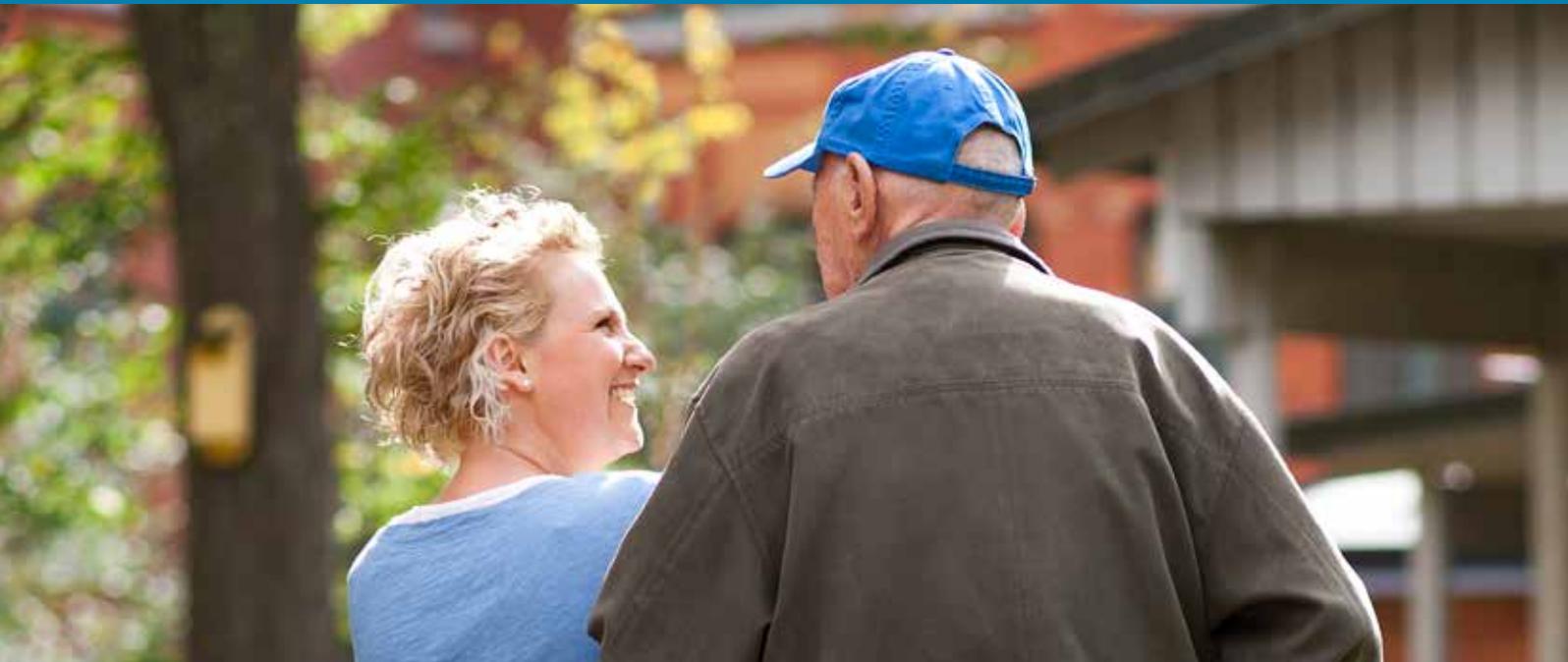


Knowledge profile in transfer knowledge

– For those who work
with transfer



HMC



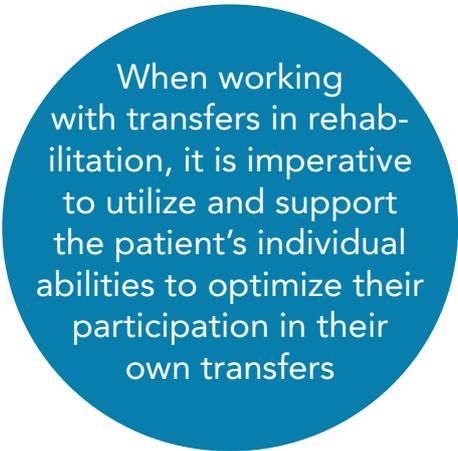
Knowledge profile in transfer knowledge

This publication is produced to help make preparations for training in transfer knowledge, mainly for the qualified Occupational Therapists and Physiotherapists.

By following our advice, you will get an overview of your competence in transfer knowledge and a good insight in what areas you might need more knowledge. You will get a tool to elucidate your expertise and identify areas where you can take greater responsibility. In this publication you will be advised on what comprehensive further training in transfer knowledge should include and how it can be implemented in a good way.

Those fields of knowledge that constitute transfer knowledge has been designed by HMC Sweden, a Swedish knowledge Centre in transfers.

Read more at www.hmcsverige.se/english



When working with transfers in rehabilitation, it is imperative to utilize and support the patient's individual abilities to optimize their participation in their own transfers

Strengthen your knowledge

Transfer knowledge is a interdisciplinary subject that includes bio-mechanical grounds, musculoskeletal ergonomics, physiological patterns of movement and working environment knowledge and assistive devices knowledge.

Do you master all the areas you need in order to:

- train people with disabilities in their transfers?
- select the right transfer aid for your patients?
- instruct colleagues and family members in transfer knowledge

If you use this documentation, you will:

- get a comprehensive picture of your knowledge in transfer
- be able to clarify your expertise and areas where you can take greater responsibility and select fields of knowledge that you need or want to enhance
- be able to conduct a dialogue with your manager about what you need to develop and what you need in order to be able to work more efficiently
- be able to clarify what further training you need

Further Training

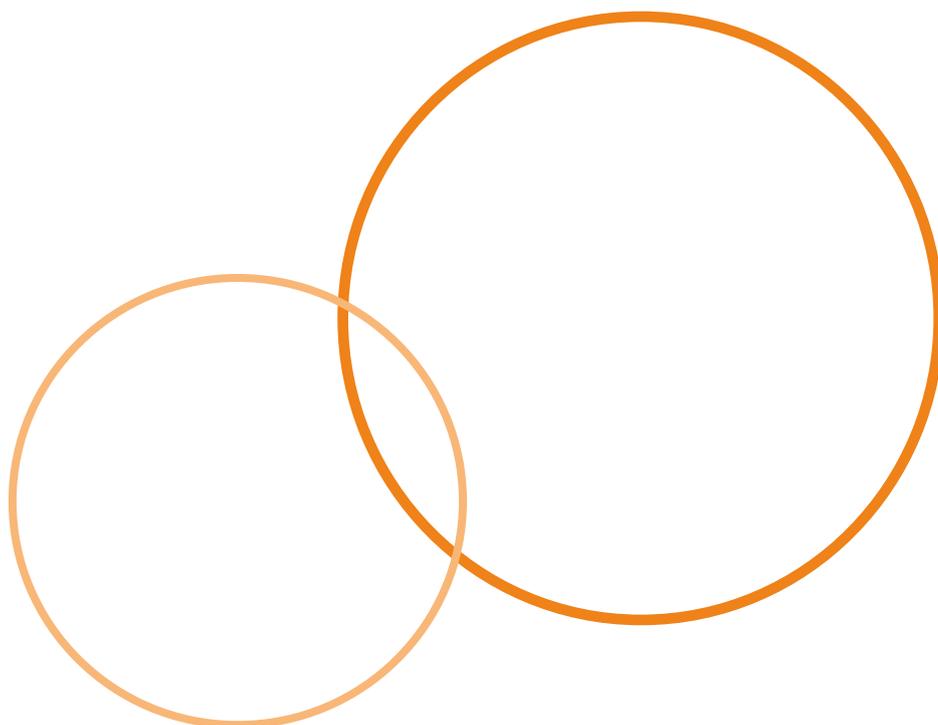
In order to make the training in transfer knowledge as good as possible, it is important that you consider what knowledge you might lack or need more of. On page 7 in this publication there is a schedule containing all the fields of knowledge that are included in the subject transfer knowledge. By completing the schedule you will produce your own knowledge profile. It will show your strengths and what you need to improve in your competence.

Move On

The content of further training should be based on evidence and proven experience.

We suggest that you use training material from HMC Sweden (www.hmcsverige.se/english).

The leader of the course should, in every part, be a professional with pedagogical knowledge and with practical clinical experience of transfers. This provides a guarantee that the methods taught are those that both can be and should be used in the work with patients and in rehabilitation work.



We recommend that you, in order to obtain proficiency at training sessions, see to:

- that the groups are large enough. Nine to fifteen people may be a suitable group size for a course leader - depending on the location and your access to assistive devices
- that theory and practice are mixed
- that all participants get to practice transfer with and without assistive devices
- that you practice transfers with and without technical assistive devices at different levels of involvement from the patient in everyday situations
- that the participants get the opportunity to ask questions and to reflect on their own working conditions

The duration of the course depend on the prior knowledge of the participants of the course along with the extent of the practical elements that are part of the course. There is an advantage in splitting up the training program over time and on several occasions.



In order to feel secure of a method when working and to confidently be able to implement it one needs to exercise the method in various practical situations.

Estimation schedule

Put an X on the scale below where you think the statement is consistent with your knowledge regarding:

1. Theoretical foundations from a transfer perspective

I have good knowledge of:

a. Biomechanical fundamental principles; law of gravity, force, direction of motion, leverage, stability, friction.

Not correct

Totally agree

b. Physiological ("natural") pattern of movement / motion behavior, and how it is affected by for example disability

Not correct

Totally agree

2. The Patient

I have good knowledge of how to:

Protect and support the patient's individual abilities for optimal participation in their transfers (for example physical abilities, motivation, understanding, communication and adaptability)

Not correct

Totally agree

3. The Caregiver (occupational therapist, physiotherapist, personal assistant, family member, health professional and others)

I have good knowledge of:

a) Appropriate working positions and movements to reduce stress on the body

Not correct

Totally agree

b) Risk factors for the musculoskeletal system when working with transfers

Not correct

Totally agree

c) Physical exercise and its effects

Not correct

Totally agree

d) Body awareness of the caregiver in transfer situations

Not correct

Totally agree

e) Treatment and interaction between patient and caregiver in transfers

Not correct

Totally agree

f) The interplay between several caregivers

Not correct

Totally agree

4. Work environment and transfer

I have good knowledge of:

a) The current legislation and regulations affecting transfer in health and social care

Not correct

Totally agree

b) Risk assessment of various transfer situations

Not correct

Totally agree

c) Environmental factors, workplace design, proper shoes / clothes

Not correct

Totally agree

5. Assistive device knowledge

I have good knowledge of function, operation, maintenance, etc. of:

a) Manual transfer aids

Not correct

Totally agree

b) Mobile lifts (mobile/stationary mechanical lifts including sit-to-stand lifts)

Not correct

Totally agree

c) Lifting slings and other lifting accessories

Not correct

Totally agree

d) Adjustable beds with accessories

Not correct

Totally agree

e) Wheelchairs

Not correct

Totally agree

6. Transfers without/with assistive devices

I have good knowledge of helping a patient:

a) Turning in bed

Not correct

Totally agree

b) Move further up in bed

Not correct

Totally agree

c) Move up on the bed and down to lying

Not correct

Totally agree

d) Move further back / forward in a wheelchair, chair, bed and commode

Not correct

Totally agree

e) Transfer to / from bed (bunk), wheelchair and toilet

Not correct

Totally agree

f) Up from floor

Not correct

Totally agree

7. Tutoring and pedagogy

I have good knowledge of how to:

a) Supervise patients with disabilities in their transfers

Not correct

Totally agree

b) Instruct caregivers in transfer situations

Not correct

Totally agree

c) Train nursing staff in transfer knowledge

Not correct

Totally agree

d) Plan and set up a training course in transfer knowledge

Not correct

Totally agree



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