

THE SCOTTISH MANUAL HANDLING FORUM

– A REPORT 2023



JAMES McSPORRAN

Community Nurse NHS Highland

A wide range of topics and disciplines mark out a successful 2023 study day for the Scottish Manual Handling Forum.

Introduction

Scottish Manual Handling Forum Study Day 2023 was very popular and sold out just under a month before it ran. We had a new venue in the Double Trees Hotel at Dunblane Hydro – a fantastic venue. The delegates represented a wide spectrum of disciplines and providers from the NHS, local authorities and charities. Additionally, there was representation from many higher education facilities and small and large private companies. The day began with...

The Side Effects of Kindness

Dr David Hamilton PhD, author

Continuing from our informal theme of positive psychology in our opening keynote speeches, we were privileged to host Dr David Hamilton who made the short walk from his home to speak about the Side Effects of Kindness.

Dr Hamilton enlightened the audience about his previous role as a research and development scientist within the pharmaceutical industry. One of his studies was researching cardio protective phenomena: all mechanisms and means that contribute to the preservation of the heart by reducing or even preventing myocardial damage.



He explained that a major cardio protective phenomena was the act of kindness. This took him back to a saying from his childhood in the village where he grew up – he'd often heard people saying kindness begets a good healthy life. Furthermore, an act of kindness and compassionate behaviour has the side effect of making one feel happier. Being kind and compassionate is not only the right thing to do, a spiritual act, but it has actual health benefits.

Dr Hamilton said humans were predisposed to being kind and forming bonds, with the side effect of improved health benefits. He extended into the evolutionary subtext of the animal bonds and the warm body bonding between mother and newborn. He deliberated upon the brain chemistry involved in the production of oxytocin and how this positively influences one's health. The production of oxytocin in the brain helps to reduce inflammation and combats free radicals in the body and has been seen in research to be responsible for widening arteries and dropping high blood pressure, in this cardio protective phenomenon.

Exploring the spiritual aspects of this, he told us about Buddhist monks who use a mantra called Metta meditation and we were encouraged to try this with him. I found this enlightening and a rather pleasant



experience, it certainly left me feeling better and more positive. The idea is to create a ripple effect where, if we all practise kindness, this will help spread the side effects of kindness. In all, I found this to be a rather beautiful and enlightening talk and will try to spread kindness and the side effects of kindness among those I live and work with. Live from the heart, it's good for the heart.

Principles of Movement

Keith McMurray, Lisclare

Keith McMurray took to the podium next to share his understanding and appreciation of the natural pattern and compensatory pattern of movement. Keith shared some anecdotes of his work with Hakan Skenhede and the techniques explored by his school of movement, including the passive, active passive and negative active patient.

These categories of movement as discussed and explored by Keith give rise to influencing the movement practised by care staff and the choice of equipment. Aaron assisted Keith in demonstrating equipment choices available and representing the passive, active passive and negative active patients.

Innovation in Healthcare Equipment

Gillian Taylor, GT Consultancy

We were joined by Gillian Taylor to talk us through her journey from nurse to innovator to inventor; a journey Gillian has travelled on through pitfalls, bumps, trials and tribulations but done with drive, determination and passion and a great level of leadership.

As an A&E nurse Gillian was acutely aware of the challenges she and her colleagues faced with gaining an accurate patient weight, to determine more precise dosage of medication and anaesthetic.



While working for NHS Lanarkshire, Gillian worked in partnership with them to seek a solution to this and created the Patient Transfer Scale (PTS) which is now being used in more than 75% of UK hospitals.

Gillian explained that since the PTS was launched in late 2018, it has now become an integral part of many hospitals, which would no longer have to guess patient weight when time was critical – they now have a way to measure weight with medical precision, ensuring better patient outcomes.

In 2021, the PTS received the prestigious Queen's Award for Enterprise in Innovation, in recognition of how it had revolutionised weight measurement in the UK.

Gillian informed us that she has had quite a struggle to gain intellectual property of her transfer scale but continues to move forward in her innovations and consultancy work and collaborations.

Women's Health Considerations for Manual Handling

Angela Parkinson, Adore Your Core Physiotherapy

With a 20-year history of physiotherapy working in the NHS and third sector, Angela spoke about her specialism around women's health considerations precipitated by her own personal experiences of pregnancy and childbirth. As a manual handling trainer and physio, Angela was aware that there was a gap in training and support for people with issues around pelvic pain, diastis recti, menopause and pelvic floor dysfunctions. We were introduced to a couple of exercises which could help with these conditions.

What Are We Learning with HSE?

Tony Miller, NHS Orkney

Tony Miller, manual handling trainer with NHS Orkney, spoke to delegates about his experiences with the Health and Safety



Executive when they visited the health board in October 2021. The HSE arrived to inspect manual handling and violence and aggression training delivery and identified that the health board was not compliant with some aspects and they issued improvement notices. This was part of a wider four-year inspection programme carried out between 2018 and 2022, which identified key findings and recommendations for the management of risk from workplace violence and aggression and musculoskeletal disorders in the NHS.

NHS Orkney at this time had a number of key posts which had been vacant for some time and the delivery of training had been impacted by the Covid-19 pandemic.

Within NHS Orkney they worked hard to tackle the issues as highlighted by the improvement notices and were assisted, guided and supported by a number of specialists and contemporaries. Tony elucidated how they reviewed and amended some policies and procedures where this was required. They also took steps to design new training plans, devise a plan to evidence how they met legal responsibilities in the future.

The final target which was met – but with some level of difficulty – was achieving the required level of attendance at manual handling training.

Tony extended great thanks for the efforts of all staff at NHS Orkney and the HSE improvement notices closed on 29 September 2022.

Tony concluded that you should include all relevant staff in conversations in order to build best and sustainable solutions, not be afraid to ask for support and advice from the HSE and ask for more time if you need it.

SMHP Review Group Update Cameron Raeburn, Forth Valley NHS

Cameron delivered a brief recap on the Scottish Manual Handling Passport Scheme in regard to what it is, who is on the review group, what they have been doing and what they are doing now.

Cameron told the delegates that the aim of the SMHPS review group was to provide a light refresh, in part because they didn't feel the case had been made for a full review. The aim was to avoid a full review which would be a reformat/restructure of the document and entail significant contextual and content changes.

The review group identified a number of actions, some of which were straightforward and some less so.



During this light touch there were some exclusions, which included issues of internal Board decisions, for example which job roles required what elements of training and whether a Board accepts a passport or not, and some things they could not deliver, for example a bariatrics module.

Highlighted in this conversation was the evolution of the chair module which the review group felt had been task orientated in a number of its elements. Some of this revolves around changing wording which otherwise might cause some misinterpretation from the principles to making it more technique orientated.

The SMHPS review group will continue with this evolution and ensure they contact key stakeholders and consult on any proposed changes with their key partners in the NHS, local authorities and the third sector.

Workshops

There was a great variety of well-attended workshops in the morning and afternoon. We thanked a number of companies that very kindly supported us with a wide range of equipment. Without this superb support these workshops could not have happened.

- **Introduction to Human Factors & Ergonomics (HFE),**
Kevin Tesh, NHS Lothian
- **Hoist Risk Assessment for Single Handed Care Considerations,**
Jim Forrest and Michelle Jackson, Fife Council
- **Benchmarking SMHPS Module C (chairs),**
Sarah Crawshaw, NHS Highland and Kerry Adam, NHS Highland and Aberdeenshire Council
- **Utilising QI Methodology to redesign a 'One size fits all' approach to sling assessment and selection,**
Susan Timotheou and Caroline Boyle, NHS Lothian
- **Benchmarking SMHPS Module E (hoisting),**
Sue Hain and Jacqui Treays, Independent Consultant and Hillcrest Futures ☺