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Dementia Centre

The electronic toilet top bidet: An improvement in toileting care for people with dementia and nursing home staff
Toileting is the most frequent task undertaken by aged care staff. Frequency exposes staff to risk of injury (Cody and Grealy, 2001). Inability to clean up after voiding has negative effect for the older person, including loss of dignity.
What is a bidet?

• A toilet seat replacement
• Requires power point
• Uses cistern water supply
• Remote controlled
• Thermostatically controlled seat and water heat
• Retractable self cleaning nozzles for ‘rear’ and ‘front’ cleaning
Study design and analyses:
  • Ethics approval from the University of Sydney HREC (2015/304)
  • Trial registered with the Australian and New Zealand Clinical Trials Registry (ANZCTR: 126115000749505)
What did we do?

• Engaged with 2 Australian Government funded aged care facilities, 1 dementia specific
• Purchased and installed bidets, (Coway BA-08)
• Appointed a ‘bidet champion’ in each facility
• Provided staff training
• Encouraged staff to use the bidet themselves to understand the experience
• To encourage staff engagement, staff selected residents to trial bidet
What did we want to find out?

Was the bidet acceptable?

Does the bidet clean effectively?

Did bidet use reduce incontinence associated odour?
<table>
<thead>
<tr>
<th></th>
<th>Bidet Group</th>
<th>Usual Care Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of participants</td>
<td>25 (51%)</td>
<td>24 (49%)</td>
</tr>
<tr>
<td>Mean age in years (range)</td>
<td>84.8 (61-96)</td>
<td>85.7 (53-93)</td>
</tr>
<tr>
<td>Female</td>
<td>19 (76.0%)</td>
<td>21 (87.5%)</td>
</tr>
<tr>
<td>Diagnosis of dementia</td>
<td>20 (80.0%)</td>
<td>23 (95.8%)</td>
</tr>
<tr>
<td>Global Deterioration Scale mean, sd</td>
<td>5.48 sd=1.93</td>
<td>5.17 sd.23</td>
</tr>
<tr>
<td>Barthels ADL mean, sd</td>
<td>7.76 sd=5.39</td>
<td>10.54 sd=5.53</td>
</tr>
<tr>
<td>Urinary incontinence number (%)</td>
<td>22 (88.0%)</td>
<td>16 (66.6%)</td>
</tr>
<tr>
<td>Faecal incontinence number (%)</td>
<td>18 (72.0%)</td>
<td>9 (37.5%)*</td>
</tr>
</tbody>
</table>

* X2(1)=7.84, p=.020
“...the first time I started trying (bidet) on them... there were some incidents like ... like getting a shock.... But now after 12 weeks, most of them, our residents are used to it, I would say pretty much everybody.... I think they all loved the bidet pretty much.”

Carer, morning shift
NSW
Did the Bidet clean effectively?

<table>
<thead>
<tr>
<th></th>
<th>Staff rating of bidet cleaning</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Successful</td>
<td>Additional wipe</td>
</tr>
<tr>
<td>Void bladder (N)</td>
<td>128</td>
<td>42</td>
</tr>
<tr>
<td>Void bowels</td>
<td>16</td>
<td>49</td>
</tr>
<tr>
<td>Void both</td>
<td>19</td>
<td>20</td>
</tr>
<tr>
<td>No void</td>
<td>94</td>
<td>30</td>
</tr>
<tr>
<td>Incomplete data</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>Totals</td>
<td>257 (59.5%)</td>
<td>141 (32.6%)</td>
</tr>
</tbody>
</table>
“well quite a few times we would put somebody on the toilet, not going, waiting, waiting, waiting, ...use the bidet and there they go. We would sometime do it (run the bidet) four times just to give that stimulation (to void).... Changing a pad later on... that’s incontinent. As far as I’m concerned, those few minutes, they were worth it.”

EN Vic. am shift
“usually when we shower them, toilet them, assisting them to wash we are right up in their personal space. A lot of people don’t like that. The bidet is giving them...space. I know when I go to the toilet I don’t want someone fussing over me...”

Carer pm staff NSW
Acceptance of the bidet appeared predicated on staff knowing the person and providing appropriate support.

Staff commented that getting to know the wash settings was important to improve the experience for residents.

The bidet was not accepted by all residents.

Each resident who did not accept the bidet was also actively resistant to being taken to the toilet, bidet equipped or not, or in one case even entering the bathroom.
Other observations....

Maintenance, adverse events and performance of the bidet were monitored:
  - No adverse events for residents or staff reported
  - No maintenance issues reported

Compatibility of bidets with the use of shower-commode chairs was raised in Victoria
  - A compatible shower commode chair was obtained
• Care staff advocated for bidets for all residents in the facility
• Additional bidets have been installed
• Bidets in daily use 1 year on, accepted option for routine care
• Anecdotally, reduction in UTI
Acknowledging...

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Prof. Lindy Clemson and Assoc. Prof. Lee-Fay Low for project supervision

Residents, staff and families of the participating facilities

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