

## MEMBERS

- Oregon OSHA\*
- SAIF Corporation\*
- University of Oregon Labor Education Research Center \*
- Oregon Nurses' Association
- Oregon Health Care Association
- Oregon Association of Hospitals and Health Systems
- Oregon Federation of Nurses and Health Professionals 5017 (Kaiser Permanente)
- Liberty Northwest
- Association of Occupational Health Professionals in Healthcare – OR Chapter
- Nursing Home Administrator, Dallas Retirement Village & Board Member, Oregon Alliance
- Oregon DHS, Seniors and People with Disabilities
- Acumentra Health
- Safety Coordinator, Assisted Living Facility Bonaventure Senior Living
- Clinical Nurse Specialist – Occupational Health
- Physical therapists (Salem Hospital and St Charles Medical Center, Bend)
- Ergonomics Specialists (Providence Health & Services, OR)

### Co-Chairs

Lynda Enos, MS, RN, COHN-S, CPE. Chair 2004-2006 and Co-Chair 2007-2011, Nursing Practice Consultant/Ergonomist, Oregon Nurses Association and Ergonomics Consultant, HumanFit

Deb Fell-Carlson, RN, MS, COHN-S, HEM.

Co-Chair 2007-2011

Loss Control Program Advisor, SAIF Corporation

\*Founding members

## Visit the OCHE Website

[www.hcergo.org](http://www.hcergo.org)

A 'one stop' shopping

### Recipient of the 2010 CROET Nursing Worksite

The award provides funding for hosting of the OCHE website.

The award is given with support from Oregon State Association of Occupational Health Nurses (OSAOHN) and the Center for

### For More Information Contact

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## Improving Health Care Employee and



## MISSION

To improve healthcare employee and consumer safety by promoting ergonomics best practices across the continuum of care. OCHE goals are to increase education and awareness about musculoskeletal injuries (MSDs) and to share and promote ergonomic best practices and injury prevention strategies with the Oregon health care community.

(August 2003)

## WHO ARE WE?

A working partnership between health care industry groups and professional associations, academia, labor, workers' compensation insurance, and Oregon OSHA.

## GOALS

- Increase education and awareness of ergonomics injuries and challenges in the health care community.
- Share ergonomics best practices and injury prevention strategies within the health care community.
- Implement a communication plan to include all sectors of the health care community.

## FUTURE FOCUS

- Expand OCHE membership to other health care organizations such as home health.
- Expand MSDs prevention resources for long term care and home health care
- Continue efforts to find funding and promote the FOC program to Critical Access Hospitals and Long Term Care facilities throughout Oregon.

## PROJECTS AND ACHIEVEMENTS

### Education and Awareness for Stakeholders

- National HealthCare Ergonomics Conference held in 2004, 2006 and 2009 in Portland, OR and in 2011 with the Washington Safe Patient Handling Steering Committee and the University of Washington Northwest Center for Occupational Health and Safety.
- Statewide workshops and seminars sponsored by member organizations.
- Stakeholders meetings for health care related organizations held in 2006 and 2007.



### Networking and Collaborative Partnerships

- Guest presentations for the Governor's Healthcare Workforce Retention Initiative task group, meetings of nurse educators, Oregon State Board of Nursing and to community groups.
- EMS Summit (Assisted Living and EMS partnership) to reduce injury risk from patient handling (LERC).
- Representatives on the Occupational Public Health Program (OPHP) for worker injury and illness prevention.

### Impacting Curriculum

- State Nursing Assistant Curriculum revised to include safe patient handling (SPH) concepts and use of lift and positioning devices.
- Implementation of the national SPH curriculum into a majority of Schools of Nursing in Oregon (facilitated by ONA).
- EMS/Firefighters - Exploring integration of ergonomics principles in EMT training requirements at the state level (LERC).

### Resources and Training

- Health care ergonomics website developed in 2010
- OCHE member organizations offer training, resource materials, and free ergonomics consulting (ONA, SAIF, Liberty NW, Oregon OSHA).
- SPH training materials and videos developed for Acute and Long Term Care health care workers, patients and their families with grants from Oregon OSHA (ONA, LERC, OROSHA, SAIF). Materials are provided at no cost to all acute and long term care facilities in the state.
- Train-the-trainer 8-hour Ergonomics Curriculum developed for Emergency Medical Services (EMS) and Firefighters (LERC).

### Needs Assessment and Assessing Impact

- An estimated 65% of Acute Care Facilities (i.e., 80% of Acute Care beds) in Oregon have SPH program initiatives with varying components.
- Conducted a formal survey of Acute and Long Term Care facilities to assess impact of OCHE efforts to reduce MSDs in Oregon (OCHE and OPHP).
- Survey of EMS and Long Term Care facilities in Oregon around issues of SPH and transporting heavy patients (LERC).

### Strategic and Creative Incentives

- Completed pilot projects in support of OR-OSHA Facility of Choice (FOC) SPH program for Critical Access Hospitals (including Home Health and EMS) and Long Term Care.
- Promote use of the Employer at Injury Program and Preferred Worker Program in support of healthcare ergonomics initiatives.
- Explore and develop solutions for obtaining necessary SPH equipment for the Home Care environment.

