Evaluation of a disposable bed bathing system and adherence to Enhanced Recovery After Surgery (ERAS) initiative in an NHS Grampian Hospital

Fiona Whyment, Woodend Hospital, Aberdeen
Email: Fionawhyment@nhs.net

BACKGROUND AND OBJECTIVES

As part of a continuous improvement programme at Woodend Hospital, Aberdeen, two initiatives were identified 'Enhanced Recovery After Surgery' (ERAS) and 'The Productive Ward - Releasing Time to Care'. The ultimate aims of these two initiatives are;

1. To improve patient outcomes by speeding up patient recovery after surgery, and;
2. To improve ward processes and environments to help nurses and therapists spend more time on patient care thereby improving safety and efficiency.

The aim of this formal product evaluation was to determine product performance and acceptance of the Oasis® Bed Bath system compared to traditional (soap and water) bed bathing and hair washing typically performed on dependent patients.

A bed bathing system using wipes pre-impregnated with a unique blend of skin cleansers and moisturisers, and a rinse free shampoo cap pre-impregnated with shampoo and conditioner for washing the hair, were evaluated and compared to traditional bed bathing / hair washing procedures on a 24 bedded post operative / orthopaedic ward. Trial participation was obtained from patients before the trial commenced.

METHOD

The Oasis® Bed Bath system and indications for use were presented to staff with products formally evaluated over a 4 week period. The wipes were used on each patient the day following the surgery (and on subsequent days where applicable according to the level of patient dependency) and the shampoo cap replaced traditional bedside hair washing with bowls, water, shampoo and towels.

At the end of the evaluation staff and patients completed a questionnaire to determine product performance and staff acceptance of the new patient bed bath method. In addition, the ‘process efficiency’ (ie time required for cleansing the patient) was observed and reported for both bed bath methods (wipes and shampoo cap vs soap and water).

RESULTS

Nineteen evaluation forms were returned and without exception all staff indicated that they would happily use the Oasis® Bed Bath system again (see Table 1).

Table 1. Staff feedback when using Oasis® Bed Bath system

<table>
<thead>
<tr>
<th>Assessment Criteria</th>
<th>Good</th>
<th>Satisfactory</th>
<th>Poor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Convenience of use</td>
<td>100%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Kindness to skin</td>
<td>100%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Time saving benefits</td>
<td>100%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Hygiene benefits</td>
<td>100%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Overall performance</td>
<td>100%</td>
<td>0%</td>
<td>0%</td>
</tr>
</tbody>
</table>

All feedback received from patients and staff was positive. Anecdotal comments from patients and staff included: ‘the wipes has a fresh smell', ‘the wipes left the skin feeling fresh', ‘patients found the heat of the wipes very soothing', ‘very time-saving', ‘easy to use'.

One specific comment from a patient who is a hairdresser stated how impressed he was with the shampoo cap, and how little difference there was between using the shampoo cap compared to traditional shampoo and conditioner.

Use of the Oasis® Bed Bath system offers significant benefits in terms of process efficiency. The time required for bed bathing and hair washing was reduced by 74% and 87% respectively when using the wipe / shampoo cap system in place of the traditional soap and water practice. Both procedures typically require two nurses working together, which can be reduced using the Oasis® Bed Bath system.

The average time for a traditional bed bath is 33 minutes (reduced to 8 minutes using Oasis® Bed Bath wipes) and for traditional hair washing is also 33 minutes (reduced to 4 minutes using Oasis® Shampoo Cap).

100% of patients reported that they felt significantly better being washed with the Oasis® Bed Bath wipes than traditional soap and water. All patients strongly agreed that for Oasis® Bed Bath system compared to conventional all over body washing the process left the skin feeling clean and refreshed. The wipes felt smooth on the skin and did not leave the skin feeling dry. The overall process was comfortable and relaxing and provided more independence for the patient.

CONCLUSION

The Oasis® Bed Bath system has shown to be a suitable and successful alternative to bed bathing with soap and water and standard shampoo and conditioner for patients and staff on this ward.

The system has shown to improve quality of patient care by embedding the principals ERAS in post-operative care and providing a positive impact on patient cleansing and nursing practice.

The reductions in time for bed bathing and hair washing at the bedside can allow nurses to either spend more quality nursing time with the patient or progress with other duties as required.

The costing model constructed demonstrated significant cost savings could be made by moving to a wipe based bed bath method from the more traditional ‘soap and water' approach.

Since the successful evaluation of the bed bath wipes, Clinical Procurement has facilitated the targeted adoption of these products into the clinical areas that stand to gain the greatest benefit as part of their routine care for dependent patients.


Synergy Health (UK) Ltd, Healthcare Solutions, Matrix Park, Chorley, PR7 7NB. Lancashire. Tel: +44(0)1772 299900 Fax: +44(0)1772 299902 Email: healthcare.solutions@synergyhealth.plc.com www.synergyhealthplc.com Oasis is a registered trademark of Synergy Health plc. SHI4947