



## Guidelines for Journal and/or Textbook Reading Sample Self-Directed Learning Form

1. For journal reading, a minimum of two (2) peer-reviewed, practice-related professional journal articles (e.g. *The International Journal of SPHM*; *Ergonomics*; *Journal of the American Physical Therapy Association*) are equivalent to one (1) PDH.
2. For textbook reading, a minimum of two (2) chapters are equivalent to one (1) PDH.
3. All readings **must** be specific to Safe Patient Handling and Mobility (SPHM).
4. Verification documentation **must** include the following:
  - Date(s) the articles/chapters were read by applicant or certificant.
  - Annotated bibliography listing the APA reference of each reading along with a brief description of the content, validity of the research or ideas presented, and the conclusions drawn by the author(s) of the readings.
  - Description of how the content of the readings have impacted your current area of practice, minimum of 1,000 words in length.

Date Read	Reference
10/16/2020	Marras, W.S., Knapik, G.G., & Ferguson, S. (2009). Lumbar spine forces during manoeuvring of ceiling-based and floor-based patient transfer devices. <i>Ergonomics</i> , 52(3), 384-397.
Annotated Bibliography	
<p>The article describes a research study that investigates the biomechanical forces of the lumbar spine using 3D modeling when maneuvering floor-based lifts and ceiling lifts. The authors used 10 test subjects (5 males/5 females) of varying weights, to evaluate pushing and pulling tasks using the two types of devices within the confines of varying environmental conditions (i.e., floors, turns, room space). The goal was to determine how all the variables interplayed with one another. With the floor-based systems, wheel-size and floor type significantly influenced the results of anterior-posterior (A/P) shear, as did turning maneuvers and the weight of the patient. Results further indicated that while floor-based lifts provide much greater benefit than manual patient handling, ceiling lifts have little spine loading risk associated with their use as compared to floor-based lifts. Ceiling lifts also provide users with</p>	

**Describe How This Article Has Impacted Your Practice Area\***

better system control because they typically have less friction. Therefore, the research supports that ceiling lifts are preferable and biomechanically safer than floor-based lifts when moving and transferring patients during patient care activities.

I work as a therapist in an acute care hospital. I also sit on our hospital's Safe Patient Handling Committee. Many of the patients I work with come in severely deconditioned and need a lot of assistance to get back to their functional baseline. As our facility has begun to renovate and break ground for a new building, I have advocated for the installation of more ceiling lifts throughout several of our nursing units. The literature shows that this type of SPHM technology provides a preferable and biomechanically safer alternative to mobilize patients (e.g., transfers, turning and repositioning, boosting, gait training, rehabilitation exercise, etc.). While floor-based lifts serve their purpose in certain scenarios, I feel that having access to more ceiling lifts will assist in reducing the amount of manual patient handling being performed by staff, ultimately decreasing the amount of patient handling injuries our facility incurs. I also believe that ceiling lifts can help assist me and other therapists throughout our early mobility initiative. We could use the lifts to perform progressive mobilization: in bed mobility and ROM, assist with EOB sitting, standing with a walking vest, supported ambulation, etc.

This article, and literature that is similar, helps me make the case to the C-suite with regards to the benefits the ceiling lifts can have for our facility, our staff and our patients.....

Hours Spent: \_\_\_\_\_ Signature: \_\_\_\_\_

**\*This is provided only as a EXCERPT of a basic example. Applicant and certificant submissions should be more detailed. A minimum of 1,000 words in length is required.**