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# News Release

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## Future healthcare professionals benefit from expertise of local therapist

**Aroostook County** - Students enrolled in an introductory course for future health care professionals at Northern Maine Community College are benefiting from the continued collaboration between the institution and a regional provider of physical therapy services.

Adam Simoes of County Physical Therapy spoke recently to a NMCC health and safety compliance for health care professionals class. He addressed the risks of and reasons for injury, and led a hands-on session demonstrating proper transfer training techniques for patients and safe handling techniques to reduce injury to both the care provider and the patient.

“Between 2005 and 2009, Maine reported fewer workers’ compensation cases for workplace injuries in every profession with the exception of health care,” said Simoes. “Teaching future health care professionals the best way to reduce back injuries is very important. I also shared with the students the importance of being physically fit, because many people today are not as fit as they should be for the job they are performing.”

The message and information imparted on the 26 students enrolled in the course and the exercises led by Simoes were greatly appreciated by medical assisting instructor Penny Mints, who asked the occupational therapist to visit her class. The curriculum of the course centers around providing students enrolled in a health care program at NMCC a better understanding of the regulatory requirements in the areas of life and environmental safety for health care agencies and providers.

“It is very valuable for students to have the opportunity to learn proper transfer techniques in a hands-on setting prior to being in the clinical environment,” said Mints. “It is a great asset to have an opportunity to have County Physical Therapy staff here at NMCC to work with the students and answer any questions they may have. It also helps make very real the material we teach the students.”

Among the techniques demonstrated by Simoes included the best way to transfer a patient from a hospital bed to an alternate position in such a way that protects both the safety of the patient and the care provider. Simoes demonstrated both the proper way to handle such a transfer for the dependent patient and the able bodied patient.

NMCC and CPT have partnered in a number of ways in recent months and years to benefit and enrich the learning experience for students. Last summer, CPT developed and implemented a physical screening program for prospective NMCC wind power technology students to verify they could handle the physical rigors of the program before being fully accepted.

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*Adam Simoes (left) of County Physical Therapy demonstrates the proper way to transfer a patient to students in Northern Maine Community College instructor Penny Mints' health and safety compliance for health care professionals class. Assisting Simoes in the demonstration is NMCC student Stephen McCluskey of Presque Isle, while fellow students (left to right) Mallory Thompson and Molly Cullins of Caribou and Joan Mendoza of Washburn look on.*