

# SAFETY AND HEALTH INVESTMENT PROJECTS FINAL REPORT

Good, Better, Best Body Mechanics  
Project #: 2013XC00206  
5/9/2013 – 9/30/2014

Mary Timmol  
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Josephine Sunset Home

4/6/2017

Mary Timmol



*Funding and support for this project has been provided by the State of Washington, Department of Labor & Industries, Safety & Health Investment Projects.*

**[Grantee]** is solely responsible for the content of and views expressed in this report and related materials unless they have been formally endorsed by the Washington State Department of Labor and Industries.

## PART I

### *Narrative Report*

**Abstract:**

Present a short overview of the nature and scope of the project and major findings (less than half a page).

Nursing home workers are susceptible to accidental muscle injuries due to their physically demanding work – particularly from lifting and transferring of patients.

Our goal was to create a training DVD for new and existing employees in a skilled nursing setting that presents best practices relating to transferring, lifting, repositioning and moving patients. Public domain videos on the subject were found to be outdated, too lengthy to sustain viewer interest, utilizing mannequins and were filmed in a hospital or at-home setting. We hoped to create an effective DVD appropriate to train skilled nursing facility staff. Experienced nursing staff worked with a professional videographer to create the final product. The project was initiated in 2013 but ran into two very large obstacles. We lost our program director as well as the videographer. Rather than scrap this worthwhile project, I took over as program director and contracted with another videographer.

**Purpose of Project:**

Describe what the project was intended to accomplish.

The project was intended to provide an effective training tool for new and current nursing assistants in good body mechanic techniques. As a result of improved training we hope to prevent injuries, reduce L&I claims and time loss for staff who routinely move patients. We also seek to improve patient safety and comfort. All new nursing staff, including licensed nurses, will be required to view this DVD.

**Statement and Evidence of the Results:**

Provide a clear statement of the results of the project include major findings and outcomes and provide evidence of how well the results met or fulfilled the intended objectives of the project.

The completed DVD has been used in our certified nursing assistant classes with good feedback from the students. The DVD allows them to see how to safely use mechanical lifts while maintaining good body mechanics. New nursing staff are required to view the DVD as well.

Our L&I Claims have significantly dropped since completion of the DVD:

7/1/13-6/30/14 - 29 claims \$199,132 1000 days time loss

7/1/14-6/30/15 - 26 claims \$83,824 69 days time loss

7/1/15-6/30/16 - 13 claims \$20,635 No time loss

**Measures to Judge Success:**

If relevant, state what measures or procedures were taken to judge whether/ how well the objectives were met and whether the project or some other qualified outside specialist conducted an evaluation.

Communication with Caprice Catalano at SHIP/L&I office was very helpful in staying on course and completing each step.

**Relevant Processes and Lessons Learned:**

Specify all relevant processes, impact or other evaluation information which would be useful to others seeking to replicate, implement, or build on previous work

AND

Provide information on lessons learned through the implementation of your project. Include both positive and negative lessons. This may be helpful to other organizations interested in implementing a similar project.

This was a new adventure for me. I had never been part of a project such as this and when we had the loss of the Program Director and the Videographer within a short time frame, I stepped up and took over. I had no idea what I was getting into. Looking back, the process isn't that complicated but it does demand a lot of time before, during and after the DVD is created. I definitely learned a bigger appreciation for what goes into filming, especially the re-takes, the re-scheduling and just the time it took. This is a collaborative effort requiring time by the organization's administrator, payroll and accounting staff, employees who volunteered to be "actors", staff responsible for scriptwriting, etc. Communication is very important. We found that emails work, but also phone contact and personal visits by the Project Director have been helpful. Scheduling group meetings proved to be difficult because there were too many interruptions and conflicting schedules to make it productive.

**Product Dissemination:**

Outline of how the products of the project have been shared or made transferrable.

There were 150 copies of the DVD prepared. A total of 50 DVD's were provided to Caprice Catalano at SHIP for sharing with whomever requests the DVD. The majority of the copies were set aside for training as well as copies to each person that took part in the DVD creation. Our CEO notified Leading Age and Lutheran Community Services Northwest of the availability of the DVD.

**Feedback:**

Provide feedback from participants, trainees, individuals who have used your products/processes, as well as any reports from an independent evaluator on the project.

The students in the nursing assistant class and a few of the new employees, to include a new RN, said they thought it was a very good DVD and were glad it covered mechanical lifts. Previously the DVD's we train with were outdated. This DVD is now part of our required staff training.

**Project's Promotion of Prevention:**

Explain how the results or outcomes of this project promote the prevention of workplace injuries, illnesses, and fatalities?

New staff as well as others will be able to view this DVD in whole or by chapters to learn or review a particular area of the DVD such as body mechanics, transfer techniques or mechanical lifts. Proper lifting and transporting techniques are necessary to prevent workplace injuries. Lifting and transporting are an ongoing daily job requirement in a skilled nursing facility. Good technique protects both the employee and the patient.

**Uses:**

How might the products of your project be used within the target industry at the end of your project?

Is there potential for the product of the project to be used in other industries or with different target audiences?

This DVD covers basic body mechanics and transfer techniques that can be used in any community setting. This would also be useful in nursing schools or public schools where transfers are part of the day. Anytime we can show people how to save their backs we are on the road to preventing injury.

**Organization Profile:**

For awarded organizations, to include partners and collaborators, provide a brief description of each organization. Mission, vision, and purpose for each of the organizations who applied (this includes partners and collaborators) for the grant.

Josephine provides skilled nursing care, assisted living apartments, childcare and early learning programs. Our nursing facility offers long term care, memory care and after hospitalization short term rehab services. Our mission: Josephine is a caregiving community for all generations. Our Vision: To be the community of choice where no one is left uncared for. Josephine, rooted in God's love, believes in: Excellence of Care; A Pioneering Spirit & Courage; Responsible Stewardship.

### Additional Information

<b>Project Type</b> <input checked="" type="checkbox"/> Best Practice <input type="checkbox"/> Technical Innovation <input checked="" type="checkbox"/> Training and Education Development <input type="checkbox"/> Event <input type="checkbox"/> Intervention <input type="checkbox"/> Research <input type="checkbox"/> Return to Work <input type="checkbox"/> Other (Explain):	<b>Industry Classification</b> (check industry(s) this project reached directly ) <input type="checkbox"/> 11 Agriculture, Forestry, Fishing and Hunting <input type="checkbox"/> 21 Mining <input type="checkbox"/> 22 Utilities <input type="checkbox"/> 23 Construction <input type="checkbox"/> 31-33 Manufacturing <input type="checkbox"/> 42 Wholesale Trade <input type="checkbox"/> 44-45 Retail Trade <input type="checkbox"/> 48-49 Transportation and Warehousing <input type="checkbox"/> 51 Information <input type="checkbox"/> 52 Finance and Insurance <input type="checkbox"/> 53 Real Estate and Rental and Leasing <input type="checkbox"/> 54 Professional, Scientific, and Technical Services <input type="checkbox"/> 55 Management of Companies and Enterprises <input type="checkbox"/> 56 Administrative and Support and Waste Management and Remediation Services <input type="checkbox"/> 61 Educational Services <input checked="" type="checkbox"/> 62 Health Care and Social Assistance <input type="checkbox"/> 71 Arts, Entertainment, and Recreation <input type="checkbox"/> 72 Accommodation and Food Services <input type="checkbox"/> 81 Other Services (except Public Administration) <input type="checkbox"/> 92 Public Administration														
<b>Target Audience:</b> New facility staff and any staff working in the health care field, specifically in skilled nursing homes.															
<b>Languages:</b> English with a Spanish introduction and then Spanish sub-titles.															
<b>Please provide the following information - -</b> (information may not apply to all projects)	<b>List, by number above, industries that project products could potentially be applied to.</b> 62 Because this DVD focuses on body mechanics, it would cross over to many industries, not just the health care field which was the focus.														
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 40%;"># classes/events:</td> <td style="text-align: center;">7</td> </tr> <tr> <td># hours trained</td> <td style="text-align: center;">7</td> </tr> <tr> <td># students under 18</td> <td style="text-align: center;">0</td> </tr> <tr> <td># workers</td> <td style="text-align: center;">282</td> </tr> <tr> <td># companies represented</td> <td style="text-align: center;">1</td> </tr> <tr> <td># reached (if awareness activities)</td> <td style="text-align: center;">0</td> </tr> <tr> <td><b>Total reached</b></td> <td style="text-align: center;">282</td> </tr> </table>	# classes/events:	7	# hours trained	7	# students under 18	0	# workers	282	# companies represented	1	# reached (if awareness activities)	0	<b>Total reached</b>	282	<b>Potential impact (in number of persons or companies) after life of project?</b> Unknown
# classes/events:	7														
# hours trained	7														
# students under 18	0														
# workers	282														
# companies represented	1														
# reached (if awareness activities)	0														
<b>Total reached</b>	282														
<b>Have there been requests for project products from external sources? Yes</b> If Yes, please indicate sources of requests: Yes, per Caprice Catalano. Source is unknown to us. We also had a request from another skilled nursing facility and an educator.															

## PART II

### *Financial Information Budget Summary*

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**Project Title:** Good, Better, Best Body Mechanics-Video on Proper Techniques

**Project #:** 2013XC00206

**Report Date:** 4/6/2017

**Contact Person:** Mary Timmol

**Contact #:** 206-229-4879

**Start Date:** 2013

**Completion Date:** 4/6/2017

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1.	Total original budget for the project	\$ <u>47,000.00</u>
2.	Total original SHIP Grant Award	\$ <u>47,000.00</u>
3.	Total of SHIP Funds Used	\$ <u>43,842.32</u>
4.	Budget Modifications (= or - if applicable)	\$ <u>0.00</u>
5.	Total In-kind contributions	\$ <u>0.00</u>
6.	Total Expenditures (lines 3+4+5)	\$ <u>43,842.32</u>

#### Instructions:

- Complete the Supplemental Schedule (Budget) form first (on the next page).
- The final report must include all expenditures from date of completion of interim report through termination date of grant.
- Indicate period covered by report by specifying the inclusive dates.
- Report and itemize all expenditures during specified reporting period per the attached supplemental schedule.
- Forms must be signed by authorized person (see last page).
- Forward one copy of the report to **Caprice Catalano, SHIP Grant Manager at PO Box 44612, Olympia, WA 98504-4612**

**PART II** *(Continued)*  
**Financial Information**  
**Supplemental Schedules (Budget)**

<b>Project Title:</b> Good, Better, Best Body Mechanics		
<b>Project #:</b> 2013XC00206	<b>Report Date:</b> 4/6/2017	
<b>Contact Person:</b> Mary Timmol	<b>Contact #:</b> 206-229-4879	
<b>Total Awarded:</b> \$47,000		

**ITEMIZED BUDGET:** How were SHIP award funds used to achieve the purpose of your project?

	Budgeted for Project	Amount Paid Out	Difference
<b>A. PERSONNEL</b>	14,000.00	12,333.46	1,666.54
Explanation for Difference and other relevant information: Personnel cost less than anticipated and saved cost by using volunteer to assist with project.			

	Budgeted for Project	Amount Paid Out	Difference
<b>B. SUBCONTRACTOR</b>	32,000.00	30,792.74	1,207.26
Explanation for Difference and other relevant information: Actual price was less than contractor bid.			

	Budgeted for Project	Amount Paid Out	Difference
<b>C. TRAVEL</b>	0	0	0
Explanation for Difference and other relevant information: NA			

	Budgeted for Project	Amount Paid Out	Difference
<b>D. SUPPLIES</b>	0	0	0
Explanation for Difference and other relevant information: NA			

	Budgeted for Project	Amount Paid Out	Difference
<b>E. PUBLICATIONS</b>	0	0	0
Explanation for Difference and other relevant information: NA			

	Budgeted for Project	Amount Paid Out	Difference
<b>F. OTHER</b>	1,000.00	716.12	283.88
Explanation for Difference and other relevant information: Mileage, office supplies, postage, etc. were less than budgeted.			

	Budgeted for Project	Amount Paid Out	Difference
<b>TOTAL DIRECT COSTS</b>	47,000.00	43,642.32	3,357.68
	Budgeted for Project	Amount Paid Out	Difference
<b>TOTAL INDIRECT COSTS</b>	0.00	200.00	(200.00)
	Budgeted for Project	Amount Paid Out	Difference
<b>TOTAL SHIP BUDGET</b>	47,000.00	43,842.32	3,157.68

	Budgeted for Project	Amount Paid Out	Difference
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<b>G. IN-KIND</b>	0	0	0
Explanation for Difference and other relevant information: NA			

I hereby certify that the expenditures listed on this report were made with my approval:

4/6/17  
Date

Mary Jimmal RJ  
Signature of Project Manager