



Family caregivers managing incontinence using waterproof disposable bedsheets

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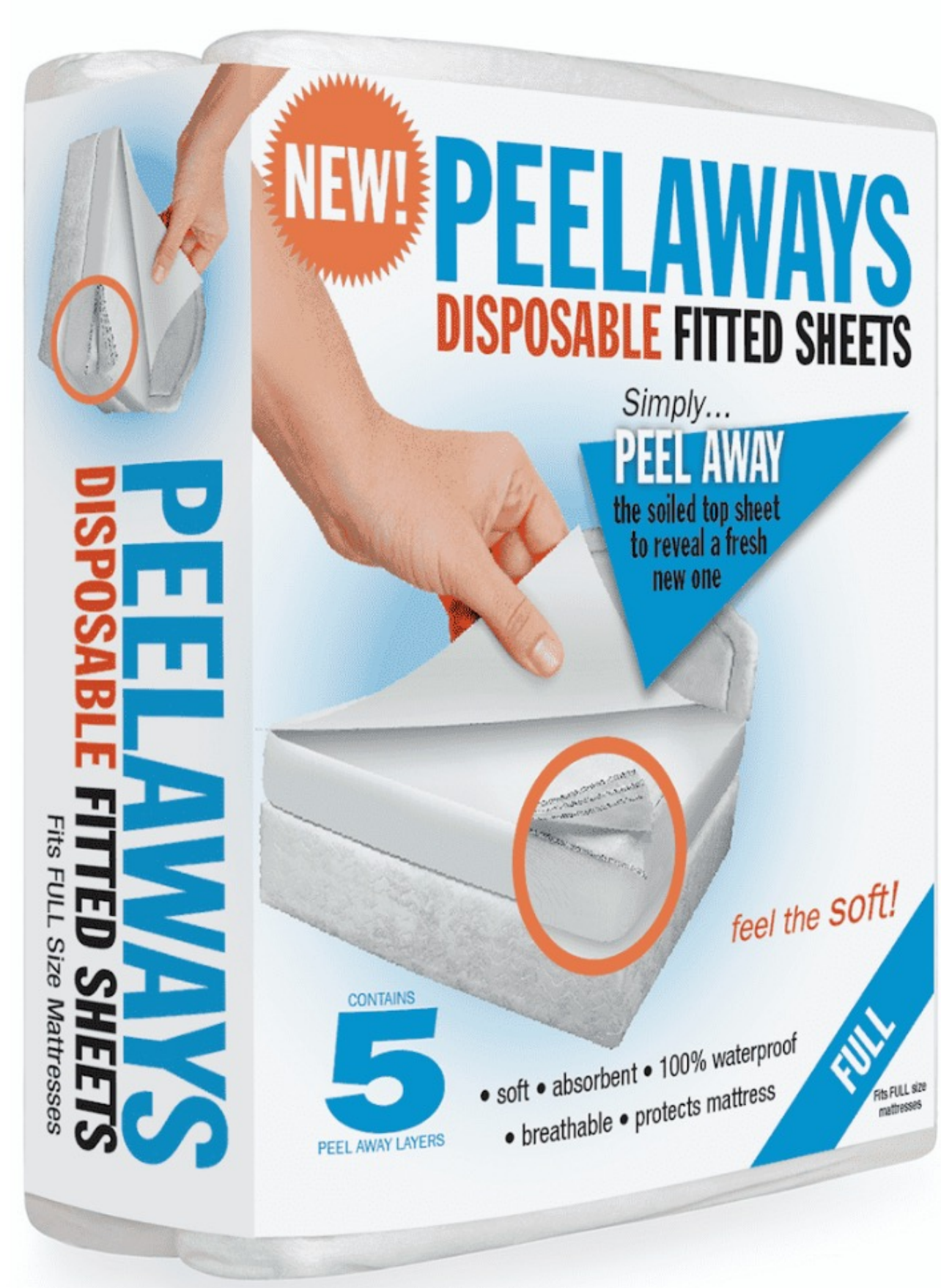
Objective

Family caregivers need interventions to reduce the burden of managing incontinence. This study focused on how family caregivers experience the use of waterproof disposable bedsheets in managing incontinence for an older adult. .

Peel-Away waterproof bedsheets offer five disposable layers that can be changed within one minute by pulling down the top corner of the soiled top sheet to reveal a fresh, new bedsheet. Should the use of waterproof disposable sheets be a recommended product for caregivers by nurses to use in caring for adults with incontinence? What is the experience of caregivers using waterproof disposable sheets? What are the benefits and barriers to using waterproof disposable sheets from the caregiver's point of view?

Design and method

Reviews posted on Amazon were analyzed to describe their experience with this product. Of the global ratings (N= 1,193) posted between April 2018 and February 2022, (n=301) had written reviews. Reviews focusing on the product's use with older adults were analyzed (n=94) with descriptive content analysis.



Results

Reviews shared extensive sentiments on how the product helped them in caregiving.

Reviews were: Positive (n = 91)
Negative (n =3).

COI Disclosure

I have no financial relationships to disclose.

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Positive themes were:

1) Value of the Product:

"It's so much easier just to peel away a sheet rather than remove and replace a regular, fitted sheet for a person in bed with limited mobility!"

"Life changing!! These make things a lot easier and less stressful on someone who can't be moved from the bed for total linen changes."

2) Caregiver Benefits:

"These tear-away sheets save time and [lets me] sleep at night."

"My mother is bed bound and changing bedding with her in it is [hard]. These sheets make it easier for all of us."

3) Quality of Life:

"...allows adults to maintain dignity when our bodies no longer always cooperate with basic functions."

"My dad now sleeps confidently and better now that we use these sheets."

Negative concerns were:

1) **Mattress Fit:** *"didn't fit the mattress, need a different size,"*

2) **Price:** *"would love the cost to be lower"*

Conclusions

Family caregivers want practical strategies for managing incontinence. Internet reviews may be a resource for information and product recommendations. The findings suggest this product can reduce caregiver burden and aid in managing an older adult's incontinence.