

The original bathing and skin cleansing breakthrough

BagBath®



Clinical Findings & Studies

BagBath Put to the Test by Nurses & Patients

Nurse Kathleen L. Wright conducted a study on her 32-bed medical/surgical unit to determine if the BagBath is a beneficial alternative to a traditional bed bath. During a 30-day trial, Wright's 65 patients rated the BagBath 4.37 out of 5 on average. Her 32 employees rated it even higher at 4.56.

"The BagBath did indeed take us less time to perform – only seven minutes on average. And, because the patients weren't left dripping wet, they did not get the chills. When I asked the patients how they like the BagBath, they said their skin felt softer and cleaner. They also said they liked the fact that the water used to clean one part of their body wasn't being used to clean another. The technique also **reduced the risk of spreading infectious organisms** found in washbasins and on the skin. It was also **faster and less messy than a standard bed bath.**"

Wright also researched the cost effectiveness of BagBath in her unit. When one of Wright's RNs gave a traditional bed bath, it cost \$7.05 (\$5.04 in salary and \$2.01 in supply costs). **Using the BagBath instead saved \$2.37 each time** a patient was bathed. Similarly, \$0.69 was saved each time a nursing assistant used the BagBath instead of performing a bed bath.

"Considering a new product? Put it to a test", Kathleen L. Wright, RN, C. RN, December 1996. Pgs. 21-23.

BagBath Shows Positive Effects on Skin Quality & Patient Satisfaction

The research project discussed in this article independently evaluated the use of BagBath in elderly patients at a long-term care facility over six weeks to determine its effect on skin dryness and patient and staff satisfaction. **100% of the patients 'strongly agreed' or 'agreed' that BagBath "was easy to use and that they liked this bathing technique. The majority of both residents and nursing staff expressed favorable opinions** with the use and results of the BagBath on skin condition."

Assessing patients by using the Skin Condition Data Form, the researchers found that "continuous improvement in the total scores on the SCDF... suggests **use of the BagBath had a positive effect on the overall construct of skin dryness in elderly patients. The most significant improvements occurred in the reduction of the characteristics of skin flaking and scaling.** The study suggests BagBath may have added moisture to the skin or prevented its loss."

"The Effects of Bathing and Skin Care Practices on Skin Quality and Satisfaction with an Innovative Product"
by Cynthia M. Sheppard, RN, MSN, and Phyllis S. Brenner, RN, PhD. Journal of Gerontological Nursing, October 2000. Pgs. 36-45.

BagBath Reduces Risks Associated with Traditional Bed Baths

"Nursing and medical research has found that the use of nontherapeutic soap, like frequent baths, puts the elderly at risk for dry skin. It's well documented that moist skin is less prone to breakdowns (and) moist wounds heal faster and with less scar tissue than dry wounds. Conversely, some research has linked dry, flaky or scaling skin to an increased incidence of pressure ulcers." In addition, "...unless they're completely dried, **equipment and supplies, including wash basins and washcloths, will eventually be contaminated with gram-negative organisms.** Another common bed bath pitfall is not changing the bath water often enough, so the dirt removed from the patient is in effect reapplied to him."

"The BagBath uses a nonwoven soft cotton blend cloth that's highly absorbent but **reduces the friction and risk of tissue damage associated with standard washcloths.** The cloth contains a proprietary blend of effective no-rinse surfactants that clean without damaging the protective acid mantle of the skin. Surfactants...clean as well as soap, without leaving the skin dry. The solution also contains vitamin E and an emollient/humectant to attract and trap moisture on the skin."

In addition, "**weekly tub bathing is hazardous for both nurse and patient.** The rigors of assisting elderly patients in and out of tubs are a leading cause of disability for nurses. Tub bathing also removes natural protective oils from patients' skin. Some studies suggest that drains and tubs harbor organisms that could be potential pathogens for the immunocompromised elderly patients. It **(BagBath) simplifies bathing for the frail elderly in the home setting.**"

"Skin Care Rituals That Do More Harm Than Good" by Susan M. Skewes, RN, ONC. The American Journal of Nursing, October 1996, Vol. 96, No. 10. Pgs. 33-35.

"Bathing: It's a Tough Job! The rigors of assisting elderly patients in and out of tubs are a leading cause of disability for nurses" by Susan M. Skewes, RN, ONC. Journal of Gerontological Nursing, May 1997. Pgs. 45-48.

BagBath Clinical Findings & Studies

BagBath Promotes Patients' Quality of Life & Reduces Costs

"Being dependent on others for washing, bathing and using the lavatory is humiliating for some people and it is important to protect patients' self-esteem and dignity as far as possible by trying to cater for their individual habits and preferences. Some patients may find the idea of being washed from a bowl of water in which washcloths are repeatedly dipped extremely distasteful. **The ease of use of BagBath and the absence of bowls, towels, soaps and creams may assist with promotion of independence and increase patients' self-care ability.**"

"BagBath is both convenient and cost-effective and is a system that eliminates the needs for basins and soap and water, and reduces the time required for bathing patients...a patient can be cleansed and provided with skin care at the same time and the potential for cross-contamination is eliminated. BagBath has the advantage of purity as the premoistened and sealed cloths will be used for one area of the body and then discarded. BagBath can provide a clean, efficient, easy alternative with minimal potential for cultural conflict."

"In a study by Birch and Coggins (2003), the no-rinse, one-step BagBath and the effects on the occurrence of skin tears in long-term care settings were considered. They found that **the number of skin tears decreased from 13 in the first month to one in the fourth month, affecting caregivers' time and cost.** The observed reduction in the occurrence of skin tears was estimated to result in an annual decrease in cost of \$2,446."

"**BagBath is simpler, quicker, has reduced potential for cross-infection and is the least expensive method of washing a patient.**" Lewis-Byers and Thayer (2002) "identified a savings of 79 minutes/patient/day with a reduction in pain when skin integrity is maintained."

"The cost-effective use of BagBath: a new concept in patient hygiene" by Fiona Collins and Sylvie Hampton. British Journal of Nursing, 2003, Vol. 12, No. 16. Pgs. 984-989.

BagBath Increases Bathing Efficiency & Saves Money

"The step-by-step process of a full bed bath involves some 21 steps, and requires two bath towels, two washcloths, washbasin, soap and soap dish, bath blanket, clean gown, hygienic aids such as skin lotion, deodorant or powder, linen hamper/laundry bag, disposable gloves and bed linen. The difference required in materials and time is obvious, and this suggests that the **BagBath is simpler, quicker, has reduced potential for cross infection and is a less expensive method of washing a patient.**" The BagBath decreases costs by eliminating the need for bathing equipment and supplies. It eliminates the associated cleaning costs of bowls, towels, etc. It also reduces bathing time and labor costs.

"BagBath: the value of simplistic care in the community" by Fiona Collins and Sylvie Hampton. British Journal of Community Nursing, 2003, Vol. 8, No. 10. Pgs. 343-348.

Study Finds Multiple BagBath Benefits for Patients and Caregivers

This 2006 German study followed ICU patients who receive bath care at least once every 24 hours. The study found that traditional bed bath procedures "took on the average 45 minutes. Washing with BagBath, on the average 27 minutes were needed for washing." The study concluded **the ICU staff could save 577 hours/year by using BagBath.**

The ICU staff surveyed patients on their opinions of conventional bed baths and the BagBath. Over 90% scored the cleaning effect of BagBath as 'very well' and 'well'. "During washing with 'water and soap' 17% of the patients felt a 'strong' to 'very strong' load (pain). 50% of the patients felt 'moderate' to 'tolerable' load. **During washing with BagBath, 99% of the washing did not cause an additional load (pain) for the patient.** With only 1% of the washing a "moderate" load was determined. That means: Less pain and fewer complications."

The staff also found that "frequent relocating of patients from wet bed linens in the context of the conventional bed bath brings unnecessary risks for traumatized, newly operated and tubed patients. The use of BagBath surely means more careful washings that favourably support the convalescent."

To 98.2% of staff, using BagBath washing eased their workload. "The possibility to concentrate on effective and 'correct' washing, without having to neglect other tasks, reduces the danger of complications and causes a relief in the strained working climate of the ICU. BagBath makes it possible for the caregivers to spend more time recognizing the needs of the patient and increasing the quality of the care."

The ICU staff additionally investigated the effectiveness of BagBaths versus traditional bed bathing by taking bacteria samples from patients. "**With BagBath, it is clearly evident that the bacteria [Staphylococcus epidermidis and Enterococcus faecalis] after wash are strongly reduced or zero.** In contrast, after conventional washing the bacterial number increased even partially."

Study: "Test of the Alternative Body Washing System BagBath: How is the daily use of this product evaluated in an Surgical Intensive Unit at Westküstenklinikums Heide", Hamburg, Germany. June 2006. Antje Schmidt, WKK Heide; Dr. Stefan Schröder, Manager OA and ICU.

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