

**Editor** Shruti Kamath  
**Commercial Manager** Edward Croomie  
**Circulation Director** Sally Boettcher  
**Production Manager** Kyri Apostolou  
**Production Assistant** Charlotte Rutland  
**Editorial Director** Sophie Gardner  
**Managing Director** Anthony Kerr  
**Publishing Director** Andrew Iaffrati  
**Chief Executive Officer** Ben Allen

**Editorial enquiries** [shruti.kamath@markallengroup.com](mailto:shruti.kamath@markallengroup.com)  
**Commercial enquiries** [edward.croomie@markallengroup.com](mailto:edward.croomie@markallengroup.com)

#### CONSULTANT EDITOR

**Alison While**, Emeritus Professor of Community Nursing, King's College London

#### EDITORIAL BOARD

**Ben Bowers**, Wellcome Post-Doctoral Research Fellow, University of Cambridge; Community Nursing Research Consultant, Queen's Nursing Institute, London; Honorary Nurse Consultant in Palliative Care, Cambridgeshire and Peterborough NHS Foundation Trust

**Julie Bliss**, Head of Practice Learning, Florence Nightingale Faculty of Nursing and Midwifery, King's College London; Chair of the Association of District Nurse Educators; and Queen's Nurse

**Ann Bryan**, Executive Director of International Partnerships, Health and Social Care, University of Chester

**Julie Clennell**, Regional Director of Nursing—Clinical Quality, NHS England & NHS Improvement, North East & Yorkshire

**Jane Griffiths**, Senior Lecturer, Division of Nursing, Midwifery and Social Work, University of Manchester

**Maria Horne**, Associate Professor in Community and Public Health, School of Healthcare, University of Leeds

**Julie Hughes**, Queen's Nurse, Independent Healthcare Consultant  
**Catrina Kennedy**, QNIS Professor of Community Nursing, School of Nursing and Midwifery, Robert Gordon University

**Brian Nyatanga**, Senior Lecturer, Three Counties School of Nursing and Midwifery, University of Worcester

**Patricia Robinson**, Senior Lecturer, Community Health Team, University of Brighton

**Cate Wood**, Senior Lecturer, Faculty of Health and Wellbeing, University of Winchester

#### UK PERSONAL SUBSCRIPTION RATES

Quarterly direct debit £25  
 Annual direct debit £100  
 Annual credit card £105  
 2-year credit card £179  
 3-year credit card £252

Subscribe online: [www.magsubscriptions.com](http://www.magsubscriptions.com)

Subscribe by phone: +44 (0) 1722 716997

Institutional pricing: [institutions@markallengroup.com](mailto:institutions@markallengroup.com)

**MA Healthcare**

Part of

**Mark Allen**

[www.markallengroup.com](http://www.markallengroup.com)

The *British Journal of Community Nursing* is published

by

MA Healthcare Ltd, St Jude's Church,  
 Dulwich Road, London SE24 0PB

Tel: +44 (0)20 7738 5454 | Web: [www.bjcn.co.uk](http://www.bjcn.co.uk)

#### MAG ONLINE LIBRARY

The views expressed do not necessarily represent those of the editor or the *British Journal of Community Nursing*. Advertisements in the journal do not imply endorsement of the products or services advertised.

© MA Healthcare Ltd, 2023. All rights reserved. No part of the *British Journal of Community Nursing* may be reproduced, stored in a retrieval system, or transmitted in any form or by any means (electronic, mechanical, photocopying, recording, or otherwise) without prior written permission of the Publishing Director.

Cover image: icehawk33 via Adobe Stock



ISSN 1462-4753

Printed by Pensord Press,  
 Goat Mill Road, Dowlais,  
 Merthyr Tydfil, CF48 3TD

The paper used in this publication has been sourced from Chain-of-Custody certified manufacturers, operating within international environmental standards, to ensure sustainable sourcing of the raw materials, sustainable production and to minimise our carbon footprint.

# Moving and handling in the community

In the past, nursing personnel have used controversial techniques to mobilise individuals who required assistance. However, in the last 30–35 years, manual handling has been significantly modified, with research, law and nursing care discovering enhanced techniques and solutions (Steed et al, 1999; Tofts and Arnold, 2012; Ruzsala and Alexander, 2015).

Properly handling and transferring individuals is a crucial component of providing effective care—both in residential and community settings. Effective handling requires careful consideration of a variety of factors. The desire to uphold the client's dignity and ensure that you always interact with them in ways that are sensitive to their requirements, must be balanced against the technical concerns of doing things in the safest and most suitable way possible (Ruzsala and Alexander, 2015). However, despite greater education, materials, and tools, accidents are still prevalent; it is estimated that over 80 000 nurses injure their backs annually; furthermore, back injuries to NHS staff cost the health service £400 million each year (BackCare, 2011).

When assessing patients, it is important that risk assessments are carried out, as it is an important component of safely moving and handling them and any required equipments. The Health and Service Executive has created the Task, Individual, Load, Environment and Equipment (TILEE) model, to be adopted when a generic assessment is not in place (Health and Safety Executive (HSE), 2011; Tofts and Arnold, 2012).

Picture this scenario: a person in the community setting requests the usage of an easy access sling (or toileting sling). Less fabric is used in the seat region of these slings to make it simpler to access clothes following a transition, such as from a wheelchair to a commode. However, to utilise the sling as designed, the resident must have sufficient upper body strength. The Manual Handling Adviser (MHA) asks that the handling plan be revised as they think there is a chance that the patient might slip through the sling. The resident wants to use the restroom before it is too late; the nurse wants to ensure the resident's comfort and safety; and the MHA wants all of these things, but is cognisant of the potential for bodily harm. Each individual in this setting approaches risk differently. Everything ultimately depends on how each healthcare professional would perceive and assess the risk (HSE, 2011; Smith, 2005).

Therefore, a thorough manual handling assessment should be carried out prior to using any equipment, slings, or techniques. It is also important to refer to the manufacturer's instructions and the MHA's recommendations. Factors to be taken into account include: resident's comfort; staff effort; and competency. More needs to be done by practitioners in terms of regulation, compliance, and audit to navigate manual handling evaluations, and managers should attempt to create safer techniques. It is doubtful that any protocols resulting from the evaluation will remain static; rather, staff will need to be prepared to react to any early signs indicating that the approach is no longer effective. This would require constant monitoring and education of staff (Smith, 2005; HSE, 2011).

**BJCN**

#### Tiago Horta Reis da Silva

Lecturer in Nursing Education AEP, Department of Adult Nursing, Florence Nightingale Faculty of Nursing, Midwifery and Palliative Care, King's College London

BackCare. BackCare says enough is enough in bid to cut NHS costs! 2011. <http://tinyurl.com/6wwjjzq> (accessed 28 June 2023)  
 Health and Safety Executive. The Health and Safety Executive guide: getting to grips with hoisting. 2011. <https://www.hse.gov.uk/pubns/hsis3.pdf> (accessed 28 June 2023)

Ruzsala S, Alexander P. Moving and handling in the community and residential care. National Back Exchange guidance. Volume 5. Towcester: National Back Exchange guidance; 2015

Smith J, Llyod P. The guide to handling of people. 5th edn. Middlesex: National Back Pain Association; 2005

Steed R, Aitchison L, BackCare. Safer Handling of People in Community. 1st edn. Middlesex: BackCare; 1999

Tofts D, Arnold M. Moving and handling in the community: update on legislation and best practice. *Br J Community Nurs*. 2012;17(2):50, 52, 54–57. <https://doi.org/10.12968/bjcn.2012.17.2.50>