskeletal disorders among healthcare providers.

#### Completion Time:

This educational program is accredited for a total of 1.0 contact hours.

#### Target Audience:

This accredited program is intended for nurses who treat patients with obesity.

#### Provider:

This educational program is provided by Matrix Medical Communications. Provider approved by the California Board of Registered Nursing, Provider Number 14887, for 1.0 contact hours.

#### Method of Participation:

Participants must read the designated article and take, submit, and pass the post-test by December 10, 2011. Participants must fill out the Participant Information Form, Answer Form, and Evaluation Form, answer at least 70 percent of the questions correctly, and mail the participant information/answer/evaluation forms to Matrix Medical Communications, Department of Continuing Education, 1595 Paoli Pike, Suite 103, West Chester, PA 19380. Participants also may fax the forms (please include credit card information on Participant Information Form); Fax 484-266-0726. This is complimentary. Upon successful completion, a certificate of completion will be mailed to the participant.

#### About the Instructors:

Shannon Michael Gallagher is an independent consultant on safety, outcomes, and lift management. William Charney, DOH, was the safety coordinator for Washington Hospitals Workers Compensation Program in Seattle, Washington. He is also an author/editor of more than 10 books and dozens of articles on hospital safety systems, needle safety systems, ribavirin and more. Laurie McGinley, RN, MS, CNS-BC, APN, CBN, is the Bariatric Nurse Manager at Western Bariatric Institute of Reno, Nevada. Ms. McGinley has served as Vice President and President Elect of NABN and currently serves as President. She has worked in the hospital setting as well as office based.

#### Provider Contact Information

To submit post-tests or for questions, please contact:  
Angela Hayes, Department of Continuing Education  
Matrix Medical Communications, 1595 Paoli Pike, Suite 103  
West Chester, PA 19380, toll free: 866-325-9907; fax: 484-266-0726;  
E-mail: ahayes@matrixmedcom.com

### Evaluation Form

1. Did the program meet the stated objectives?  yes  no
2. Was there any evidence of commercial bias?  yes  no
3. I have studied the article. This nursing activity was:  
 Extremely useful  Somewhat useful  Minimally useful
4. The overall quality of this activity was:  Excellent  Good  Fair
5. I feel this activity could be improved by:  
\_\_\_\_\_
6. Suggestions for future educational activities/overall comments:  
\_\_\_\_\_
7. I would recommend this nursing activity to my colleagues for study:  yes  no
8. How long did it take you to read the entire module and complete the posttest and evaluation form? \_\_\_\_\_
9. Do you anticipate making any changes to your patient-care practice as a result of this activity?  yes  no
10. Which educational formats do you prefer? Rank order of preference with 1 being the most preferred and 6 being the least preferred:  

___ Audio conference	___ Multimedia (online/CD-ROM)	___ Video Conference
___ Symposia	___ Printed enduring materials	___ Other: _____
11. Please indicate your willingness to participate in a follow-up survey to evaluate the impact of this nursing activity:  
 yes, I will participate  no, I will not participate.

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**Instructions:** To obtain contact hours, complete the Participant Information Form (at left), record the best answer to each post-test question on the Answer Sheet (below), complete the evaluation form (at left), and mail or fax to: Matrix Medical Communications, Department of Continuing Education, 1595 Paoli Pike, Suite 103, West Chester, PA 19380 or fax 484-266-0726

**Name:** \_\_\_\_\_

**Answer Sheet—Completely fill in each circle for that answer.**

- |  |  |
|--|--|
| 1. <input type="radio"/> A <input type="radio"/> B <input type="radio"/> C <input type="radio"/> D | 6. <input type="radio"/> A <input type="radio"/> B <input type="radio"/> C <input type="radio"/> D                         |
| 2. <input type="radio"/> A <input type="radio"/> B <input type="radio"/> C <input type="radio"/> D | 7. <input type="radio"/> A <input type="radio"/> B <input type="radio"/> C <input type="radio"/> D                         |
| 3. <input type="radio"/> A <input type="radio"/> B <input type="radio"/> C <input type="radio"/> D | 8. <input type="radio"/> A <input type="radio"/> B <input type="radio"/> C <input type="radio"/> D <input type="radio"/> E |
| 4. <input type="radio"/> A <input type="radio"/> B <input type="radio"/> C <input type="radio"/> D | 9. <input type="radio"/> A <input type="radio"/> B <input type="radio"/> C <input type="radio"/> D                         |
| 5. <input type="radio"/> A <input type="radio"/> B <input type="radio"/> C <input type="radio"/> D | 10. <input type="radio"/> A <input type="radio"/> B <input type="radio"/> C <input type="radio"/> D                        |

**Questions**

- |  |   |
|--|---|
| 1. According to a 2000 report by the Bureau of Labor Statistics (BLS), healthcare workers sustain how many more overexertion injuries as compared with other types of workers:<br>A. 76 percent<br>B. 4.5 times<br>C. 20 times<br>D. 21 percent  | 6. According to 2007–2008 data, based on measured weight and height, approximately what number of Americans living in the United States were considered obese:<br>A. 60 percent<br>B. 72.5 million<br>C. 100 million<br>D. The data is not available  |
| 2. Causes of musculoskeletal injuries among healthcare workers are thought to be a result of:<br>A. Turning obese patients with pressure ulcers<br>B. Manual lifting, turning and repositioning patients of all sizes<br>C. Manually repositioning any obese patient<br>D. Ineffective lifting equipment   | 7. The Peter D. Hart Research Associates surveyed nurses to determine their perception of the most significant occupational problems with associated with a nursing career. Respondents cited the following:<br>A. Poor salaries<br>B. Access to supervisory support<br>C. Understaffing and the stress and physical demands of the job<br>D. None of the above   |
| 3. The lift team model is an intervention that has proven itself in addressing:<br>A. Caregiver injury reduction, liability risk, and improved communication skills<br>B. Safe patient handling compliance and reducing caregiver injury<br>C. Unavoidable pressure ulcers and improved communication skills<br>D. Safe patient handling compliance, caregiver injury, liability risk reduction, and patient injury prevention | 8. Which of the following statements is false:<br>A. The risks associated with patient handling activities can be managed appropriately with innovations such as the lift team model<br>B. Good body mechanics are sufficient to protect nurses from injury when manually lifting obese patients<br>C. New knowledge is often slow to implement into practice<br>D. The lift team model is not essential in the metabolic surgery unit<br>E. Both B and D |
| 4. Which of the following statements is true:<br>A. Good body mechanics serves to protect nurses from all types of back injuries<br>B. Lifting equipment is the most important feature in a safe patient handling program<br>C. Algorithms and patient care policies are the heart of safe patient care<br>D. Lifting is a learned skill, not a random task  | 9. Successful lift team implementations have had the following quantitative outcomes:<br>A. Reduced patient injuries by 70 percent<br>B. Reduced employee injuries by 88 percent<br>C. Reduced lost workdays by 90 percent and increased morale by 97 percent<br>D. All of the above  |
| 5. In 1997, Tuohy-Main conducted a study that suggested that during an eight-hour shift, the average nurse lifts:<br>A. Equal to the nurse's weight<br>B. More than 3500 pounds<br>C. An impossible amount of weight<br>D. Twice the nurse's body weight   | 10. From a historical perspective, organizational obstacles to safe patient handling include:<br>A. Uncooperative nursing staff members<br>B. Lack of available lifting aids; time pressure to perform tasks<br>C. Lack of available personnel<br>D. Both B and C   |



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