


The Prevention of Slipped, Fall and Sprained Injuries Program for Community Nurses : *The Experience of the New Territories East Cluster (NTEC)*




*Yung Siu Yin
Ward Manager
Community Outreach Services Team
Prince of Wales Hospital*




OBJECTIVES



To arouse nurses' awareness on environmental risks and hazards



To give recommendations on selection of footwear and nursing bag



To introduce the use of light-weighted medical consumables



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IMPLEMENTATION

In three CNS centers under NTEC since April, 2013



AHNH CNS



PWH CNS



NDH CNS

I) Analysis & identification

Ergonomic hazards, fall and other potential risks were identified after analyzing relevant information

II) Observation on Worksite

Occupation Medicine Care Service (OMCS) was invited for worksite visit and discussion on the potential measures related to occupational safety and health (OSH)



III) Workplace Safety Enhancement Workshop

To increase staff's awareness on environmental risks and hazards after worksite visit by OMCS



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IV) Daily Pre-work Stretching Exercise

To enhance staff's physical fitness and flexibility



V) Light-weighted medical consumables

To minimize weight of nursing bags



1 bottle 100ml NS



10 pieces 10ml NS



Big and small dressing pack

VI) Regular weighting of nursing bags

To check before work so as to promote OSH



VII) Light-fabric backpacks

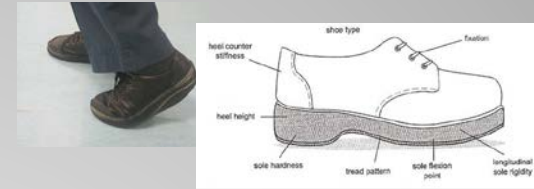
To use in rainy days, places with stairs and uneven grounds



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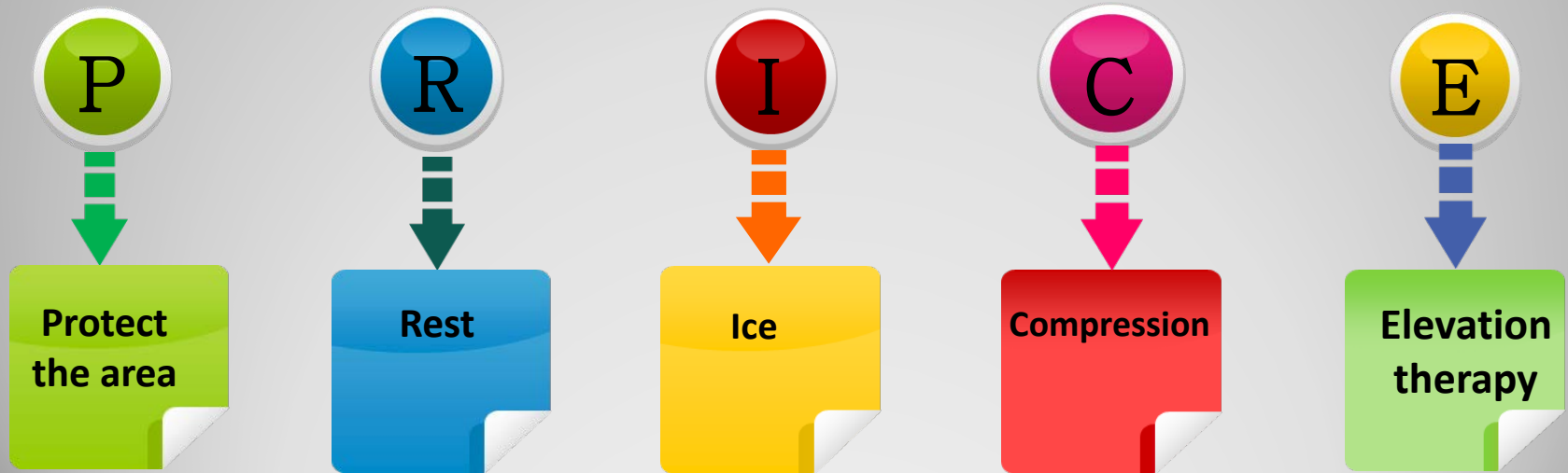
VIII) Recommendation For Choosing Footwear

To give recommendations on choice of footwear with relevant training



IX) Promotion of “PRICE” Concept

“PRICE” for acute ankle sprain helped to prevent complications and accelerated recovery



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RESULT

In 2010 to Oct 2013:

The rate of IOD incidents resulting from slipped, fall and sprain injuries from the three CNS centers was reduced **58.3% from 12 incidents** in 2012 - 2013 to **5 incidents** in 2013 - 2014



CONCLUSION

The Program is feasible and effective in reducing staff IOD in community setting

