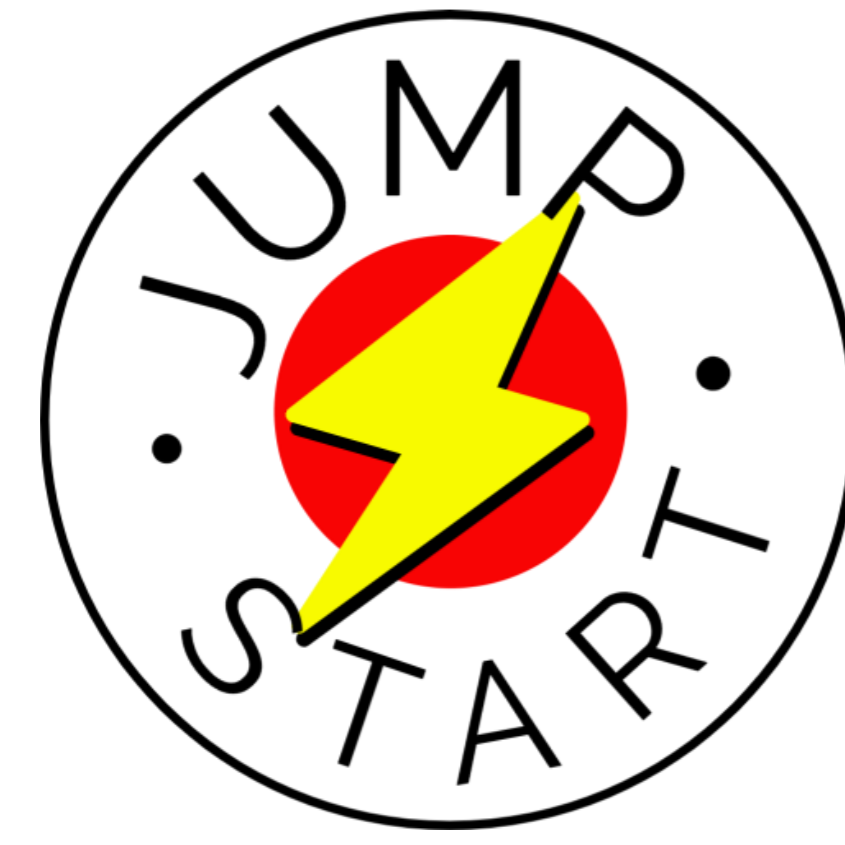


ACADEMY OF SPINAL CORD INJURY PROFESSIONALS



Jumpstart! Implementation of an Interdisciplinary Experiential Slideboard Transfer Training Module for Nursing Staff

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Background

Jumpstart! is novel program initially developed by therapists at Saint Luke's Rehabilitation Institute (SLRI) in Overland Park, KS in collaboration with nursing staff with the purpose of identifying knowledge and skill gaps in patient care with subsequent development of 5-minute, hands-on, experiential learning modules to bolster skill development, right on the nursing floor.

The Jumpstart! Slideboard Transfers module was created and rolled out in 2022. The lead physical therapist utilized scaffolding and error-based learning techniques to earn learner trust, establish recommended foundational skills, and imbue a memorable experience by simulating common patient errors. A Jumpstart! educational flyer was provided and reviewed prior to hands-on role-play and subsequently made available for reference at SLRI nursing stations.

Slideboard Transfers

1) Set-up:

- Remove armrest of wheelchair, lock brakes, leg rests removed
- Match height of bed with wheelchair seat
- Help patient lift leg and slide the board underneath thigh near buttock

2) More Setup!

- Continue sliding board underneath until it begins to slide under the other thigh as well
- Angle the board towards the front corner of the wheelchair

3) Ask:

- Ask patient to lean forwards and "push" their bottom across the board (don't pull)
- Use this cue: "Look back at your pushing hand as you scoot"

4) Allow, then Assist:

- Allow the patient to try to scoot across the board
- Primary helper should be positioned in front. Utilize gait belt to assist as needed
- Stabilize board as able

TIPS!

- Cue the patient to lean forwards as they scoot. Leaning back is unsafe.
- Make sure the patient does not get fingers pinched under board. Ouch!
- A second helper can be positioned behind to stabilize the wheelchair and assist.

Description

Utilized evidenced-based framework for procedural skill training by Sawyer et al, 2015:

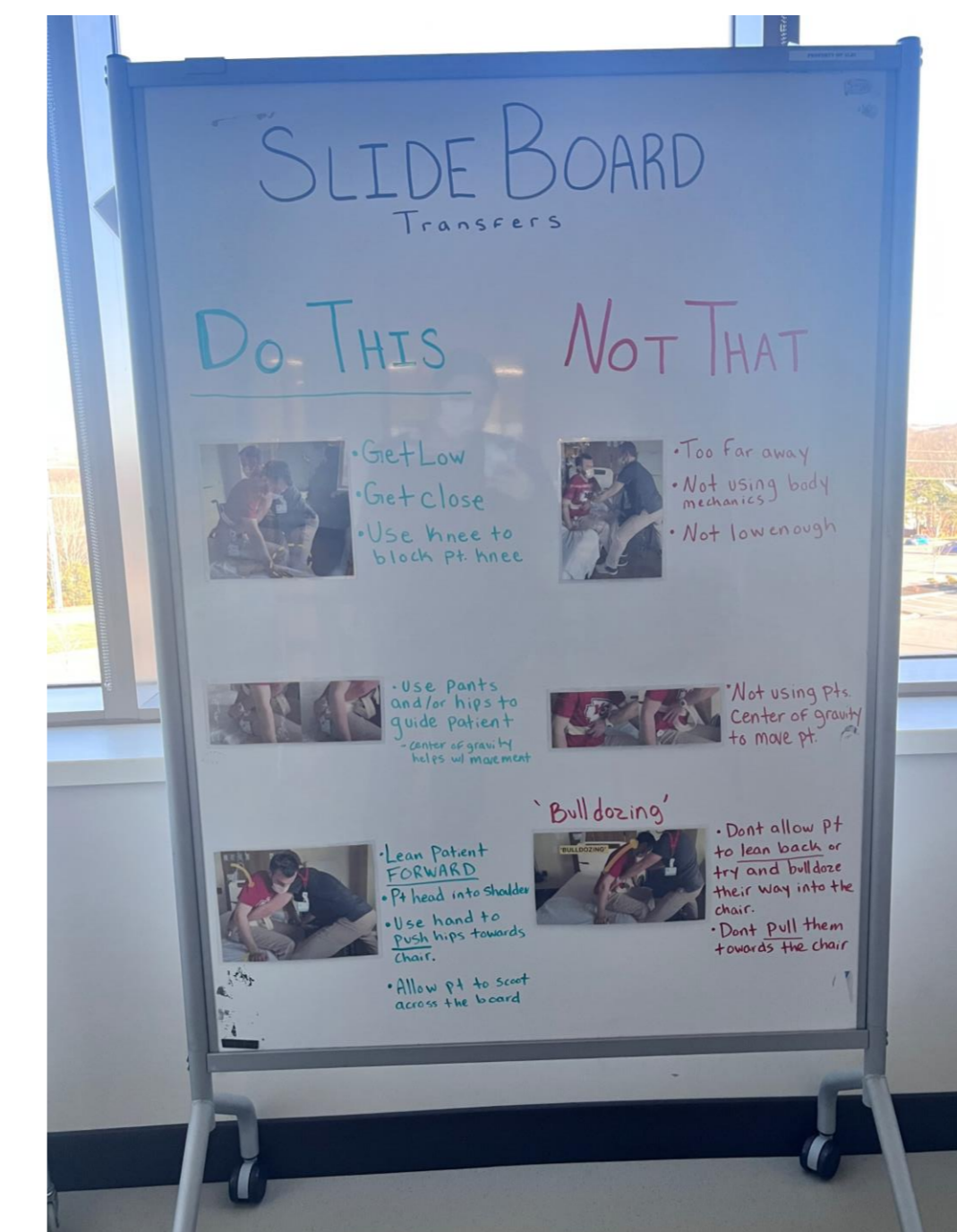
1. LEARN
2. SEE
3. PRACTICE
4. PROVE
5. MAINTAIN
6. DO

July-August 2022 (Year 1)

- Foundational skill acquisition with focus on safe body mechanics and communication strategies to minimize risk of injury to patients and staff members
- Minimal complexity role-play on nursing floor: "Learn, See, Practice"
- Diagnoses included post-op with weightbearing precaution, debility, and CVA with hemiparesis

March-April 2023 (Year 2)

- New SCI/D specific scaffold developed for experienced participants
- Collaboration with Nurse Clinical Education Specialist to provide additional resources and expand role-play experience from nursing floor to simulation in a patient room with therapy handoff prompt (see below for examples), some of which required teamwork
- Therapist did not break role-play until transfer complete to access "Prove" tier of framework
- Additional educational materials provided on-site for reference as needed and debriefing completed afterwards with additional hands-on education from therapist

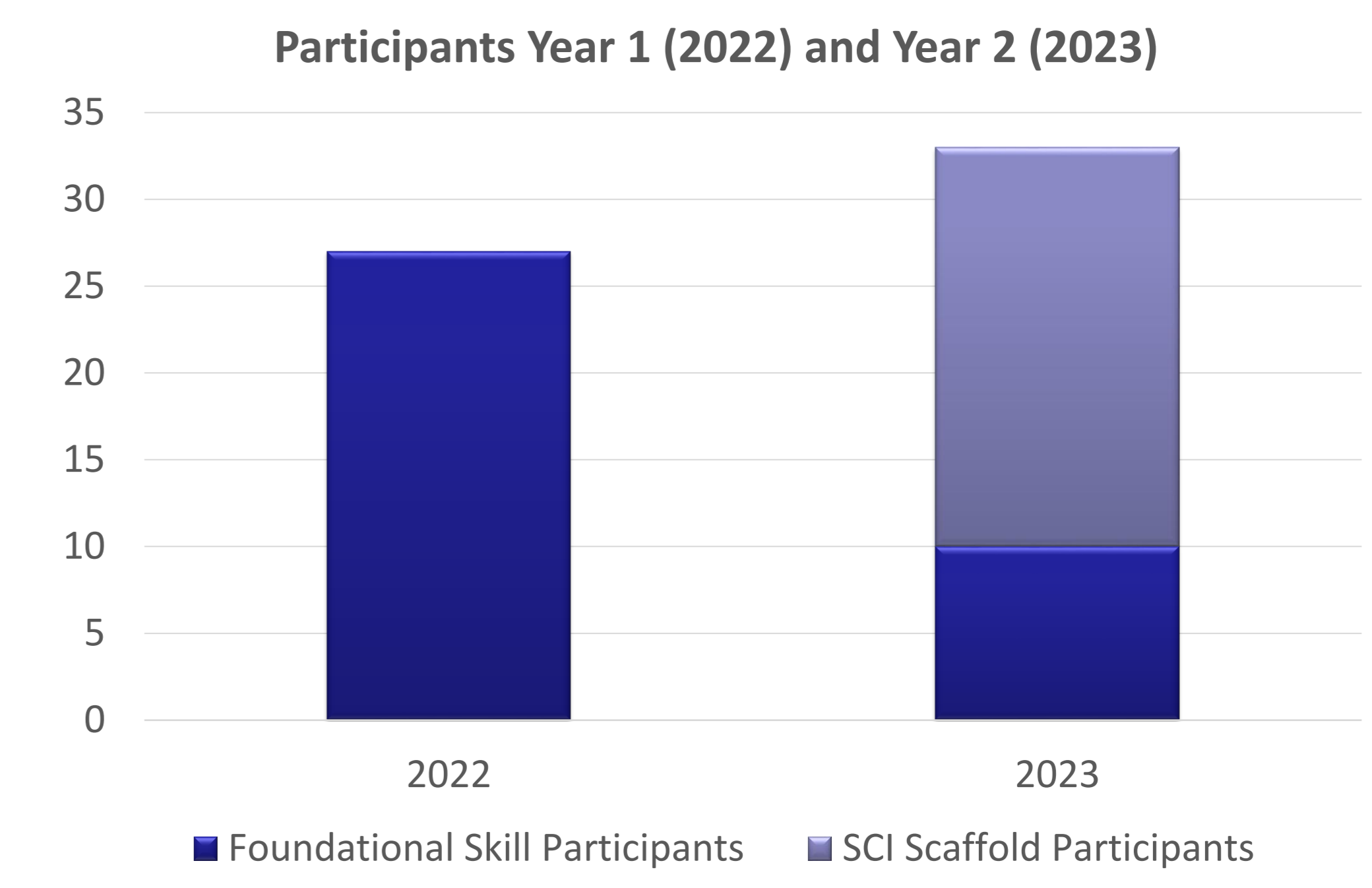


Transfer status for nursing:
CGA x1 slideboard transfer bed to WC, needs help with setup of board. Spinal precautions. Log roll to put on TLSO while lying in bed. Spinal cord injury with paralysis below waist. Monitor for autonomic dysreflexia.

Transfer status for nursing:
MODA x1 slideboard transfer bed to WC, needs help with setup of board. Spinal precautions. Log roll to put on TLSO while lying in bed. Spinal cord injury with paralysis below waist.

Transfer status for nursing:
MODA x2 slideboard transfer bed to WC, needs help with setup of board. Spinal precautions. Log roll to put on TLSO while lying in bed. Spinal cord injury with paralysis below waist. Has trouble with sitting balance.

Results & Discussion



Participants demonstrated within session improvement in skill, communication, and teamwork; feedback elicited.

Evidence-based benefits of interdisciplinary simulation training include:

1. Can be as effective as time spent with patients
2. Increases scores on knowledge and skill tests
3. Improves communication, self efficacy, and team efficacy

Plans for follow-up:

- ✓ Incorporate developed slideboard transfer training modules into RN/NA new hire orientation process
- ✓ Identify and train nurses interested in becoming subject matter experts for slideboard transfers, including night shift
- ✓ Provide continued mentorship for slideboard transfers with actual patients to access "Do" and "Maintain" tiers of framework
- ✓ Track falls data related to slideboard transfers

Conclusion

The SLRI Jumpstart! Program is a highly valuable and easily reciprocated tool for bolstering interdisciplinary learning and improving patient outcomes by reinforcing opportunities for skill acquisition and teamwork.

