

# 2013 STATE OF CLINICIANS AND NURSES REPORT

nurture  
by Steelcase

# Summary

As the wave of changes shifts our healthcare system from diagnosis and treatment to prevention and wellness, clinicians and nurses play a key role in shaping the healthcare environment and the patient experience. Yet this group is highly susceptible and vulnerable to work place injuries. While we look to advance our healthcare model, experience and environment overall, we need not only think of the patient but also the professional caregiver.

# A survey of U.S. and Canadian Clinicians

was conducted by Nurture by Steelcase

**OBJECTIVE:** To better understand the key challenges clinicians and nurses face while at work and to quantify and evaluate their perceptions regarding potential risks to their well-being and their patients' well-being. The research also identifies the measures clinicians and nurses take to maintain their health and safety while they are caring for patients.



# FIVE KEY INSIGHTS

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# High risk of injury on the job

35% of clinicians and nurses report being injured at least once on the job while 24% had to modify activity or movement during at least one shift.

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# Bed to chair transfer causes most injuries

The bulk of injuries are due to patient transfers, where one in three clinicians and nurses have experienced an injury in moving patients from bed to chair. 47% of those surveyed perform patient transfers more than once a week.

## FIVE KEY INSIGHTS

# Clinicians and nurses try to personally maintain their health on the job

To maintain their health and safety on the job, most clinicians and nurses rely on help from colleagues (74%) or choose to stay fit (65%).

## FIVE KEY INSIGHTS

# Clinicians and nurses desire one common change in their work environment

While half feel their work environment is supportive in preventing discomfort, injury or pain, the most desired change clinicians and nurses want out of their work environment centers around **updating equipment and furniture (25%)** followed by **rearranging the physical space to be better aligned with patient needs (23%)**.



## FIVE KEY INSIGHTS

# Supporting a selfless profession

The study found that clinicians were more likely to get hurt than patients during patient movement. 35% of clinicians had been injured but only 10% of clinicians had patients who were injured. Yet, clinicians are more concerned with their patients being injured than they are with being injured themselves. This is one reason why it is so important for the places and the products to support the clinician.

# Five Key Insights

1. High risk of injury on the job

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2. Bed to chair transfer causes most injuries

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3. Clinicians and nurses try to personally maintain their health on the job

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4. Clinicians and nurses desire one common change in their work environment

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5. Supporting a selfless profession

# CONCLUSIONS

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# Clinicians may be more likely to get hurt because they are asked to do more than ever before

Significant shifts are adding complexity to the healthcare system, as new challenges interface with new opportunities. Nurse to patient ratios, the expectation to provide “guidance and leadership”, the integration of technology, diversity and specialization and expanding responsibilities are all at play. However, among the top issues identified from this study and other sources, is safe patient handling in an effort to prevent injury such as musculoskeletal disorders in clinicians that can come with lifting patients.

## CONCLUSIONS

Clinicians are not focused on their physical needs. Instead they are focused on the patient needs.

Clinicians risk their physical wellbeing in order to focus on caring for patients. They lean, bend, crouch and get in other compromising postures in order to help patients. And many times this leads to clinician injuries.

## CONCLUSIONS

# Place can help

Reimagining healthcare spaces starts with insights about what people want and need. This study serves as a starting point in understanding what the clinician needs and wants. It also confirms that the environment has a big effect on people's experiences, emotions and behaviors.

Faced with such issues, healthcare shouldn't overlook an asset that's highly leverageable and pivotal to prevention, wellness and success: the physical space and its equipment and design.

# Learn More

To learn more about the survey and ways to solve for these issues, please visit:

[www.nurture.com/empath](http://www.nurture.com/empath)

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