



# MMLE Quarterly Newsletter

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## Attending a National Safe Patient Handling Conference: A Coach's Experience *by Patti Chalmers, RN, CN IV, Patient Care Unit 4100, Duke University Hospital*

On March 11<sup>th</sup> to 13<sup>th</sup> 2008, I, a nurse and coach for the Minimal Manual Lift Environment (MMLE) program, attended the 8<sup>th</sup> Annual Safe Patient Handling & Movement Conference (SPHMC), at Lake Buena Vista, Florida. While I was there, I presented a poster, which my colleague, Youjun Li, also a staff nurse and a MMLE coach, and I created together. It was entitled, "Coaches a Key Component of the Minimal Manual Life Environment program at Duke University Hospital". The poster displayed information on the role and responsibilities of a coach along with photographs of various events related to MMLE program. During the poster presentation, viewers commented that they were impressed by how our coaches have made such a positive impact on the program and were excited to share our results with their institutions.

Overall, the conference was extremely informative! Numerous speakers presented on various

topics, such as, the effect of obesity and safe patient handling as well as success stories from other institutions. Being at the conference also gave me a chance to see what other hospitals are doing and what we can do to further improve our program. In addition, I was able to be a cheerleader and a resource for other organizations, who are implementing a similar program. Lastly, it was very helpful and interesting to learn from many different vendors about the latest patient handling equipment available.



*Author & Youjun Li standing with a patient lift.*

Most interestingly, I was amazed by the states and the countries represented by the conference participants. I felt energized knowing that people from all over the globe are also interested in the same thing as we are.

Being a nurse or nursing assistant is a physically demanding job. I feel that all nursing staff should work smarter and safer by using available technology, such as lifts or transfer devices, to assist with their daily patient handling tasks. Therefore, I strongly encourage all to attend next year's SPHMC as it will be held March 29 to April 3, 2009, at the Buena Vista Palace in Orlando, Florida. It is well worth it!

### Send questions, comments, or ideas for the newsletter:

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## Highlights: 2nd Annual MMLE Coaches Conference

The Department of Nursing sponsored this educational conference for all the MMLE coaches in DUHS on June 27<sup>th</sup> at the School of Nursing. See below for highlights:

- Close to 100 participants, including 10 participants from other healthcare facilities in NC, VA, SC, TN



- Keynote presentation by Andrea Baptiste, on evidence-based practice of safe patient handling & movement



*Left to right: Yeu-Li Yeung (Ergonomics), Andrea Baptiste, & Tamara James (Ergonomics)*