

HOW CAN WE MAKE SINGLE HANDED CARE A MORE REALISTIC AND EFFICIENT OPTION?

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- ▶ 2 carers are struggling to get the service user from lying to sitting on the edge of the bed. On assessment, they elevate the head end of the bed and the person is manually moved with one handler at the shoulders and one at the legs to move her round to sitting on the edge of the bed. On assessment it appears that she does not have adequate core strength to move her legs in long legged sitting.
- ▶ This leads the person to feel very dependent on the two carers
- ▶ This impacts on their emotional wellbeing
- ▶ She finds it painful when the carers physically grip her to move her

CASE SCENARIO - LYING TO SITTING ON THE EDGE OF THE BED



A RISK ASSESSMENT APPROACH IS ESSENTIAL

- ▶ Load – ability to assist, ability to maintain sitting balance, emotional well being, choices, wishes around how they are moved and handled, risk of skin injury and pain/discomfort
- ▶ Individual – 2 handlers adopting poor postures, taking the person weight when assisting from the shoulders and her legs, informal or formal carers?
- ▶ Tasks – lying to sitting on the edge of the bed
- ▶ Environment – flooring, slip and trip hazards, space, animals

- ▶ Plan - try the new technique with a positioning wedge to assist with sitting on the edge of the bed and gain the service users views on comfort/dignity.

HANDLING PLAN

- ▶ If the new technique works then complete a handling plan to reflect the new technique and share this with the handlers.
- ▶ The handling plan should be clear and concise (HSE)
 - ▶ Line drawings – Bournemouth Protocols
 - ▶ Videos – OT4Independence YouTube
<https://www.youtube.com/channel/UCVq7fTG3m22LrwOAzYuzlLg>
 - ▶ Photos with consent gained
- ▶ Allow a period with 2 carers where only 1 carer does the handling to test out the new technique and build confidence in the handlers that they can achieve this safely.

HANDLING OVER TECHNIQUES TO INFORMAL & FORMAL CARERS

▶ **Informal carers – family and friends**

- ▶ Need to assess whether this person is fit and healthy enough to undertake the task
- ▶ Previous injuries/ medical history
- ▶ Cognitively able to remember the steps of how to do the technique
- ▶ Assess competency doing the task

▶ **Formal carers - employed**

- ▶ Their employer must ensure that they are :
- ▶ Provided with training, support, supervision and instruction (HSAW 1974)
- ▶ Competent and fit and healthy enough to undertake the tasks they are employed to undertake.
- ▶ Make reasonable adjustments for any limitations – case load complexity



DELEGATION/HANDOVER OF TECHNIQUES AND/OR EQUIPMENT

▶ 6.5 Delegation

- ▶ When you delegate you have to ensure that the person to whom you are delegating is competent.
- ▶ You must provide appropriate supervision and support
- ▶ You retain ultimate accountability.
- ▶ **(RCOT Professional standards for OT practice, conduct and ethics, 2021)**

OUTCOME MEASURES

Borg Scale of perceived exertion – Borg (1998) The scale steps from 6-20 which relates to the heart rate divided by 10. Carers can rate their perceived exertion during a task from no exertion at all (6) to maximal exertion(20)

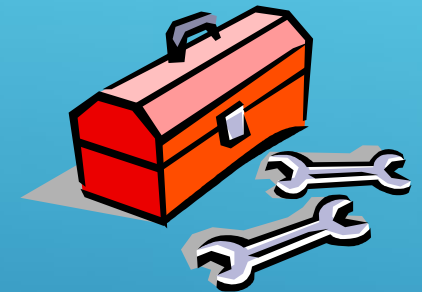
- 6 No exertion at all
- 7 Extremely light
- 8
- 9 Very light
- 10
- 11 Light
- 12
- 13 Somewhat hard
- 14
- 15 Hard (heavy)
- 16
- 17 Very hard
- 18
- 19 Extremely hard
- 20 Maximal exertion



Ref: The Guide to the Handling of People 6th edition 2011

OUTCOME MEASURES CONTD

- ▶ 10 point Comfort/Dignity Scale
 - ▶ extreme discomfort (0) to extreme comfort (10)
- ▶ 10 point Activity Scale
 - ▶ no service user activity (0) to full service user activity (10)



Ref: The Guide to the Handling of People 5th edition 2005 and 6th edition 2011



- ▶ Service user has 2 carers
- ▶ She is rolled twice for personal care on the bed
- ▶ She is rolled 4 times to get clothing on
- ▶ She is rolled twice more to get the sling fitted to be hoisted out of bed.
- ▶ The rolling causes pain, discomfort, anxiety and the person suffers with vertigo so it makes her feel sick.

CASE SCENARIO – PERSON STRUGGLING WITH BEING ROLLED

OPTIONS TO CONSIDER....

- Distract them during the task – music, chat about something they're interested in, fiddle muff to help reduce anxiety and feelings of helplessness.
- Ask them to score comfort and/or dignity using the old method of moving and handling and after the new method has been tried.

▶ 10 point Comfort/Dignity Scale

extreme discomfort/lack of dignity

extreme comfort/high level of dignity

0



10

Ref: The Guide to the Handling of People 6th edition 2011

- Formal carers - demonstrate and observe them undertaking the task, provide risk assessment and handling plan.
- Informal carers – carers assessment, demonstrate and assess competency and record
- Personalised care (Care Act 2014)
- Client funding their own care – costs halved.

HOW DO WE MAKE IT REALISTIC & EFFICIENT ?

- ▶ Using a risk assessment approach
- ▶ Sharing the risk assessment and handling plan with the handlers
- ▶ Ensure that all therapists across health and social care know how to assess and prescribe the equipment and techniques available to implement personalised care.
- ▶ Work proactively to support home care providers to upskill their staff
- ▶ Ensure home care providers are signed up and committed to implementing the therapists' handling plans.

HOW DO WE MAKE IT REALISTIC & EFFICIENT ? CONTD

- ▶ Consider supporting the home care providers by providing a training venue that is stocked with the local standard stock items so that the handlers are trained on the products that they will be using in their job roles.
- ▶ Support providers to ensure that they have trained trainers in place and keep them up to date to ensure that they cascade training that reflects this culture change
- ▶ Or direct them to Advanced Members of the National Back Exchange to ensure that they access trainers who have been audited and assessed to be competent and deliver a high level of training and are committed to CPD.
<https://www.nationalbackexchange.org/become-member>

RESOURCES /FURTHER CPD

- ▶ <https://www.ot4independence.co.uk/news/>
for videos and papers to read
- ▶ <https://www.rcot.co.uk/>
 - ▶ Professional standards for OT practice, conduct and ethic (2021)
 - ▶ Embracing Risk, enabling choice (2018)
- ▶ <https://www.hse.gov.uk/>
 - ▶ Getting to Grips with Hoisting
- ▶ <https://www.nationalbackexchange.org/>
 - ▶ Local meetings
 - ▶ Dementia Handling Book 2019