MHO Staff Training in Department of Cardiothoracic Surgery
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Keywords:
Manual handling operation
Train-the-trainer workshop
Assessment

Introduction
To maintain and enhance an effective and safe Manual Handling Operation (MHO) in clinical area, Department of Cardiothoracic Surgery had conducted a MHO training program to frontline staff.

Objectives
To ensure staff's proper attitude in handling MHO and promote staff's knowledge and skill, so as to minimize related occupational hazards and injury.

Methodology
In November 2013, we had cooperated with Physiotherapy Department to conduct a MHO Train-the-trainer workshop in CTS. Theory presentation, skill demonstration and staff practicum on safe patient transfer and transporting of hospital bed were included. Skill demonstration was recorded by video. A tailor-made Staff Training and Compliance Checklist (English & Chinese) was designed for assessment and evaluation of the staff's compliance on safe patient and equipment handling after the training. All nurses and supporting staff were then encouraged to participate in the theory session through reading the PowerPoint presentation and watching the demonstration video. Assigned MHO trainers at wards provided detailed explanation and skill demonstration upon enquiry throughout the process. After the theory session and watching the video, an assessment of staff compliance on safe MHO was conducted from August to September 2014.

Result
Among the G7 and H7 wards, there were total 31 staff nurses and 13 supporting staff had undergone the MHO assessment. Staff demonstrated proper skill on patient transfer in all criteria. Results were satisfactory as the overall compliance rate was 100%.