



# Understanding the ANA's SPHM Standards

On June 25, 2013, the American Nurses Association (ANA) unveiled national standards for Safe Patient Handling and Mobility (SPHM). The standards were developed to establish a uniform, national foundation for SPHM to prevent health care worker and patient injuries.

## According to the ANA's 2011 Health & Safety Survey:

- 62% of respondents indicated that suffering a disabling musculoskeletal (MSD) injury was one of their top three safety concerns.
- 56% experience MSD pain that was caused or made worse by the job.

Health care providers have traditionally been trained in proper body mechanics, but research has shown that good body mechanics alone has not impacted the rate of injury among employees. Most MSD injuries are related to repeated transfer, repositioning and ambulation of patients and care receivers. Social trends within the U.S., such as obesity and the aging population, have contributed to the problem.

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## Additional SPHM Resources

### Safe Patient Handling and Mobility: Interprofessional National Standards

<http://www.nursesbooks.org/Main-Menu/Specialties/Staffing-Workplace/SPHM-Standards.aspx>

### ANA SPHM Standards Implementation Guide

<http://www.nursesbooks.org/Main-Menu/Specialties/Staffing-Workplace/Implementation-Guide-to-SPHM-Interprofessional-National-Standards.aspx>

### Evidence-Based Practices for SPHM

<http://www.nursingworld.org/MainMenuCategories/ANAMarketplace/ANAPeriodicals/OJIN/TableofContents/Volume92004/No3Sept04/EvidenceBasedPractices.aspx>

### CDC – Center for Disease Control and Prevention – Safe Patient Handling

<http://www.cdc.gov/niosh/topics/safepatient/>

### States with SPHM Laws or Regulations

<http://www.nursingworld.org/MainMenuCategories/Policy-Advocacy/State/Legislative-Agenda-Reports/State-SafePatientHandling/>

These standards were developed by a variety of subject matter experts, including nurses, occupational and physical therapists, risk management professionals and safety and ergonomics experts. For years, the health care industry referred to these types of programs as “safe patient handling,” but the group added the word “mobility” at the end of the phrase to include the emerging evidence-based concept of progressive mobility for the patient as an end goal, rather than simply the “handling” of patients.

## The ANA's SPHM Standards

The following standards are based on evidence of effectiveness in improving patient outcomes and reducing injuries. The 8 key concepts include:

- Establish a culture of safety
- Implement and sustain an SPHM program
- Incorporate ergonomic design principles to provide a safe environment of care
- Select, install, and maintain SPHM technology
- Establish a system for education, training and maintaining competence
- Integrate patient-centered SPHM assessment, plan of care and use of SPHM technology
- Include SPHM in reasonable accommodation and post-injury return to work
- Establish a comprehensive evaluation system

## States with SPHM Laws or Regulations

The ANA SPHM standards are voluntary performance standards that organizations can use to create policies and procedures. To date, 11 states – California, Illinois, Maryland, Minnesota, Missouri, New Jersey, New York, Ohio, Rhode Island, Texas and Washington – have enacted SPHM laws or regulations. It is the ANA's intention, however, that the standards or language within the standards be adopted and used to update previous bills in support of national legislation.

## Let United Heartland Help You

Contact your dedicated United Heartland Loss Control representative to learn more about how we can assist with your SPHM program to meet the ANA standards.

