

# Swash®: made in Holland



# Swash®: the original since 1999

Arion was the first company to introduce the idea of washing-without-water to Europe. Though this concept has already been widely implemented and accepted in the care sector in America, for the European market it represented a radically new way of washing bedridden care patients. As such, substituting wash basins for packets of washcloths or washing gloves signified a cultural change for many health care institutions.

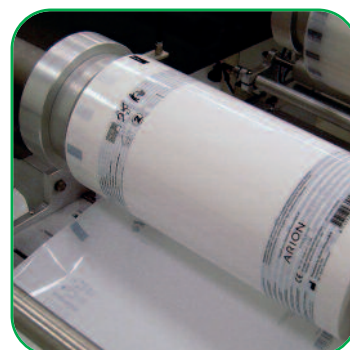
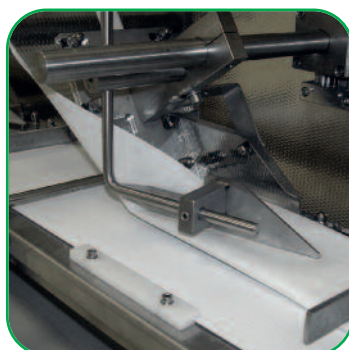
Since the introduction of washing-without-water in 1999, many health care institutions in Europe have been operating according to this concept. The advantages compared to traditional washing using a wash basin are acknowledged by all users, even by those who were highly sceptical and critical before the concept was implemented.

This brochure contains all the necessary information about Swash, the innovative and user-friendly concept for washing. It also details the way in which Arion implements washing-without-water in health care institutions and highlights the support that we provide for this. As a matter of course, we have prepared an overview of the products that we can offer as part of the Swash range.

## Made in Holland

As of May 2011, all Swash products for complete body washing purposes have been produced by Skylla Holland B.V., a subsidiary of Arion Holding B.V. Skylla is a fully automated production facility in Geleen, the Netherlands where the wipes and gloves are produced. Swash products are manufactured in a clean production environment via a process involving no hand contact. In doing so, the quality of the products is guaranteed at all times.

As production takes place in the Netherlands, the sequence of stages from production to the market is extremely short. This provides ample space for innovation and new product developments.



# Traditional washing using a wash basin

As patients requiring care – for whatever reason – are not able to wash themselves in the shower or at the sink, they are washed in bed by nursing staff. In many cases, this is still carried out using one or two wash basins with water and soap, and care patients are washed in four stages whilst in bed:

- **Lathering**
- **Rinsing**
- **Drying**
- **Application of a body lotion**



This method, which has actually remained unchanged for the last 150 years, takes up a considerable amount of time and is physically demanding for both nursing staff and the patient. Furthermore, warm water, soap and body lotion, and at least two washing mitts and two towels are used per patient in addition to the one or two wash basins. As such, the material and cleaning costs involved in the traditional washing process are high. Also important to consider is the time required to gather together, put away and clean the necessary items.

The skin condition of the patient is an important factor to take into account when they are washed on a day-to-day basis. By washing the skin with warm water and soap, the patient's skin dries out and the pH value of the skin changes; both of these are undesired side effects. Washing the patient's skin may also give rise to an intertrigo or skin irritation; this is due to the fact that washing mitts and towels often feel rough and cause friction on the skin. In addition to drying out the patient's skin, soap frequently leads to skin irritation or allergic reactions, which is caused by both chemical and natural ingredients.

Various studies have shown once again that in many cases, water plays a prominent role in transferring pathogens from patient to patient. One reason for this is that dirty water that was used for washing has to be carried from the bed to the wash basin, which frequently leads to it being spilled. Another reason is because the tap water and/or the taps in health care institutions (and in hospitals in particular) already contain the micro-organisms required for spreading pathogens anyway. In order to prevent cross-contamination via water as much as possible, it is therefore better to substitute the traditional water-based washing approach for washing-without-water.

With the above in mind, it may be concluded that the traditional washing method is no longer satisfactory, in part because it no longer meets the working conditions and hygiene requirements that Dutch health care institutions must comply with nowadays. The Swash® washing-without-water concept is the perfect alternative to a traditional bedside wash.

\* According to the Dutch covenant on working conditions for university hospitals, resources should be utilised as effectively as possible in order to minimise physical strain on the part of the nursing staff. Furthermore, this covenant states that these resources should work safely in conjunction with cytostatic drugs. The use of Swash is recommended in the chemotherapy guidelines because it prevents infection via water used for washing.

# Swash®: The washing-without-water concept

Patients requiring care can be washed and cleaned thoroughly in a single action using Swash products. The packets contain 8 washcloths or washing gloves. Each cloth or glove contains a certain amount of Swash lotion, with which a part of the body can be washed. All 8 cloths or gloves should be used for a complete wash. The cloths or washing gloves can be thrown away with the general waste after use.

The cloths and gloves are produced using material that absorbs (retains moisture) and adsorbs (releases moisture) effectively. They contain a balanced soap-free and pH neutral lotion, which consists of cleansing and protecting ingredients. The structure of the cloths and gloves ensures that dirt is absorbed effectively. After washing, the cleansing fluid dries off naturally. A skin-protecting lotion remains behind, which permeates the skin by itself.

## The use of Swash has many advantages in comparison to traditional washing methods:

### Time-saving



Practical experience has shown that the time taken to wash bedridden patients is reduced by 30-50% when using Swash to wash patients instead of using a wash basin. This is principally due to the fact that the washing process is carried out in a single stage instead of four. One packet of Swash is fully used per patient, while the use of wash basins, water, soap, washing mitts, towels and extra bed linen is unnecessary. As such, this also means that the time taken to gather these materials together, clean them, and put them away is saved. The time saved can then be spent on the patient in another capacity.

### Cost-effective

Washing with Swash leads to both direct and indirect savings.

#### Direct savings:

- Less washing materials required (wash basins, towels, washing mitts, soap, warm water, moisturiser, medicinal salves)
- Lower costs for cleaning and washing the washing materials (having to wash towels, mitts and bed linen, and having to clean wash basins)
- Lower logistical costs (transport of towels, washing mitts and bed linen)
- Time-saving (washing time reduced by 30-50%)

#### Indirect savings:

- Reduced workload (more time to spend on other tasks to be carried out for the same patient)
- Lower risk of cross-contamination (lower costs for additional diagnoses and treatment of patients)
- Fewer illness-related absences (due to reduced workload and less physical strain)

### Less risk of cross-contamination

Each part of the body is washed with a cloth or washing glove which is free of micro-organisms. Swash reduces and limits the transport of various washing materials (no wash basins with dirty water in the department and no wet laundry). Furthermore, soap and wash basins are breeding grounds for micro-organisms, even those which have been thoroughly cleaned and disinfected. Due to the fact that the cloths and gloves are produced in a clean room and folded in a particular way, they are easy to remove from the packet individually. In doing so, only one cloth or washing glove is touched, meaning that each cloth or glove is clean when it is removed from the pack and the risk of cross-contamination is minimised.

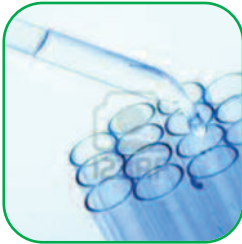


### Minimal stress



The washing process is considerably shorter and the patient does not have to turn over as often in comparison to a traditional wash. For patients who tire easily, suffer (a lot of) pain or have breathing problems in particular, washing with Swash offers positive results. Using Swash also significantly reduces physical stress for the nursing staff. Less static overburdening and movement ensures that the washing process is less strenuous. Furthermore, dragging wash basins around becomes a thing of the past. Experience has shown that a reduction in workload and physical stress may have a positive effect on the rate of illness-related absences.

### Consistency and excellent quality



The production process is carefully monitored to provide the best possible hygiene conditions. For example, there are strict clothing regulations in place for people that enter the production room, and all basic materials that are purchased are carefully inspected. Every batch of Swash products is checked thoroughly. This means that aspects such as the dimensions and folding lines of the cloth or washing glove, the amount of Swash lotion contained in each cloth or glove, and the shelf life information on the packaging are monitored. If the product meets all of the requirements, it is tested for micro-organisms following production. The batch of products is then cleared for sale if the packets tested contain less than 10 colonies of micro-organisms (NB: according to the European Union Cosmetics Directive, products may be cleared for sale if they contain less than 100 colonies). In doing so, this ensures that excellent quality is guaranteed. A visit to the factory can be arranged in consultation with your contact person at Arion.

### Skin-friendly, pH neutral and alcohol and latex-free



Swash contains a washing lotion which is free of soap and alcohol. Soap erodes the skin's natural protective layer of fat. As a result, the skin feels dry and flaky and may cause irritation. Swash contains components which protect the skin (glycerine, aloe vera and vitamin E), ensuring that the skin condition of both patients and nursing staff is improved. These skin-protecting components have a positive influence on skin irritation and intertrigos. As the liquid quickly evaporates in the air, Swash can therefore be used in the fight against moisture-related skin lesions. The material used in the production of the cloths and washing gloves is soft, strong, and is not fluffy. As such, Swash feels pleasant when applied to the skin and does not irritate it. Furthermore, Swash contains the minimum of preservatives and does not contain latex or disinfecting ingredients which can irritate the skin or adversely affect the skin's microbiological flora.

### Less washing materials



Swash makes the use of water, soap, wash basins, towels, washing mitts and moisturiser unnecessary. All of these washing materials are condensed into a compact packet of Swash. Using Swash may even reduce the amount of (medicinal) salves required. The supply and transport of (wet) bed linen, towels and washing mitts is reduced, while the accumulation of wash basins in (utility) kitchens becomes a thing of the past.

### Warmed up or room temperature



Depending on the environment and the patient's wishes, Swash can be used at room temperature (refreshing) or warmed up. Swash can be warmed up using a microwave (instructions for warming per product type are provided on the packaging). Ask about the special conditions for a free Arion 'Swash microwave'. A packet of Swash Platinum wipes contains a unique heat retention liner which ensures that the packet retains warmth for a long time.

### Resealable



The special sealing tab can be secured, so that the cloths and washing gloves can be easily retrieved from the packaging. If necessary, the packaging can be closed again during use. In doing so, the cloths and gloves can stay warm for longer. Nursing staff is advised to use up a packet of Swash within 24 hours after opening.

Note: Swash packets should be used per individual patient. After resealing the packet, we advise against using the contents for another patient.

### Skin and eye irritation test results available



Swash lotion has been comprehensively tested. This means that analyses have been carried out to evaluate possible forms of skin and eye irritation. Swash lotion got through both analyses well, and the results showed that the lotion does not cause skin or eye irritation of any kind. A full report of both analyses is available in English.

### Suitable for use with children



Swash is used in the paediatric departments of various Dutch hospitals. The individual ingredients are permitted for use with children. As a precaution, we advise against using Swash for babies born prematurely (less than 36 weeks).

### Affects the environment less than a traditional wash

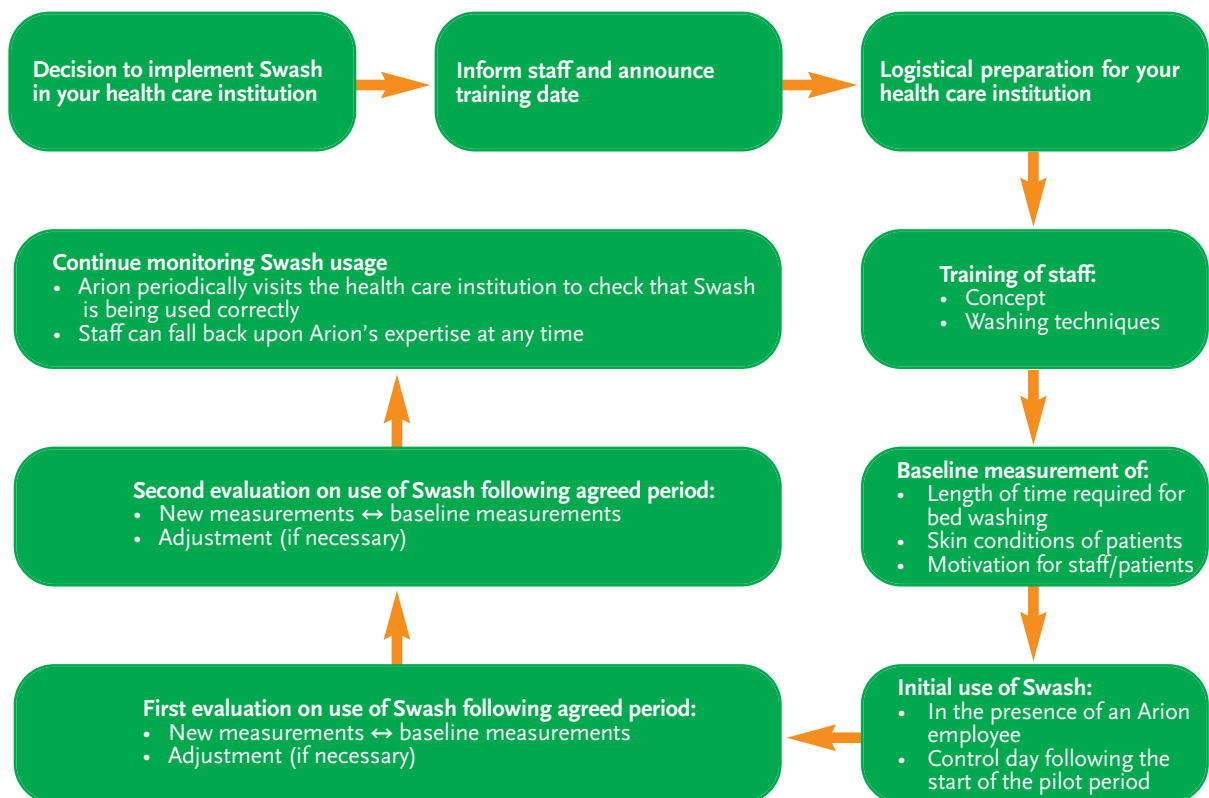


Swash cloths and washing gloves can be thrown away with the general waste after a single use. No special precautionary measures have to be taken when processing used Swash cloths and washing gloves. Furthermore, no hazardous substances are released when burning them. In terms of volume, Swash requires less transportation space than the laundry required for a similar number of washes using traditional methods would. The environmental impact of the washing materials required for cleaning wash basins and bed linen should not be underestimated either.

# Implementation of Swash® in health care institutions

Arion is specialised in the full implementation of washing-without-water in health care institutions. In cooperation with you, we look at how best to organise the way in which bedside washing for patients should be carried out and how general hygiene in your health care institution can be optimised. For this, we are advised by a professional working in the field of hygiene and infection prevention.

The time required for the implementation process depends on the degree of implementation, i.e. whether it is implemented in a single department or throughout the institution, and on all of the parties involved in its implementation. The figure below provides an overview of the different phases in the process to be undertaken in order to guarantee a successful implementation.



When the decision is made to implement Swash in the health care institution, the members of staff will immediately be informed about the changes. Dates will also be announced for training sessions on how to use Swash in the workplace. The next step, logistically speaking, is to make all necessary preparations for the transition from washing with wash basins to washing-without-water. This entails looking into agreements that must be made regarding the placing of orders, the bulk storage of Swash packets in the storeroom, and the storage of packets in the department(s). When these tasks have been accomplished, the staff of the care institution will receive training from an Arion employee about Swash and how to utilise it in practice. This training session will further inform staff about the many benefits of Swash, and nursing staff will have the opportunity to ask questions about the products and their uses.

Baseline measurements are made before Swash can actually be utilised in the department(s). Measurements include the time taken to wash the patient, the skin condition of the patients, and the reason for the nursing staff and patients to use Swash. These baseline measurements are utilised during the evaluations on the use of Swash to assess how these factors have changed following the implementation of Swash. The way in which the time saved may ultimately be given back to the client/patient can also be determined in advance. In doing so, a retrospective assessment can be made as to whether the time saved is being used wisely or not.

For a detailed explanation of our implementation process, please feel free to contact us.

# Swash® products



## Swash Platinum wipes

Swash Platinum wipes are superior quality washcloths for anybody wanting the best washing-without-water product on the market. They are soft and comfortable, and can be used both at room temperature and when warmed up. The special heat retention liner on the underside of the packet ensures that the washcloths stay warm for a considerable amount of time. The lotion on the cloth cleans and protects the skin. The package is resealable.

**Item number:** EO4003  
**Contents of pack:** 8 washcloths  
**Contents of box:** 32 packs  
**Contents of pallet:** 2.016 packs



## Swash Gold Bath wipes (also available in Fragrance Free)

Swash Gold wipes are soft, comfortable, high-quality washcloths which can be used both at room temperature and when warmed up. The lotion on the cloth cleans and protects the skin. The package is resealable.

<b>Item number:</b>	<b>EO4017</b>	<b>Fragrance Free:</b>	<b>EO4022</b>
<b>Contents of pack:</b>	8 washcloths	<b>Contents of pack:</b>	8 washcloths
<b>Contents of box:</b>	44 packs	<b>Contents of box:</b>	30 packs
<b>Contents of pallet:</b>	2.772 packs	<b>Contents of pallet:</b>	1.920 packs



## Swash Gold gloves

Swash Gold gloves are high-quality washing gloves with a 3D structure for anybody that prefers washing with a washing glove than with a washcloth. They are soft, comfortable and can be used both at room temperature and when warmed up. The lotion on the cloth cleans and protects the skin. The package is resealable.

**Item number:** EO4014  
**Contents of pack:** 8 washing mitts  
**Contents of box:** 40 packs  
**Contents of pallet:** 2.520 packs



## Swash shampoo caps

The Swash shampoo cap is a single-use bathing cap which is coated with a special hair lotion on the inside. The lotion cleans and protects the hair and does not have to be rinsed out. The method currently employed for washing the hair of bedridden patients is technically difficult to carry out and highly demanding from a physical point of view. As a result, this task is either rarely carried out, or not done at all. By using this shampoo cap, the patient does not have to be moved or turned, ensuring that neither the patient nor the nursing staff experience physical stress whilst the patient's hair is being washed.

**Item number:** EO4009  
**Contents of pack:** 1 shampoo cap  
**Contents of box:** 36 packs  
**Contents of pallet:** 2.304 packs



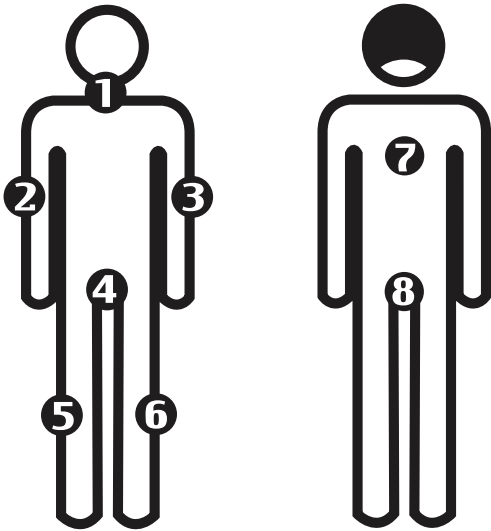
## Swash hair-care

Swash hair-care is a special hair lotion that cleans and protects the hair and does not have to be rinsed out. The lotion has a proven positive effect on skin irritation and reduces the risk of cross-contamination due to the fact that it is used per individual patient. Furthermore, the use of hair-care means that the patient does not have to be moved or turned, ensuring that neither the patient nor the nursing staff experience physical stress whilst the patient's hair is being washed. The bottle is resealable.

**Item number:** EO4005  
**Contents of bottle:** 100 ml  
**Contents of box:** 12 bottles

# User instructions for Swash®

Use 1 wipe/glove for each part of the body, as indicated above.



1. Face, neck and chest
2. Right arm and armpit
3. Left arm and armpit
4. Lower body front
5. Right leg and foot
6. Left leg and foot
7. Back
8. Lower body back

- The wipes/gloves are disposable and each package should be used with one person only.
- Do not flush down the toilet.
- In case of intertrigos or moisture-related skin lesions, the skin should be patted dry using a towel.
- Only suitable for external use.
- Nursing staff is advised to use up a packet of Swash within 24 hours after opening.
- If necessary, heat the Swash package before use.
- Check the temperature of the wipes/gloves of a heated package before use.

## Manual Swash® hair wash

- If necessary, heat the Shampoo Cap before use.
- Check the temperature of the heated Shampoo Cap before use.
- Place the Shampoo Cap on the head of the caretaker and cover all the hair with it.
- Rub the hair in the Shampoo Cap for 2 to 3 minutes.
- Remove the Shampoo Cap (do not rinse the hair).
- Dry hair with a towel.
- Comb hair with a fine-tooth comb.
- Style hair as usual.
- The Shampoo Cap is disposable and should be used with one person only.



# Frequently asked questions about Swash®

## What is Swash?

Swash is a single-use packet of cloths or washing gloves for providing bedridden patients a complete wash. A packet contains 8 soft cloths or gloves which are saturated in a quick-drying, skin-cleaning and skin-protecting liquid. The ingredients are meticulously compiled in order to guarantee a product which is skin-friendly and works as effectively as possible. Swash is made from extremely soft viscose and polyester fibres. These specially designed cloths and washing gloves reduce friction on the skin, thereby minimising the risk of damage to the skin. The material is designed in such a way that the ingredients stay evenly distributed across the cloth. This also guarantees that all of the cloths are equally wet and take the same time to dry.

## How should Swash be used?

Swash contains 8 cloths or washing gloves.

Each cloth/washing glove is intended for a specific part of the body.

Remove one cloth/washing glove from the pack and wash a part of the body with it.

Repeat this process, so that all 8 parts of the body are washed.

If washing gloves are used, both sides of the glove should be utilised, particularly when dealing with copious amounts of dirt, blood residue or faeces residue.

## Does the patient's skin still have to be dried off?

Swash is created in such a way that drying the patient off is unnecessary. The cleaning fluid evaporates quickly. The moisturising and skin-protecting component remains behind and permeates the skin. As such, by not having to rub patients dry with (rough) towels, this prevents any skin damage that may otherwise occur. As is the case when giving a traditional wash, it is important to devote extra attention to skin folds. These folds must be given sufficient chance to dry and may be patted dry.

## Does Swash have to be warmed up?

Swash does not have to be warmed up to wash the patient effectively. However, most patients prefer to receive a warm wash. If desired, the cloths or washing gloves can be warmed up in a microwave. Warming up the cloths or washing gloves does not have any influence on the lotion's effectiveness.

## How long does Swash stay warm for?

Thanks to the heat retention liner on the underside of the packaging and the resealable tab, the cloths stay warm for approximately 45 minutes after being warmed up in the microwave. The cloths and washing gloves stay warm for around 30 minutes without the heat retention liner.

## Does Swash contain alcohol or disinfectants?

No, Swash does not contain any alcohol or biocides.

## Does Swash contain latex?

No, Swash does not contain any latex.

## Has Swash been observed to cause any allergic reactions?

Millions of people have been washed using Swash since 1999 and no allergic reactions have been observed so far. Eye and skin irritation tests confirm that Swash does not cause any allergic reactions. Swash aims to use the minimum amount of preservatives, potential allergens and aroma compounds possible. By doing so, Arion complies with European guidelines for the production of cosmetic products. Test reports are available on request from Arion.

## Is Swash also suitable for use with children?

At the present time, Swash is being successfully utilised in various hospital paediatric departments. It is therefore suitable for use with children without causing any problems. However, as a precaution we advise against using Swash for babies born prematurely.

**Only a small number of people are washed using Swash on a regular basis in retirement homes, nursing homes and health care institutions for disabled people. Furthermore, these people are frequently spread throughout the whole institution. How can this be dealt with from a logistical standpoint?**

The strict HACCP rule stating that microwaves used to heat food should not be utilised for other purposes is no longer in effect (it is not included in the hygiene code for nutrition in health care institutions anymore). This means that Swash can be heated in the microwave in the department kitchen (for nursing or retirement homes), in a 'Swash microwave' in a storage room/in the corridor, or in the client's own microwave if one is available (in a retirement home). From a logistical point of view, the packets can be stored in sufficient daily amounts on a supply trolley (where clean linen and bedding are also currently stored) or kept in a daily supply (a closed cabinet) in the resident's room. In a retirement home, you run the risk of losing an overview of the supply situation. The main delivery of Swash should be made when incontinence pads, gloves and other items of daily use within a department are delivered.

**How can a packet of Swash be warmed up in a home care environment?**

A packet of Swash can also be warmed up in the resident's microwave. If there is no microwave available, the packet can be warmed up on a heater. A packet which has been opened should not be kept on a heater for longer than 24 hours. The health care provider can infect the packet via bacteria on his/her skin; these micro-organisms then continue to grow when the packet is warmed up. After 24 hours, the concentration of bacteria can reach a critical level, and the patient may become cross-contaminated.

