

# Ergosolutions BC Oy Ab organises in 2019

## 'Ergonomic patient handling card<sup>®</sup>' –training in English

- Aim of the basic<sup>1</sup>** Finnish 'Ergonomic patient handling card<sup>®</sup>' (later *Card*) –training scheme
- is to define the competencies, skill, and knowledge levels needed to be able to perform patient transfers safely; to ensure compliance with legislative requirements,
  - to ensure compliance with legislative requirements,
  - to improve both patient safety and the quality of care.
  - By means of the scheme's exam, nurses can prove their competence.

### Target group

Teachers, educators, lecturers and trainers in the healthcare sector, physiotherapists, nurses interested in Economic Ergonomic Safe Patient Handling movement | Mobility EESPHM

### Time

The **E-learning phase** (from wherever your computer resides) starts with info (via Skype) on ? 2019. ending on ? 2019 in Moodle learning base.  
Who wishes to attempt to obtain the *Card* need to be present at both a) & b)  
a) The **contact sessions** last for 2½-3½ days (including the exam) length of time and location(s) yet to be agreed with the participants  
b) **Exam** - demonstrations of practical skills is set for ? 2019

### Content

in a poster (tailor made for the particular participant group), + discussions

### Extent of the course

3 credit points

### Trainer

**Leena Tamminen-Peter**, PhD, teacher of Nursing and Occupational Physiotherapist

### Price

€ 744 / participant (€ 600 + € 144 = 24% VAT<sup>2</sup> / participant)

### Benefits

The benefits of the *Card* -training is widely accepted in Finland. In workplaces with extensive training, the benefits of the ergonomics and safe working methods are evident. For example, one workplace's statistics, 2013-2016, shows a gradual decrease in sickness absences due to WMSDs of 29%. In another workplace reduction of sickness absences due to WMSDs<sup>3</sup> from 2013 to 2016 is 26%. Also, the following qualitative results have been received: "Quality of the care has improved because nurses work in a more patient activating way. Patients react less aggressively towards nurses. The work is better planned than before. We do not need so many replacement nurses / recruiting and teaching time is saved. The working atmosphere is better when people are in less pain when working."

### Registration and information

To Leena Tamminen-Peter at the latest ?  
email: [letampe@gmail.com](mailto:letampe@gmail.com)  
mobile: +358 40 5447134

<sup>1</sup>basic, vs. since 2018 specialised 'Ergonomic patient handling card<sup>®</sup>' -perioperative care education scheme presently taught in Finnish only.

<sup>2</sup>Value Added Tax

<sup>3</sup>Work-related Musculoskeletal Disorders