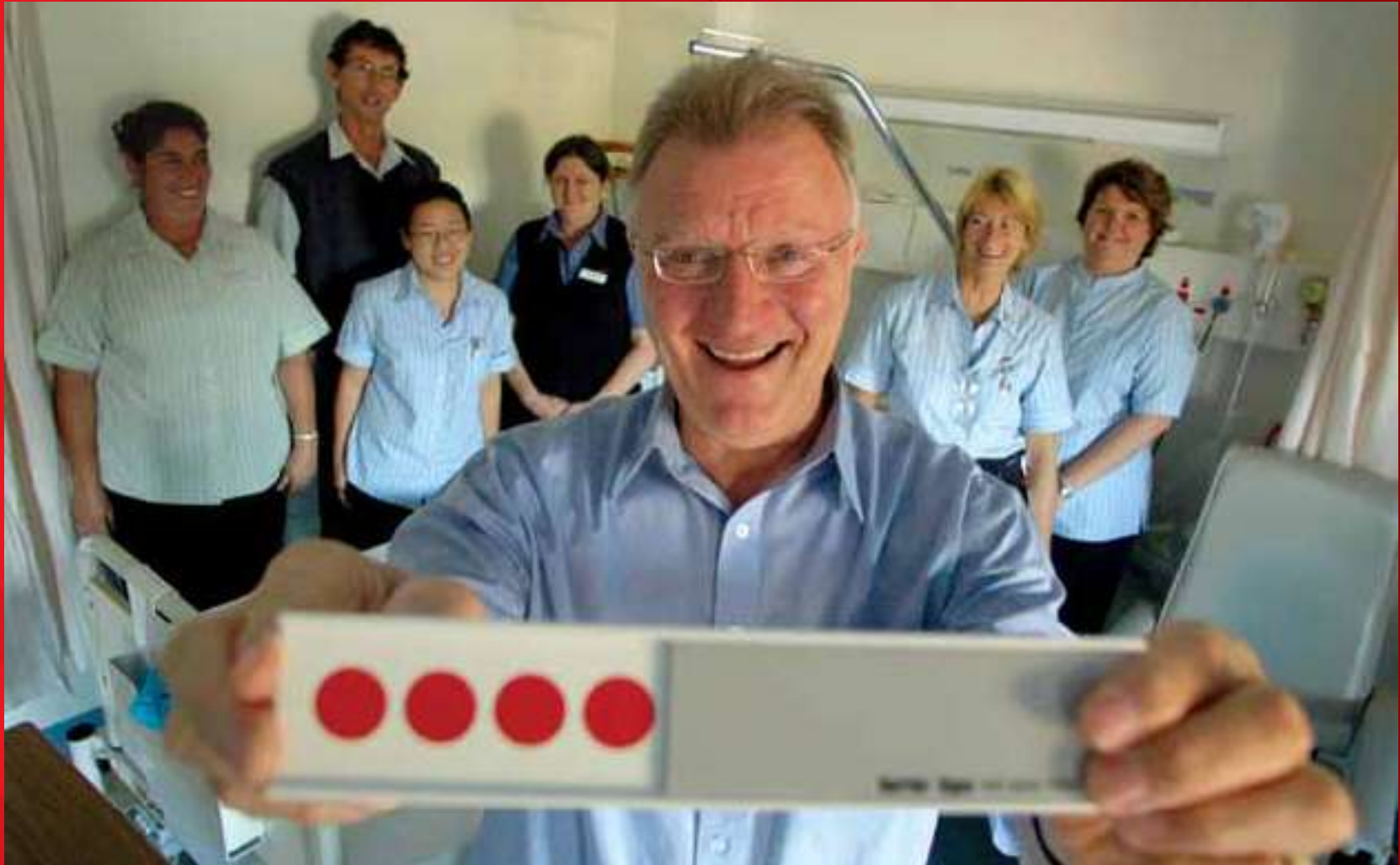


# Red Dot Revolution

HUNTER NEW ENGLAND  
NSW HEALTH



# HUNTER NEW ENGLAND NSW HEALTH



Manning Hospital,  
Taree.

Approx. 300 kms North of  
Sydney



# HUNTER NEW ENGLAND NSW HEALTH



**Manning Hospital services a population of 89,000.**

# HUNTER NEW ENGLAND NSW HEALTH



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# Red Dot Mobility System & Emergency Evacuation Tool

Prepared by **Eddie Wood**  
Manual Handling Coordinator  
Manning Hospital

8 September 2010

# Red Dot Mobility System

## Introduction

The Red Dot Mobility System is a simple, efficient way of assessing a patient's mobility requirements. It places the patient's mobility status into a one to four dot category. One red dot indicates the patient can walk unaided with four dots indicating a non-weight bearing patient. The red dot slide plate above the bed instantly indicates the patient's mobility status with mobility criteria in the bedside chart or electronic medical records.

# Red Dot Mobility System

## Background

- 1994 ACHS Organisation Survey allocated a low achievement score (LA) for Manual Handling.
- 1995 -1996 Manning Hospital had 68 staff and 74 patients injured, 7 of these staff never worked again from the injury sustained at work.
- All injuries involved patient handling.
- 1996 NSW Health Dept. Manual Handling Audit, Numerical Profile score = 21%.
- Staff indicated they had no way of determining a patient's mobility requirements in a quick or visible manner.
- After consultation, four clear criteria were highlighted by Nurses, Physiotherapist, Occupational Therapists & the community (patients, families & carers), who took their concerns to the General Manager.

# Red Dot Mobility System

The four clear criteria that were highlighted were:-

- Simple,
- Visible,
- Non-discriminatory,
- Minimal documentation.

# Red Dot Mobility System

## System Developed

The Red Dot Mobility System was designed and trialled with great success at Manning Hospital.

It incorporates **all staff** who come in contact with patients with the Red Dot plate, visibly displaying the number of dots, i.e. one, two, three or four mobility status.

# Red Dot Mobility System

## Outcomes after first 12 month period.

- After implementation 82% reduction in nursing staff injuries.
- Patient injuries reduced by 70% (slips, trips and falls).
- Red Dot Mobility System now in every patient area at Manning Hospital.
- 98.7% staff compliance with the system.
- Reduction in injury insurance costs by A\$1.2m.

Numerical Profile Score from 21% (1996) to 75% (1997)

# Red Dot Mobility System

The System consists of:

- A red dot slide plate above patients bed.
- A mobility criteria in patients bedside chart.
- A nursing care plan.

# Red Dot Mobility System

## Red Dot Wall Plate



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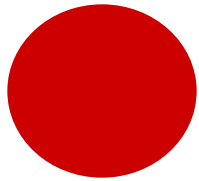
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# Red Dot Mobility System

What do the red dots mean?

Patient is assessed each shift.

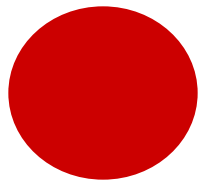
One **Red** Dot



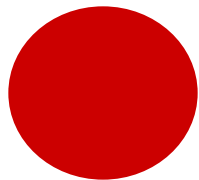
- Ambulates,
- Needs minimal assistance,
- Assist with personal care if required.

# Red Dot Mobility System

## Two Red Dots



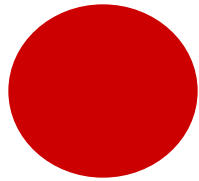
- Ambulates with assistance of one person and/or walking aid.
- Pelican (walk) belt PRN.
- Requires assistance with standing and sitting.



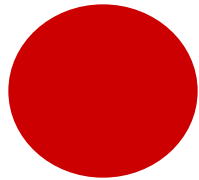
- Requires assistance to get in and out of bed.
- May need two people if required.
- Assist with toileting PRN.

# Red Dot Mobility System

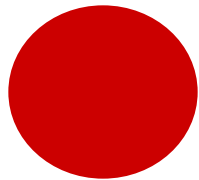
## Three Red Dots



- Needs assistance of two people to ambulate and/or walking aid.



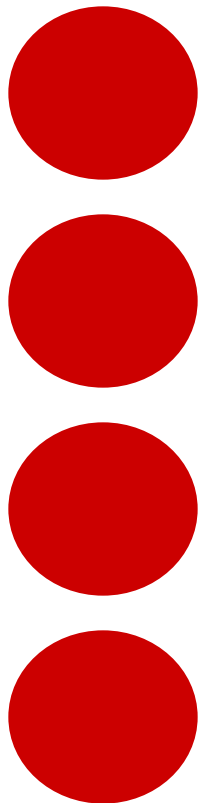
- Pelican (walk) belt.
- Possible electric lifter for toileting.
- Two people for getting in and out of bed.
- Commode for toilet.



- Shower chair, slide sheet for turning, if required.

# Red Dot Mobility System

## Four Red Dots



- Non-weight bearing patient.
- Sponge in bed or portable shower bath.
- Slide Sheet for 2/24 PAC.
- Total nursing care with all personal care.
- Two people (or more as required) to attend to patient needs.
- Electric lifter if needed.

# Red Dot Mobility System

## How to Document the Red Dot Mobility System/ Nursing Care Plan

Hygiene		Reference to use of items	
Mobility	Lifter required for transfers  ● ● ● Jones		
Observations		Appropriate number of dots	
Nutrition			
Tests, Xray, Ops, etc			
Admission completed by.			
K Jones	Kevin Jones	R.N.	15.03.10
Signature	Print Name	Designation	Date

# Red Dot Mobility System

Nurses have overriding responsibility/documentation



Nurse (Overriding Responsibility)



Occupational Therapist

In consultation with the  
multidisciplinary team



Doctor



Physiotherapist

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# Red Dot Mobility System

## Staff/ family Involved:

Nurses/ Agency Nurses

Occupational Therapists

Wardspersons/ Orderlies

Cleaners

ECG Technicians

Renal Dialysis Unit(s)

Community Health  
Services

Family member(s)  
involvement

Physiotherapists

Doctors

Ambulance Officers

Food Delivery (Meals)

University Students

Radiology Staff

Hospital Fire Officers

Physical Resource Staff

Patient Transport  
service.

# Red Dot Mobility System

## EMERGENCY EVACUATION TOOL

**BOMB**

**GAS LEAKS**

**FIRE**

**TERRORISM**

**PROVIDES INSTANT VISIBLE  
NOTIFICATION OF  
PATIENT / CLIENT  
MOBILITY STATUS FOR  
EMERGENCY PERSONNEL**

**POLICE**

**FIRE SERVICE**

**AMBULANCE**

**SES**

# Red Dot Mobility System

## Training

- All Clinical staff involved are trained in patient mobility assessment and documentation.
- Non clinical staff are trained in their responsibilities with the system.
- Patients / Family members receive a handout explaining its function.
- Family involvement/ education re: mobility plan contract.

# Patient Mobility Plan Contract

## Contract is for hospital/ facility/ community health and home.

- Enables the patient and family to play an active part regarding mobility in the hospital and at home,
- Family meeting to discuss mobility plan,
- All agree on plan and sign mobility plan contract,
- Training given to family on equipment and techniques for safe manual handling & signed off by Manual Handling Coordinator,
- Mobility plan contract then follows the patient from the hospital to the home,
- All care givers sign contract and have a copy of the clients mobility needs,
- Mobility needs are constant / do not change i.e. from carer to carer,
- Empowerment for family to participant and have clear instructions,
- The contract follows the Continuum of Care practices.

# Red Dot Mobility System

From here.....

- Following the successful implementation of the system within Manning Hospital, it was then rolled out to the remaining 11 hospitals throughout the Mid North Coast Area Health Service.

# Red Dot Mobility System

## Implementation into other Area Health Services

- Red Dot Mobility System is now in the Great Western AHS, Hunter New England AHS, Far West AHS, North Coast AHS,
- Major hospitals in Sydney - Prince of Wales Hosp, St. Vincent's Hosp, Fairfield Hosp, Bankstown Hosp, & Campbelltown Hospital.
- It is in over 250 hospitals and nursing homes throughout NSW, Western Australia & Queensland.

# Red Dot Mobility System

## South Australian Health Department

- The Red Dot System has been adopted in 87 hospitals with a total of 6,000 beds. It was chosen because of its simplicity, visibility and proven reduction of injuries.

## Tasmanian Health Department

- Have also chosen to adopt this system state wide (11 hospitals).

# Red Dot Mobility System

## OVERSEAS

**Austrade Australia  
Contract signed in 2008**

After consultation and extremely positive feedback from across the world, the Red Dot Mobility System will be promoted in England, Canada, America.

Individual facilities in South Africa & Zimbabwe are using the system.

**Simplicity & Visibility being its greatest asset**

# Red Dot Mobility System

## Outside Health Services

- Taree local high school has adopted the Red Dot Mobility System to suit needs of children with physical and mental disabilities, changing only the criteria to suit their specific needs.
- Up to 70 children per day are monitored by this system.
- There were 3 teachers injured prior to its introduction 5 years ago, since then there have been NIL injuries.

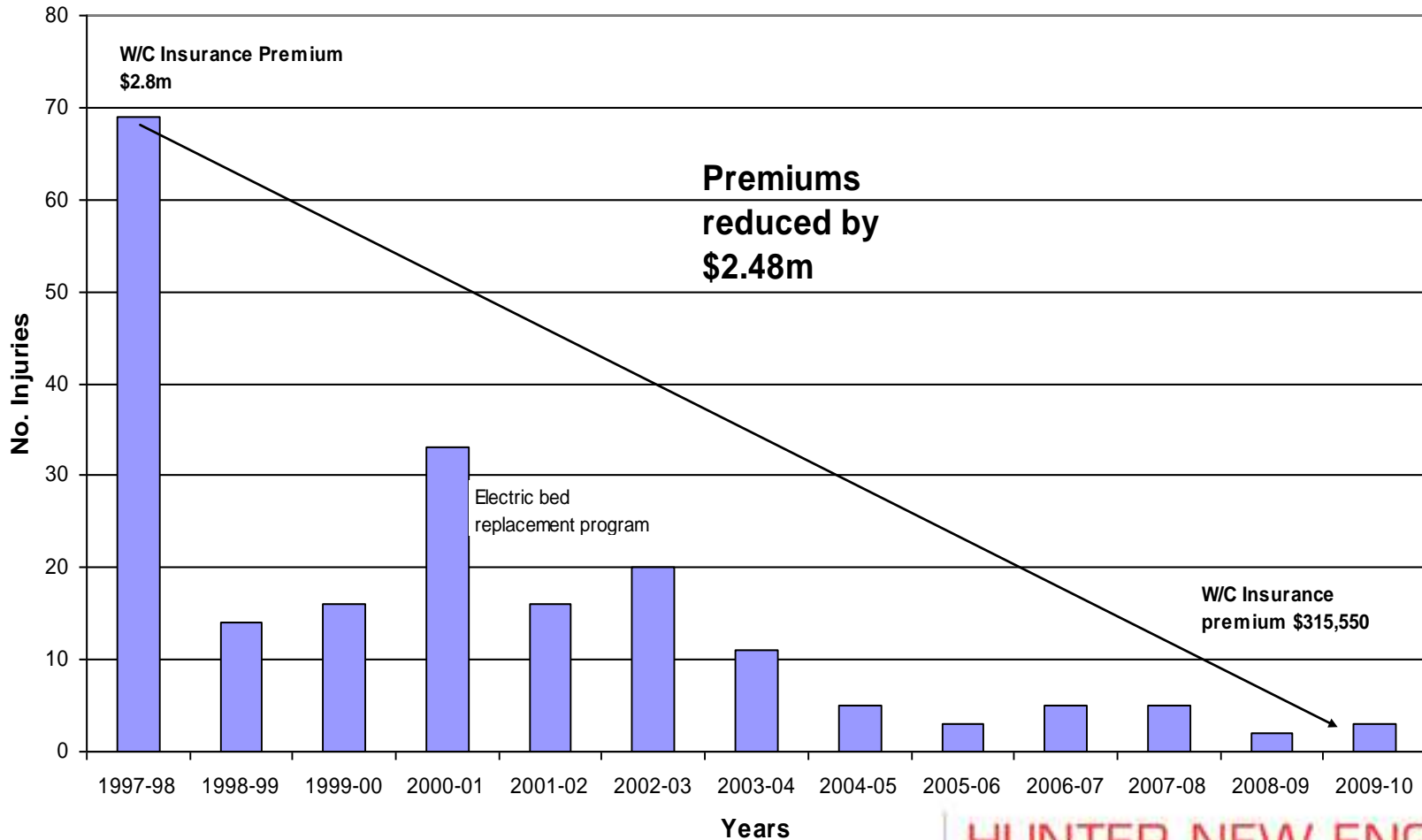
# Red Dot Mobility System

## Manning Hospital

- In first twelve months -72% reduction in staff / patient slips, trips and falls & \$1.1M reduction in Workers Compensation costs.
- 2009 – A\$2.48m reduction in injury insurance costs.
- But over ten years the results speak for themselves.....

# Red Dot Mobility System

## No. of Manual Handling Injuries - MRRH



# Red Dot Mobility System

## Great Western Area Health Service

- 80% reduction in injuries at Broken Hill Hospital.
- Cost savings of \$424,000.
- 50% reduction in injuries at all other hospitals in the Area. (2001)
- Hospitals involved include:

Lightning Ridge

Collarenebri

Brewarrina

Bourke

Wilcannia

Wentworth

Balranald

Ivanhoe

Broken Hill

# Red Dot Mobility System

## Prince of Wales Hospital (580 beds)

- 59% reduction in injuries over a 6 month period.
- Now implemented facility wide due to excellent reduction of injuries to date.
- Red Dot Mobility System is now supported by an appointed Manual Handling Coordinator.

# Red Dot Mobility System

The key to success of the Red Dot Mobility System:-

- Simplicity,
- Minimal documentation,
- Visibility,
- Multi-staff involvement,
- Staff Acceptability of System,
- Standardisation for staff moving between hospitals,
- Dramatic reduction in injuries to staff and patients in all facilities where it is in place,
- **Proven** reduction of injuries over a ten year period.

OVER A TWO YEAR PERIOD  
***ONLY ONE (1) NURSE INJURY***  
(2006-2007) Manning Hospital

# Methods of Implementation

- Senior Management support,
- Risk Management team support,
- Designated coordinator (driver in each hospital),
- Education - training module  
One day 'Train the Trainer',  
2 hour - staff training sessions,
- Safety champions, ward based, 24/7,
- The right equipment,
- Promotion of system.

# Package contents

- License to use system per hospital, which includes one slide plate per kit,
- Overall plan,
- Lesson plan,
- Criteria,
- Audit tool,
- Mobility Plan contract,
- 2 hour lesson plan,
- 1 day course “Train the Trainer”.

(Presented in both electronic and hard copy).

# Acknowledgments

- Recognised by NSW Health OHS Profile Audit Tool process as **best practice hospital** 2006.
- Acknowledged by ACHS with an **Outstanding Achievement (OA)** award for Manual Handling 2009.
- Workcover, NSW.
- Trish Butrej, OHS Officer, NSW Nurses Association,



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# Red Dot Mobility System

**Thank you.**

**I am happy to answer any questions.**