



Safe Patient Handling App

Quick Start Guide

VA



U.S. Department of Veterans Affairs

Veterans Health Administration
Office of Connected Care

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Overview

For both Department of Veterans Affairs (VA) and non-VA care teams, particularly direct care providers including nurses, physical medicine and rehabilitation (PM&R) specialists and imaging staff, the Safe Patient Handling App provides evidence-based Safe Patient Handling and Mobility (SPHM) techniques to help provide the safest care possible to patients. The app offers a blend of knowledge and tools to prevent injury of both health care professionals and the patients they care for by incorporating patient assessments, scoring tools, algorithms, equipment guides, videos for training and peer leader activity checklists. The information in this app offers the current best practices in SPHM at the point of care, preventing injury and improving interactions between patients and health care professionals.

NOTE: The advice within this app has been compiled by VA. Others are welcome to use this app based upon their specific governance approval. Use of this tool should be considered as guidance and not substituted for professional clinical judgment. It is the responsibility of the health care professional using this app to make use of the guidance based upon the specific circumstances of the individual patient.

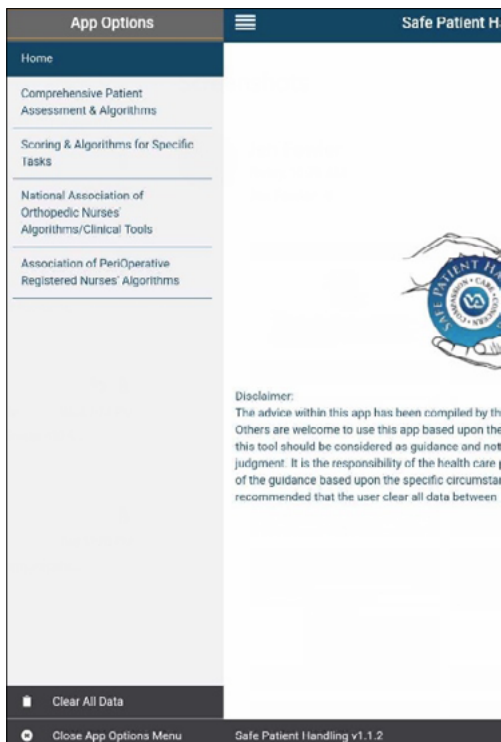
1

Getting to Know the Screen

When you access the Safe Patient Handling App, you will first see the home screen, which gives you an overview of the information available in the app. In the upper corners, there are two menus that help you navigate the app:

- App Options (four-line icon in the upper left corner) allows you to access:
 - Home
 - Comprehensive Patient Assessment & Algorithms
 - Scoring & Algorithms for Specific Tasks
 - National Association of Orthopedic Nurses' (NAON) Algorithms/Clinical Tools (NAON)
 - Association of PeriOperative Registered Nurses' (AORN) Algorithms
 - Clear All Data
 - Close App Options Menu
- User Menu (four-line icon with a silhouette in the upper right corner) allows you to access:
 - About – An app overview and features explanation, End User License Agreement (EULA), VA App Store URL and acknowledgements.
 - Help – A built-in User Guide, a Help Desk number and feedback link.
 - Resources – AORN information, glossary, kits, NAON information, Training Guides, etc.
 - VA Launchpad
 - Close User Menu

Tap the icons to access each menu, which will slide out from the sides of your screen. To close the menus, tap the icons again or tap the center of the screen.



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Clearing All Data

As you go through the app, you will have options to take assessments or questionnaires about your patient's health and level of mobility. The answers to the assessments will remain until you have chosen to clear the answers. To clear all data, tap the app options menu (four-line icon in the upper left corner) and a slide-out menu will appear. Tap **Clear All Data** at the bottom of the menu and a pop-up Confirm clear data box will appear. Tap **OK** (or to close without clearing, tap **Cancel**). **NOTE:** Be sure to clear all data between using the app with different patients.

Confirm clear data

Confirming this action will clear all assessment question responses, selected tasks, and recommendations.

Cancel OK

☒ No

2. Weight Bearing Capability

☐ Fully Weight Bearing

☒ Non-Weight Bearing

☐ Partial Weight Bearing

3. Balance

☐ Ability to maintain sitting balance at edge of bed/chair

☒ Ability to maintain standing balance

☐ No sitting or standing balance

4. Upper Extremity Strength

☐ Full Strength in both upper extremities

☐ No Strength in either upper extremity

☒ Strength in one upper extremity

5. Ability to grasp

☒ Full grasp with both hands

☐ No grasping ability with either hand

☐ Grasp with one hand

6. Patient's level of cooperation and comprehension

☐ Cooperative, may need prompting, able to follow simple commands/instructions

☒ Uncooperative, combative, or unpredictable/unable to follow simple commands/instructions

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Using Comprehensive Patient Assessment and Algorithms

This section will help you determine the mobility and independence of your patient, assess their ability to perform certain tasks, and choose the safest patient handling methods and equipment that might be needed to assist the patient. You can assess your patient's ability to perform multiple tasks or specific tasks by answering a series of questions. Based on your answers the assessments' algorithms will provide you with recommendations.

To complete the assessment, tap the app options menu (four-line icon in the upper left corner) and a slide-out menu will appear. Tap **Comprehensive Patient Assessment & Algorithms** and then tap either **Conduct an assessment for multiple tasks** or **Select a Single Task**.

- If you choose to conduct an assessment for multiple tasks, the assessment will appear in the right pane of your screen. Answer the questions by tapping the circles next to the appropriate answers for your patient, and then tap **Next: Select one or more tasks** at the bottom of the screen and you will go to a Task List screen where you can select the tasks about which you would like recommendations and diagrams.
- If you choose to select a single task, you will go directly to the Task List.

Tap the checkbox(es) next to the task(s) your patient needs to perform, and then tap **Get Recommendations** at the bottom of the screen. You will go to a Task Chosen & Recommendations screen where you will see the topic(s) you have selected. Tap the heading of a topic for more information.

Safe Patient Handling

Comprehensive Patient Assessment & Algorithms

Conduct an assessment for multiple tasks

Select a Single Task

Clear Assessment ⓘ

1. Is the patient greater than 300 lb or 136 kg?

☐ Yes

☒ No

2. Weight Bearing Capability

☐ Fully Weight Bearing

☒ Non-Weight Bearing

☐ Partial Weight Bearing

3. Balance

☐ Ability to maintain sitting balance at edge of bed/chair

☒ Ability to maintain standing balance



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Using Scoring Algorithms for Specific Tasks

This section allows you to calculate a patient handling functional score for individual patients based on their mobility and the specific task they need to perform. You can then use that score to see recommended processes and equipment for that task.

Tap the app options menu (four-line icon in the upper left corner) and a slide-out menu will appear. Tap **Scoring & Algorithms for Specific Tasks**, and then tap the task you would like to evaluate and an assessment will appear in the right pane of your screen based on the task you have chosen. Answer the questions by tapping the circles next to the appropriate answers for your patient, and then tap **Calculate Score**. You will go to a Task Chosen & Recommendations screen, where you will see the patient's score and the recommendations for how to approach a task based upon your patient's score. Tap the heading of the task for more information.

Scoring & Algorithms for Specific Tasks 	Reposition up in Bed: Side to Side, Up in Bed
Transfer: Bed to Chair, Chair to Toilet, Chair to Chair, Car to Chair	Score 4 Clear Assessment 
Lateral Transfer to & From: Bed to Stretcher/Trolley	
Transfer To & From: Chair to Stretcher or Chair to Exam Table	
Reposition up in Bed: Side to Side, Up in Bed	<p>1. Patient's Level of Assistance:</p> <ul style="list-style-type: none"> <input type="radio"/> No Help Needed – The patient is independent, standby for safety only, needs no staff assist <input checked="" type="radio"/> The patient needs minimal to moderate help, light touch, verbal cues – Staff is required to lift <35 # <input type="radio"/> Dependent—Patient requires staff to lift > 35# or the patient has unpredictable strength/high risk for fall during the reposition. In this case assistive devices need to be used for safe moves. <p>2. Lower extremity ability to bear weight</p> <ul style="list-style-type: none"> <input type="radio"/> Bilateral Weight Bearing <input checked="" type="radio"/> Bilateral but the legs are weak <input type="radio"/> Unilateral weight bearing
Reposition in Chair: Wheelchair & Dependency Chair	
Transfer a Patient up from floor	

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Learning about Orthopedic Tools

Tap the app options menu (four-line icon in the upper left corner) and a slide-out menu will appear. Tap **National Association of Orthopedic Nurses' Algorithms/Clinical Tools**, and you will see information about orthopedic clinical tools and assessments. To visit the NAON website, tap the hyperlink, which will open in a new window.

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Learning about Perioperative Tools

Tap the app options menu (four-line icon in the upper left corner) and a slide-out menu will appear. Tap **Association of PeriOperative Registered Nurses' Algorithms** and you will see information about perioperative clinical tools. To visit the AORN website, tap the hyperlink, which will open in a new window.

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Accessing Additional Resources

Tap the user menu (four-line icon with a silhouette in the upper right corner), and a slide-out menu will appear. Tap **Resources**. You will go to the Resource screen with these topics:

- AORN
- Association of Safe Patient Handling Professionals
- Glossary
- Hill-Room for BMAT
- International Journal of SPHM
- Kits
- NAON
- National Public Radio Series on Injured Nurses
- Occupational Safety and Health Administration Safe Patient Handling
- Safe Patient Handling and Mobility: Interprofessional National Standards by American Nurses Association
- Training Guides
- Veterans Health Administration Safe Patient Handling and Mobility
- Websites

Tap on the topics' heading to expand more information beneath. Some topics may have written information or hyperlinks you can tap to visit resources' websites. You can also tap Patient Handling & Movement Assessments and the Scoring & Algorithms for Safe Patient Handling & Mobility hyperlinks to open information in a new window.

Help and Additional Information

Additional training materials for the Safe Patient Handling App

More resources, such as a User Manual, Slideshow and FAQs, can be found on mobile.va.gov/appstore, and search for the app to access the resources. You can access these materials directly by tapping the user menu (four-line icon with a silhouette in the upper right corner), and a slide-out menu will appear. Tap **About**, and tap the VA App Store hyperlink.

Help Desk information

If you need assistance with the Safe Patient Handling App, dial **1-844-482-6624** to speak with a VA representative. The Help Desk is open weekdays from 7 a.m. to 7 p.m. CT. For TTY assistance, dial 711.

Emergencies

If you feel that your information may have been compromised, contact your local VA facility to obtain the contact information for your Privacy Officer. To locate your local VA facility, visit VA's Facility Locator: <http://www.va.gov/directory/guide/home.asp?isflash=1>. Note that you should never use this app in an emergency situation. If you encounter an emergency, call your local medical center or dial 911.