

## Registration Form

### Ergonomics in the Trenches and Beyond: An Evidence-Based Approach to the Therapeutic Use of Safe Patient Handling in Rehabilitation Exploring Office Settings and Work Stations

#### Ergonomics in the Trenches and Beyond:

##### An Evidence-Based Approach to the Therapeutic Use of Safe Patient Handling in Rehabilitation

Jeannette Murphy, OTR/L, CEA  
Saturday April 14, 2012

##### Office Settings and Work Stations

Janet Peterson, PT, DPT  
Sunday April 15, 2012

Tacoma, WA  
8:00 – 4:00

\$365 prior to the registration deadline  
\$350 each when 2 registrants sign-up together before the registration deadline  
\$395 if past the registration deadline

\$210 one day only: please circle  
Day 1 or Day 2

Name of registrants signing up together:  
\_\_\_\_\_

6.5 Contact Hours/One Day  
13 Contact Hours/Both Days

All clinical levels welcome:  
PT, OT, PTA, COTA, and other healthcare providers

**Registration Deadline: March 10, 2012**

#### Checks are Payable to:

Professional Therapies NW

#### Registration Form may be sent to:

**Mail:** Professional Therapies NW  
12068 Lakeside Place NE  
Seattle, WA 98125

**Fax:** 206-368-2984

#### Phone Contact:

**Phone:** 206-365-7463  
**Toll Free:** 888-365-1760

#### E-Mail and Web Page:

**course@professionaltherapiesnw.com**  
**www.professionaltherapiesnw.com**

Your Name:	
Professional Title:	
Home Address:	
City, State, Zip	
Home Phone:	
Facility/Clinic Name:	
Work Phone:	
Fax:	
E-mail:	<b>(Course Confirmation will be sent via e-mail)</b>
Credit Card #:	_____
Name on Card:	_____
3-Digit Code on back of Card:	_____
Type of Card:	Circle One:    VISA            Mastercard
Expiration Date:	_____/____/____
Billing Address:	_____ _____ same as above _____

#### Cancellation Policy:

Professional Therapies Northwest will not be responsible for acts of war, weather, or other circumstances requiring cancellation of course. Airfare and hotel fee will not be reimbursed. Cancellations in writing made 3 weeks or more prior to the course date will receive a full refund minus \$75.00 administration fee. Refunds will not be made during the 3 weeks prior to the course, although a substitute may participate in the workshop. If course is cancelled by Professional Therapies NW, then a full refund will be honored.

**Ergonomics in the Trenches and Beyond:  
An Evidence-Based Approach to the Therapeutic Use of Safe Patient  
Handling in Rehabilitation  
Exploring Office Settings and Work Stations**

**April 14-15, 2012**

**Instructors:**

**Janet Peterson, PT, DPT  
Jeannette Murphy, OTR/L, CEA**

**Co-Host:**

**Multicare Health Systems  
Tacoma, WA**

**Ergonomics in the Trenches and Beyond:  
An Evidence-Based Approach to the  
Therapeutic Use of Safe Patient Handling in  
Rehabilitation**

**Day 1 Course Description:**

This workshop will present evidence that dispels myths underlying some of the commonly accepted lifting, moving, and transferring techniques used in rehabilitation. It will describe research showing the level of risk associated with manual patient-handling tasks and explain elements of a safe patient handling (SPH) program in the rehabilitation setting. Participants will experience a variety of safe patient handling equipment and practice how it can be used in a therapeutic manner. Case studies will be presented to illustrate how safe patient handling equipment can advance therapy goals while also protecting healthcare professionals from injuries. Other topics to be discussed include the use of SPH equipment in other settings, the therapist's role in SPH leadership, and implications for curriculum changes and education of new therapists.

**Goals and Objectives:**

- Recognize risk factors associated with manually lifting, moving, and transferring patients
- Discuss essential elements of a successful safe patient handling program
- Identify assessment criteria for determining the right equipment for the right patient at the right time
- Discuss implications of safe patient handling theory and equipment in the education and development of future therapists
- Cite examples for how to use safe patient handling equipment in various settings

**Jeannette Murphy, OTR/L, CEA**

Jeannette is an occupational therapist and certified ergonomist in Spokane working at St. Luke's Rehabilitation Institute in the acute rehab hospital and the outpatient industrial rehabilitation program. She has provided ergonomic services since 1990 and earned her certification as an ergonomist in 2002. From 2003 to 2011, she worked as the Ergonomics and Injury Prevention Specialist at St. Luke's and developed the safe patient handling program that resulted in a 52% decrease in staff injuries caused by patient handling tasks. Jeannette has presented extensively at the national, state and local levels on office/computer ergonomics and safe patient handling, including the 2003, 2006 and 2009 WOTA conferences.

Jeannette's passions when not at work include riding her road bike throughout the Inland Northwest and kayaking/kayak camping on lakes and rivers in the region.

**Ergonomics in the Trenches and Beyond:  
Exploring Office Settings and Work Stations**

**Day 2 Course Description:**

- Ergonomic evaluations – Is it common sense or should you use objective assessment tools? Something looks repetitive or uses an awkward posture, but will it cause injury? What tools are out there for evaluating?
- Ergonomics is about training people – Can a piece of equipment make a difference?...You can't say "Use 'good' posture" and expect people to do it. Who do you train?...How do you train?...How do you know your training will make a difference?
- Talking to employers – You think ergonomics is a good idea and it works....But, how are you going to prove that to an employer? What back-up studies or research are you going to use to explain why you think it is important OR that it could save them money.
- Who may read your recommendations? How detailed should you be to assure recommendations will be implemented the way you intend? How do you know your recommendations are realistic?

**Goals and Objectives:**

- Understand where ergonomics fits into the spectrum of patient/client care
- Cite at least 3 research articles that support the claim that ergonomic intervention can reduce the incidence of work-related musculoskeletal disorders
- Conduct an ergonomic assessment of an office workstation
- Discuss the pros and cons of various pieces of ergonomic equipment
- Refer to relevant resources for equipment and measurement tools

**Janet Peterson, PT, DPT, Ergonomic Consultant**

Janet has had her own practice in ergonomic consulting since 1998 in Seattle, Washington and is a regional and national speaker on ergonomic and leadership topics. Dr. Peterson earned her master's degree in physical therapy from Stanford University and her doctorate in physical therapy through Temple University. She served on the Board of Directors for the American Physical Therapy Association [APTA] from 2003-2008 and is a past president of the Physical Therapy Association of Washington. Dr. Peterson received APTA's Lucy Blair Service Award in 2009 and the Washington Chapter's "Physical Therapist of the Year" Award in 2003. She is a past president of the Puget Sound Human Factors and Ergonomics Society (PSHFES) and is a member of the Pacific Northwest Ergonomic Roundtable.

Janet's enthusiasm for ergonomics is matched by her enthusiasm for golf, tennis, and travel!