TurtleTub™
Make Swaddle Bathing Easy
in the NICU and Well-Baby Unit
What is your current bathing practice?

- Does the infant enjoy the bath?
- Does it cause stress to the baby in the form of crying or heat loss?
- Is there consistency with your bathing process?
- Is it easy for the nurses or parents to give a bath?
- Do parents participate?
- Could parents bathe the infant with the same technique at home?
Immersion Bathing and Immersion Swaddle Bathing both minimize heat loss and decrease crying during bathing. Swaddle Bathing provides the additional comfort of swaddling that is necessary for preterm infants and beneficial for full term infants.
How to Swaddle Bathe?

Swaddle the infant in a blanket and then immerse him in warm water at 101F. The infant is bathed by exposing one limb at a time, keeping the infant swaddled throughout the bath. The bath is complete in 7-10 minutes.
Why Swaddle Bathe Preterm Infants?

Hint: they are not just small full term infants

- Preemies have less fat to maintain body temperature.
- Preemies are easily overwhelmed by sensory stimulation.
- The brain develops rapidly in the last trimester of gestation.
- Early experiences shape the developing brain. Minimizing stressful experiences is important.
Why Immersion Bathe or Swaddle Bathe a Full-Term Well Baby?

- Decreased crying
- Decreased incidence of hypoglycemia
- Evidenced based practice for developmentally supportive care
- No difference in umbilical cord healing or colonization
- Decreased weight loss
- Improved bonding and parent satisfaction
- Delayed bathing of 6-24 hours enables parents to bathe their baby
- Decreased risk of hypothermia
- Improved breast feeding
Family Involvement

- Swaddle bathing provides a “typical” parenting activity that carries to home care.
- The “First Bath” is a strong emotional memory for families.
Benefits for Nurses

- Takes less than 10 minutes
- Don’t have to “chase” the baby’s physiologic stability after the bath. They are warm and comfortable.
- Parents can do the bathing
- Babies typically have energy to eat after a swaddle bath
- Can easily transition to skin-to-skin holding or feeding after the bath
- Provide discharge education for bathing during the bath
More reasons to Immersion Bathe or Swaddle Bathe?

- It involves the family and teaches them how to care for their infant at home.
- It keeps the infant contained and well supported so bathing is easier and safer for staff and caregivers.
- It’s a positive experience for infant and family.
- It decreases temperature loss and crying in infant.
- It gives the parents a typical parenting experience in the hospital.
- Infants are more stable.
- Advances in Neonatal Care (NANN journal) 2016 article recommends that hospital NICU’s adopt a swaddle bathing protocol.
- AWHONN recommends to ideally immersion bathe or immersion swaddle bathe.
TurtleTub Features and Benefits

- Ribs and high sides supports infant
- Fleece blanket has excellent thermal properties
- Temperature strip designed for infant bathing
- Rinse cup stores conveniently in tub
- Neutral PH mild baby wash
- Convenient pour spout
- Smooth contours for easy cleaning

- Flow through design keeps water circulating around baby
- Stackable for storage
- Small footprint
- Easy to lift and carry
- TurtleTub Stainless Steel Bathing Cart completes the system!
Our fleece blanket has excellent thermal retention properties when wet. We tested many variations of materials in order to find the best material for the swaddle bathing application.
TurtleTub Options for Your Hospital

• Single-patient use (no liner)
  – With this system the TurtleTub becomes the patient’s bathtub, and it can be gifted to the family at discharge. This is the most baby friendly and the most family-centered care system. Patient satisfaction scores are likely to benefit from this system.

• Multi-patient use with disposable liners
  – This system relies on our proprietary disposable liners to re-use the TurtleTub on multiple patients.

• Combination
  – Consider using a combination of single and multi-patient use tubs. Single-patient use is recommended for infants with extended length-of-stay, infants with NAS, families with minimal support systems, and infants in isolation.
Consider the TurtleTub in these Departments

- NICU
- Special Care Nursery
- Well Baby Nursery
- Hospital Gift Shop
Immersion Swaddle Bathing is the most developmentally supportive way to bathe an infant.
References

References page 2 of 2