



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	T	500	B	003	Accredited until				Renewal date		
	Branch of Science		Progr.	Registr. №.							

Entitlement

Ergonomics and Basics of Nursing

Prerequisites

Anatomy, basics of physiotherapy

Main aim

To introduce students with the principles of ergonomics and nursing, safe patient handling, to improve and harmonize the training of patient transfers in the health care sector.

Provided knowledge and abilities

Students will be able:

- to define the basic principles of ergonomics and nursing
- to recognize signs and symptoms of life-threatening emergencies and how to act in those situations
- to identify risk factors that contribute to musculoskeletal disorders
- to describe solutions for controlling and reducing workplace risks
- to explain and assess physical load in care work
- to understand motor learning processes
- to recognize natural movement patterns
- to be self-aware and able to perform body awareness exercises
- to understand why patient's functional capacity needs to be assessed before choosing assistive techniques and devices
- to know instruments to assess patient's functional capacity before assisting to move so that patient could use own resources optimally
- To know different strategies / techniques, understand their aim and purpose when assisting the patient ergonomically in transfers
- To recognize the need and purpose of assistive equipment to facilitate transfers
- To identify ethical challenges encountered and ethical principles involved in a patient handling situation, and to demonstrate ethical judgment skills in those situations.

Summary

The module will strengthen the skills and knowledge of students in the field of ergonomics and nursing, increase skills in patient handling in safe and rehabilitating way.

Level of module

Level of programme		Subject group (under the regulation of the area)
Cycle	Type	
First	Bachelor	Bendrojo universitetinio lavinimo

Group under financial classification

9.Reabilitacija ir slauga, sportas (išskyrus trenerius)

Syllabus

№.	Sections and themes	Responsible lecturer
1.	Introduction to ergonomic, Work Risk Factors, Basic principles of ergonomics. Assessing the Workplace for Ergonomic Risk Conditions	
2.	Human movement. Human movement control. Movement and body awareness.	
3.	Motor learning and Patient Handling.	
4.	Functional status – functional capacity assessment. Assessment tools	
5.	Principles of patient handling. Key points to consider before the procedure. How to minimize the load in patient transfers.	
6.	Assisting patient transfers. Assistive equipment. Risk assessment and risk assessment tools.	
7.	Ethical Reasoning and Communication Skills. Ethical principles, theories and decision making. Laws and legislation.	

№.	Sections and themes	Responsible lecturer
8.	Basic principles of nursing, aim and tasks. First help in emergency situations, symptoms and signs.	
9.	Joints, ligaments, muscle trauma. Common bone fracture symptoms and signs. Wounds, bleeding types and bandaging.	
10.	Safe patient handling in physical therapist's practice.	

Teaching/learning methods:

Traditional lecture, case study, video preparation, video material study, test, discussion, practical lessons, analysis of scientific articles, reflection

Evaluation procedure of knowledge and abilities:

References

№.	Title	Edition in Lithuanian Sports University library		In Lithuanian Sports University bookstore	Number of ex. in the methodical cabinet of the depart.
		Pressmark	Number of exemplars		
1.	Vincent, C., & Amalberti, R. (2016). Safer healthcare: strategies for the real world (p. 157). Springer Nature			No	
2.	Reilly, T. (2009). Ergonomics in sport and physical activity. Human Kinetics			No	
3.	https://osha.europa.eu/en/about-eu-osha			No	
4.	RENE project Material in Moodle system			No	
5.	2. O. Riklikienė, L. Sajienė. 2011. Praktinis slaugos mokymas. Taip			Yes	

Additional literature

№.	Title
1.	Crawford, J. O., Berkovic, D., Erwin, J., Copsey, S. M., Davis, A., Giagloglou, E., ... & Woolf, A. (2020). Musculoskeletal health in the workplace. Best Practice & Research Clinical Rheumatology, 101558.
2.	Holland, P., & Clayton, S. (2020). Navigating employment retention with a chronic health condition: a meta-ethnography of the employment experiences of people with musculoskeletal disorders in the UK. Disability and rehabilitation, 42(8), 1071-1086.
3.	Skamagki, G., King, A., Duncan, M., & Wåhlin, C. (2018). A systematic review on workplace interventions to manage chronic musculoskeletal conditions. Physiotherapy Research International, 23(4), e1738.
4.	Van Eerd, D., Munhall, C., Irvin, E., Rempel, D., Brewer, S., Van Der Beek, A. J., ... & Amick, B. (2016). Effectiveness of workplace interventions in the prevention of upper extremity musculoskeletal disorders and symptoms: an update of the evidence. Occupational and Environmental Medicine, 73(1), 62-70.
5.	Atkins, A. S., Stroescu, I., Spagnola, N. B., Davis, V. G., Patterson, T. D., Narasimhan, M., ... & Keefe, R. S. E. (2015). Assessment of age-related differences in functional capacity using the Virtual Reality Functional Capacity Assessment Tool (VRFCAT). The journal of prevention of Alzheimer's disease, 2(2), 121.
6.	Keefe, R. S., Davis, V. G., Atkins, A. S., Vaughan, A., Patterson, T., Narasimhan, M., & Harvey, P. D. (2016). Validation of a computerized test of functional capacity. Schizophrenia research, 175(1-3), 90-96.
7.	Tamminen-Peter, L., & Nygren, K. (2019). Development of an education scheme for improving perioperative nurses' competence in ergonomics. Work, 64(3), 661-667.
8.	Tamminen-Peter, L., Moilanen, A., & Fagerström, V. (2011). A Management Model for Physical Risks in the Care Work.
9.	The Journal of Emergency Medicine http://www.elsevier.com

Coordinating lecturer

Position	Degree, surname, name	Schedule №.
		1519

