



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 types of bathing 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 101°F. 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.



Who can be swaddle bathed?

- Infants in the NICU
- Full-Term Well Babies
- **NAS** - Neonatal Abstinence Syndrome



Why Swaddle Bathe Preterm Infants?

Hint: they are not just small full-term infants

- Premies have less fat to maintain body temperature.
- Premies 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.

Infant brain growth



20 weeks



35 weeks



40 weeks



Why Swaddle Bathe a Well-Baby?



- 1. Decreased risk of hypothermia**
- 2. Decrease in motor stress cues**

- No need for “recovery” after bath
- Can go straight to breast feeding or Skin To-Skin holding
- Great time for education
- No difference in umbilical cord healing or colonization with immersion bath
- Delayed bathing of 6-24 hours enables parents to bathe their baby
- May decrease incidence of hypoglycemia by minimizing hypothermia
- Evidence- based practice



Swaddle bathing and NAS

- Swaddle bathing is a calming strategy that can be used daily
- Encourages and supports family involvement
- No need for daily cleanser as it can be drying on the skin



Family Involvement

- Swaddle bathing provides a “typical” parenting activity that carries to home care.
- The “First Bath” is a strong emotional memory for families in the NICU and well baby unit. Let’s make it a positive one!



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



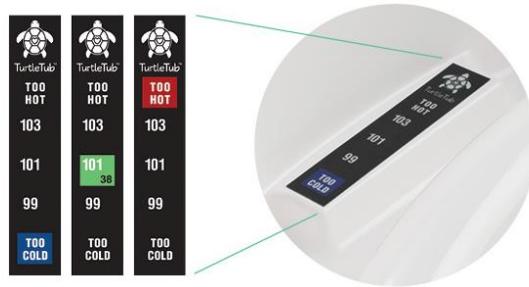
Associations recommend swaddle bathing and immersion bathing



- An article in the NANN journal, *Advances in Neonatal Care*, recommends that hospital NICUs adopt a swaddle bathing protocol.
- The AWHONN Skin Care Guidelines state that “ideally, infants should be bathed with immersion tub bathing or immersion swaddle bathing.”



TurtleTub Features and Benefits



- Integrated temperature indicator
- Ribs and high sides supports infant well
- Stackable for easy storage
- Convenient pour spout
- Smooth contours for easy cleaning



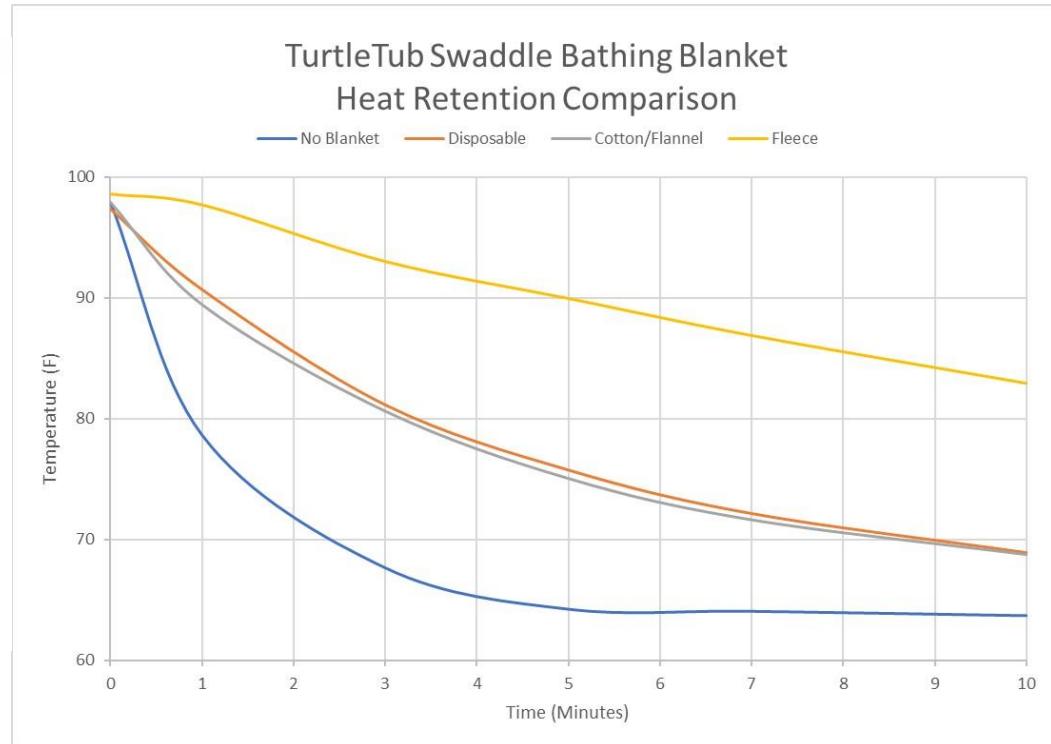
TurtleTub Accessories- All you need to do a bath

- Disposable liner: use a new liner with each infant to minimize cross contamination
- Swaddle Blankets: fleece, flannel and non-woven fabric (disposable)
- Baby Wash: fragrance-free, pH neutral and mild
- Brush and comb sets for all baby sizes
- Store your supplies in the TurtleTub Stainless Steel Bathing Cart and roll the TurtleTub to the bedside



Swaddle Bathing Blankets

for warmth and comfort



TurtleTub offers 3 types of swaddle bathing blankets. The graph demonstrates the heat retention effectiveness of our fleece, cotton and disposable options in comparison to no blanket. All our swaddle blankets help to contain and comfort the infant during bathing.



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



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