



Press release

Australia and New Zealand 2018

TENA introduce new ‘Usability’ methodology set to save time and costs in incontinence care

- **New usability method could save up to 13 weeks of carers time per year¹**
- **Methodology likely to reduce ergonomic workload, increase caregiver satisfaction and improve financial efficiencies in nursing homes and care facilities**
- **Study provides clear guidance on best choice of product type to facilitate the easiest product change**

Essity, the makers of TENA, has had its facilitated research published in the peer reviewed Journal of Wound, Ostomy and Continence Nursing in 2018. The findings demonstrate that the usability method is a valid tool to help caregivers make an informed choice on the appropriate product type to support users with incontinence. By choosing a product based on better fit, time to change, physical strain and ease of handling, there are likely to be improvements in care, as well as financial efficiencies.

The findings showed that belted and pants product types significantly improved caregiver satisfaction, reduced workload and time on task, compared to the all-in-one and pad with fixation pant. The usability time score, based on a typical nursing home (3 changes a day on 50 residents), indicates that by choosing the right product type, caregivers can save between 5-13 weeks of time annually by switching users to belted or pants product types.

The research also showed that switching users to belted or pants product types also reduced the ergonomic workload of caregivers, with 8-9 weeks of back-bending saved per year.

Up to 77% of healthcare workers suffer from lower back pain each year,² a common factor in long-term sick leave and early retirement.² Taking steps to improve the working environment could increase job satisfaction, and subsequently result in cost savings due to reduced sick leave and a reduced need for additional care staff.

“The physical strain associated with caregiving can be significant, and as such, we welcome any steps that can be taken to ultimately reduce this burden. Efficiencies in handling and changing users should allow caregivers to refocus their time to better meet a person’s care needs so as to improve quality of life in both individuals and caregivers,” commented Dr Diane Newman, Adjunct Professor of Urology in Surgery, University of Pennsylvania.

Incontinence is an important issue that affects 8.2% of people across all ages globally,³ and cannot be easily managed by lifestyle modifications or therapies. This highlights the need for a more user-focused approach to incontinence care, to give caregivers the tools to identify the most appropriate absorbing incontinence product in different care environments.

Karen Fuller – TENA Services Marketing Manager “There is no existing universal tool to support caregivers, both in institutions and home settings, to choose the best product for their individual patient’s needs. The findings of this study are the first step towards building a consensus for a benchmarking method to determine an



optimal product type for different change settings.”

The research will be used as a basis towards establishing a new reproducible method to distinguish between product types in incontinence care. In combination with existing user-centric tools, the usability method could support caregivers and users in diverse real world care environments to select the most appropriate product type to meet their needs.

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Notes to editors

About the study

The study was conducted by the Research Institutes of Sweden (RISE) between April and June 2016 and is the first study of a new usability method to distinguish between specific attributes of absorbing incontinence product types.

It was designed to test usability in terms of ease of interaction with the products during the product change. In the study period, experienced caregivers changed four TENA products; pants [TENA Pants], belted pad [TENA Flex], all-in-one [TENA Slip] and pad with fixation pant [TENA Comfort/ TENA Fix].

Usability was defined by three contributing factors: effectiveness, measured in terms of how well the product fit; efficiency, measured by time on task and task workload; and satisfaction, measured by a user-reported questionnaire. These three factors were combined to generate a single usability score. This study presents a promising proof of concept of the new method to understand the usability attributes of different product types in a simulated care environment.

About incontinence

Incontinence refers to the involuntary loss of bladder or bowel control and can vary from person to person in terms of severity. Incontinence is an under-reported, under-diagnosed and under-recognized condition that currently affects 400 million people worldwide, and is on the rise.⁴ One in four women and one in eight men will be affected at some stage during their lives.⁵ There are a wide variety of conditions and disorders that can result in incontinence, including the effects of surgery, nerve damage, infection and changes associated with ageing.

About TENA

TENA is a brand of (Asaleocare license the brand in Australia and New Zealand) With over 50 years of experience TENA brand. We offer a full range of absorbent products, services and solutions that are tailored to the needs of individuals, their families and healthcare professionals. With the TENA brand, Essity is at the forefront of developing products and services that help improve dignity and the quality of people's lives. Find out more at www.tena.com.

About Essity

Essity is a leading global hygiene and health company that develops, produces and sells Personal Care (Baby Care, Feminine Care, Incontinence Products and Medical Solutions), Consumer Tissue and Professional Hygiene products and solutions. Our vision is; Dedicated to improving well-being through leading hygiene and health solutions. Sales are conducted in approximately 150 countries under many strong brands, including the leading global brands TENA and Tork, and other brands, such as Leukoplast, Libero, Libresse, Lotus, Nosotras, Saba, Tempo, Vinda and Zewa. Essity has about 48,000 employees and net sales in 2016 amounted to approximately SEK 101bn (EUR 10.7bn). The business operations are based on a sustainable business model with focus on value creation for people and nature. The company has its headquarters in Stockholm, Sweden, and is listed on Nasdaq Stockholm. Essity used to be part of the SCA Group. More information at www.essity.com.





References

¹ Data on file, Essity. 2017.

² Andersen LL *et al.* *International Archives of Occupational and Environmental Health* 2012; 85(6):615–622.

³ Irwin, D.E., Kopp, Z.S., Agatep, B., Milsom, I. & Abrams, P. (2011) Worldwide prevalence estimates of lower urinary tract symptoms, overactive bladder, urinary incontinence and bladder outlet obstruction. *British Journal of Urology International* 108, 1132–1138.

⁴ Data on file, SCA. 2016.

⁵ About Incontinence, TENA. Available here: http://www.tena.ca/about-incontinence/about-incontinence.en_CA.pg.html