



**Finnish Institute of
Occupational Health**

Ergonomics and usability of two bathing methods

**Comparison of traditional bed bath to Bag Bath
method in elderly care - Research scheme**

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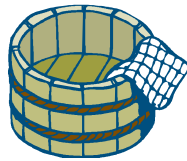
Introduction

- Patients hygiene care is tough job for nurses
 - HR > 120 beats / min
 - RPE (0-20) is 15 = very high
- Work-related musculoskeletal injuries are common among nurses
- Cleaning rituals are based on cultural norms
- Finns like sauna and showering
- Weekly tub bathing still common in other counties
- If patients are very weak nurses perform bathing in bed: 1) traditional towel bed bath or 2) the Bag Bath



Aims

- The aim of the study is to compare ergonomics and usability of two bathing methods



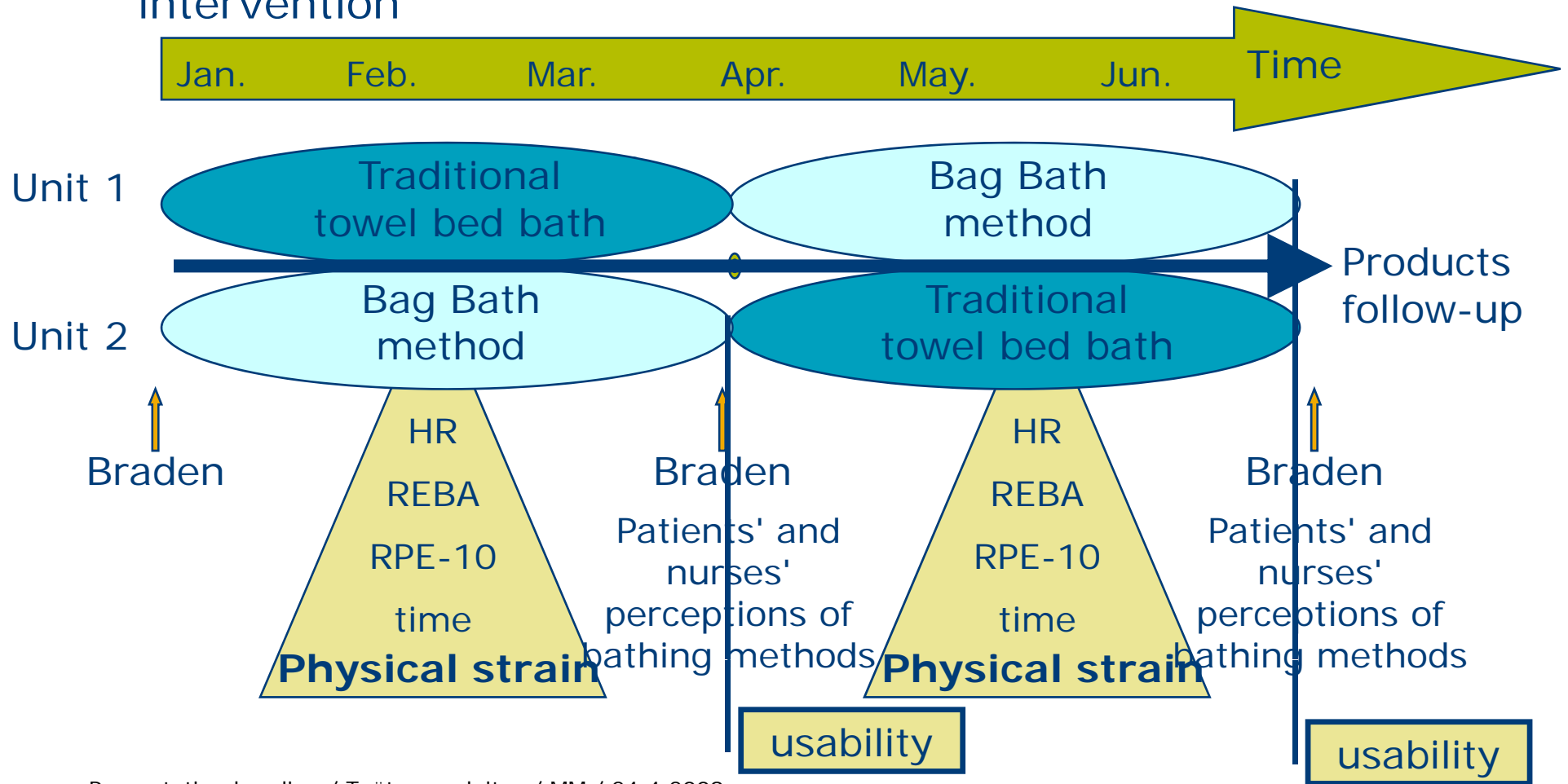
versus



This study helps nursing staff to improve the quality of care and give them evidence-based knowledge to choose a bathing method, which is ergonomic, cost-effective and comfortable for both patients and nurses.

Material and methods

- This is a quasi-experimental study with a cross-over intervention



Conclusion

