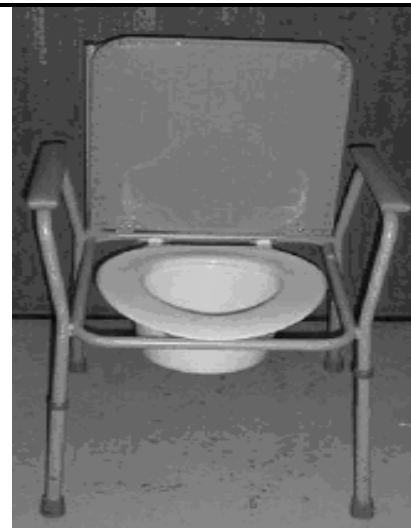


Carers Equipment Safety Card – The Bedside Commode

A bedside commode provides an alternative option when it becomes difficult for a person to access their toilet. Generally, a toilet seat and pan / bowl is concealed underneath the seat of the chair.



1. Preparation:

- Ensure adequate lighting where it is to be used.
- Ensure toilet paper within easy reach.
- Raise the seat of the chair to reveal the toilet seat and pan.
- Ensure the lid is not on the pan.

2. Safe use:

- Stand at the front of the seat, move into a position where you can feel the toilet seat behind your knees.
- Place both hands on the armrests, (with even pressure on both sides) to prevent tipping, bending slightly forward at the waist, slowly lower yourself onto the seat. Your feet should always be able to touch the floor.
- Once seated, use the commode as a toilet.

3. Emptying the pan:

The pan / bowl usually has a handle and a cover; this allows the pan / bowl to be carried to the toilet to dispose the contents.

4. Features:

- height adjustable frame
- arm rests used to assist with transferring onto and off the chair
- anti-slip rubber stoppers
- legs arranged to provide a wide base of support to increase stability
- easy to use

5. Who should use a bedside commode?

Bedside commodes are suitable for individuals who have difficulty getting to toilet in time. This can be due to many reasons, including:

- | | | |
|-----------------------|-------------------|-------------------|
| ○ reduced balance | ○ joint stiffness | ○ ill health |
| ○ shortness of breath | ○ post surgery | ○ leg injuries |
| ○ fatigue | ○ incontinence | ○ muscle weakness |

Carers Equipment Safety Card - The Bedside Commode

Purpose: To assist carers and individuals to be able to safely use a bedside commode

Note:

1. If you don't feel confident, have any difficulty assisting with this or have any concerns, please let nursing or support staff know.
2. If this equipment is faulty or damaged in anyway please let nursing or support staff know.
3. To clean – regularly wipe over using general cleaning products.

Please contact: The Community Palliative Care Service if you have any concerns.

Acknowledgements: Occupational Therapy Department- Swan Hill District Health

Disclaimer: The Community Palliative Care Service and all persons involved in producing this information sheet will not be held responsible for any adverse event or loss from the implementation of all or part of this information. All reasonable efforts will be made to ensure that the item this information sheet pertains to, is maintained to a high safety standard.

Please return this card to the Community Palliative Care Service when no longer required.