

Ready...Get Set, Off! Your Diaper

Tan Y.W. ¹,
Lim. Y.Y. ², Wva, C. Y. ², Kang, X. L. ², Morales, A. M. ², See, C. L. ²,
¹Nursing Administration, ²Inpatient Ward D97

Aim

Previous study done in 2021 from April to December in Rehabilitation Ward D97 have showed positive results among patients who were Weaned-Off-Diapers (W.O.D).

Team aims to spread initiative in another discipline at Subacute Ward D98 to reduce percentage of patients using diapers by **10% within 8 months from June 2023 to February 2024.**

Background



It is common for elderly patients who are hospitalised to be routinely nursed on diapers until discharge despite improvement in functional status during hospital stay.



Problems identified at Root-Cause-Analysis

1. Lack of a standard process in weaning patients off diapers
2. Staff knowledge deficit in Urinary incontinence (UI) management.

Team Members

Name	Designation	Department
Tan Yee Wen	SSN	Nursing Administration
Lim Yin Yin	SSN	D97
Wva Chai Yin	SSN	D97
Kang Xiao Ling	SSN	D97
Morales Magnolia Arcilla	SCSA	D97
See Chuan Lung	ANC	D97

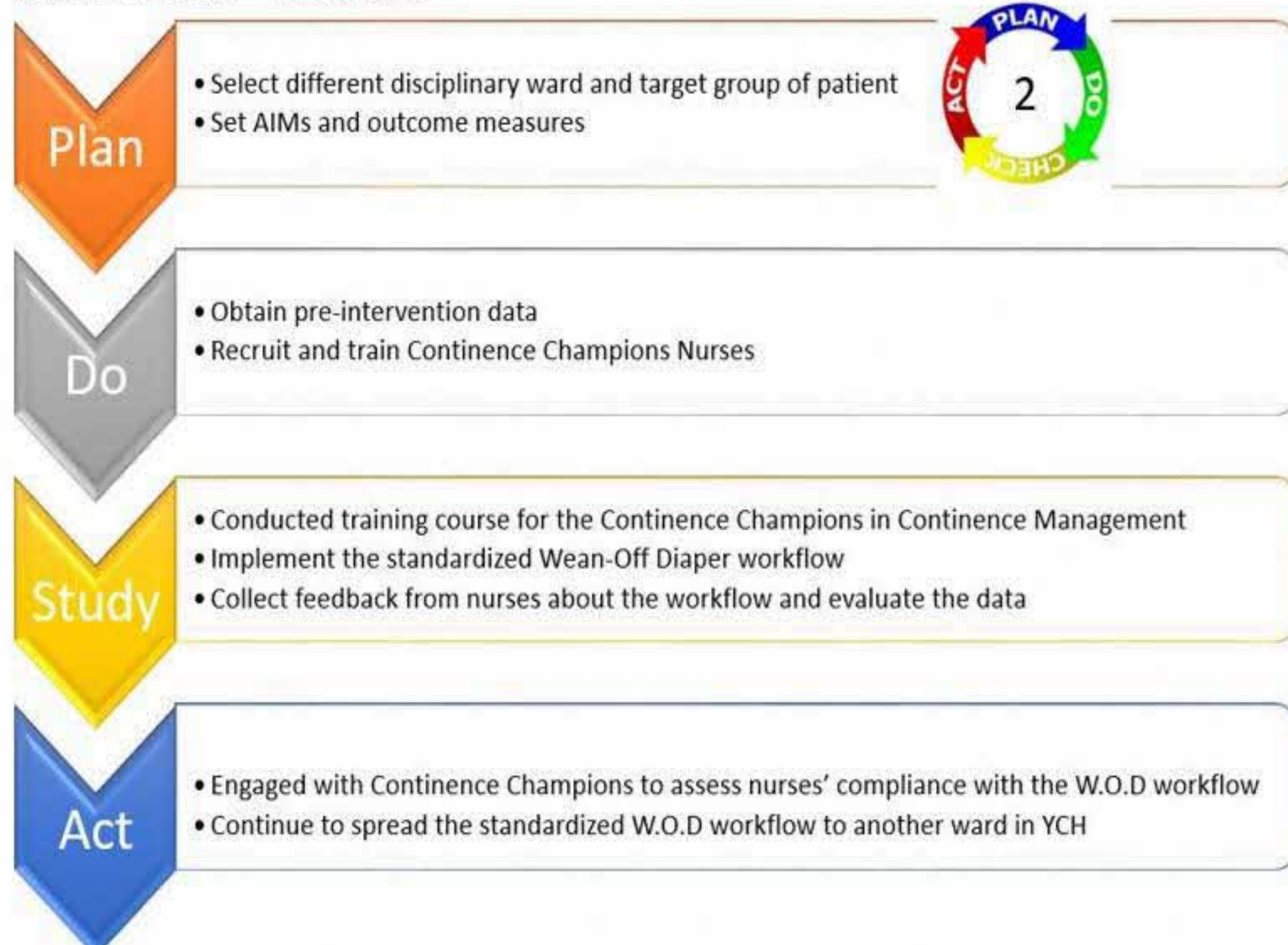
Interventions / Implementation

WARD D97 - PILOT



With second round of PDSA cycle, we spread W.O.D to subacute ward D98.

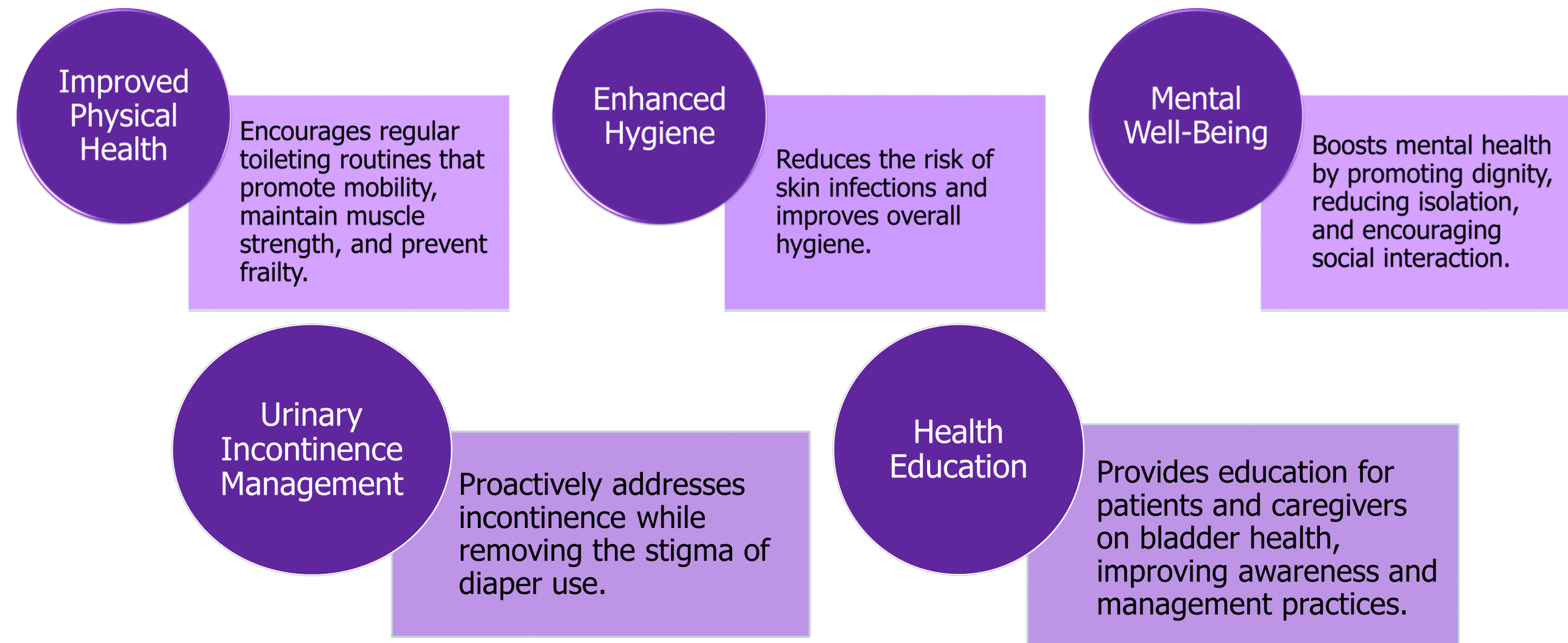
WARD D98 - SPREAD






Onward 2026

W.O.D aims to reduce diaper dependency among elderly individuals, supporting independence and dignity that aligns with Onward 2026 Strategic priority to - Manage and Prevent Frailty.

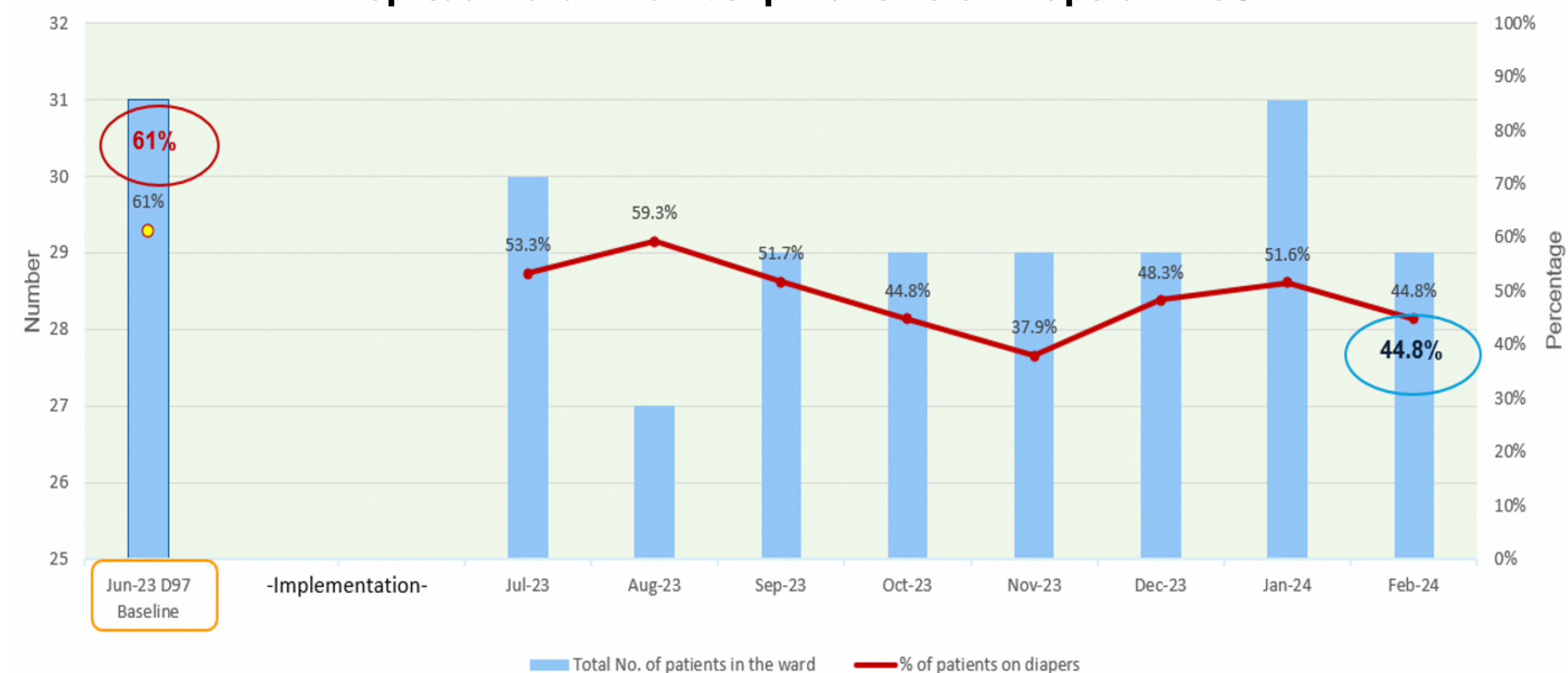
W.O.D improves patient care and prevent frailty

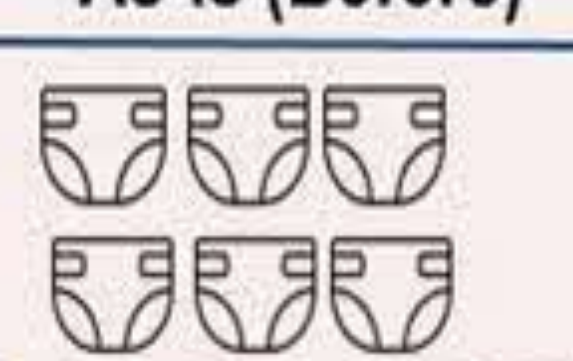





Results & Outcomes

-  **40** patients in ward D98 were weaned of diapers successfully from July 2023 to February 2024.
-  **16.2%** reduction of patients using diapers from 61% (baseline) to 44.8% (post intervention) in February 2024.
-  **Significant cost savings for patients and time saving for nurses** when patients wean-off-diapers.

Spread Ward – Number of Patients On Diapers in D98



	As-is (Before)	To-be (After)
Cost	 Estimated cost of \$ 5.50 /day	 0 usage / Night usage only 2pcs Cost \$0 / \$0.92 x 2 = \$1.84 /day Total cost saved = \$3.66 per day x ALOS of 28 days = \$102.48 / patient Estimated 10 patients per month = \$12,298 per annum
Time	 Estimated 15mins to change 1 diaper	 Estimated 10mins or less to assist patient for toileting / offer urinal or bedpan Total Time saved: 5 + 5 = 10 minutes/patient x estimated 10 patients in 1 week = 5220 minutes Total amount saved for FTEs per annum (in terms of \$): \$11,613 (estimated 10 patients in 1 week)

Conclusion

Nurses play an important role in preventing frailty among elderly patients by promoting continence care and reducing diaper-related complications during hospitalization. With strong collaboration and support by senior leadership, implementing a wean-off diaper workflow at YCH had motivated the team and Continence Champions to enhance standards of care for our patients.