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HEALTHCARE EQUIPMENT



Clinical Assistance Guide

Aspire 440mm Aluminium Commode

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Aspire 440mm Aluminium Commode

The Aspire Aluminium Commodes, available in attendant-propelled and self-propelled models, are designed for community and homecare environments. The commodes are height adjustable, with swing away footrests and swing back armrests to promote safe transfers. They have an aluminium frame with a powder coat finish, a soft front opening PU seat and come with a bowl with lid and seat insert as standard.





FEATURES

- Attendant Propelled - features: height adjustable; 4x total locking stainless-steel castors with brake access from all angles.
- Self Propelled – 24-inch lightweight self-propelling wheels with hand brakes and anti-tippers.
- Ideal for in-home and community use
- Lightweight Aluminium design
- Easy clean, padded seat, back and arms
- Tool free height adjustment allows the commode to be easily adapted to varying needs
- Swing back comfort arms assist transfers
- Bowl and carrier come as standard and enable use as a bedside commode
- Height adjustable, swing away footrests for optimal positioning and ease of transfers

IDEAL USER CONDITIONS

A Mobile Shower Commode (MSC) is an open seat on wheels that can be used in the shower or positioned over a toilet. With the addition of a commode bowl, it can also be used as a bedside commode.

The Aspire 440mm Aluminium Commode is a compact, adjustable height MSC that may be a good option for MSC users with suitable tone, trunk and head control to enable upright seated hygiene. People with the following support needs may find this commode beneficial i.e., the person who:

- Has difficulty walking to and from the shower or toilet
- Has vertigo or reduced balance for standing to shower or use the toiler
- Has reduced endurance, fatigue, pain or shortness of breath with hygiene routines
- Has a high risk of falling or fear of falling
- Is non-weightbearing (UL or LL), which impacts their ability to safely mobilise and transfer on/off other shower/toilet aids
- Would benefit from the front opening seat for comfort and to enable perineal access for hygiene
- Is unable to access the toilet or would benefit from a bedside commode
- Would like a single piece of equipment to use in all areas i.e., shower, toilet and bedside
- Requires assistance with transfers or the use of transfer equipment

- Requires multiple assisted transfers that contribute to pain or fatigue in completing a showering/toileting routine. A mobile shower commode will reduce the number of transfers required.
- Requires a self-propelled commode chair to enable independent showering and toileting
- Requires anti-tip bars to enhance safety with the self-propelled MSC model

Formal and informal carers are also assisted by:

- Reducing the physical load by minimising the number of transfers they are required to assist with
- Minimising the injury risk to the carer by reducing the falls risk of the person they assist

CONSIDERATIONS FOR USE

- A mobile shower commode requires a level access shower recess, or a suitable shower base to enable wheeled access
- Consider carer safety in regards to space requirements and level standing surface to enable assistance to shower a client
- Consider shower and toilet access and circulation space to enable independent MSC use with the self-propelling MSC

CLIENT OUTCOMES

Ease of access for transfers:

- Swing away footplates enable positioning of MSC to facilitate step or pivot transfers
- Swing up arm rests enable side transfers
- Height adjustability assists standing transfers, side transfers and positioning
  - Attendant Propelled model has 55mm height adjustability for both front and rear seat to floor height
  - Self Propelled model has 45mm height adjustability for front seat to floor height and 25mm height adjustability for rear seat to floor height
  - Seat angle (dump) enabled through raising front legs higher than rear legs to assist with positioning
  - Forward tilt also possible if required to assist transfers and positioning

Improved safety and reduced falls risk for showering and toileting:

- A mobile shower commode (MSC) enables seated mobility to the bathroom and seated showering, minimising the falls risk for users with reduced balance or mobility, pain, fatigue, shortness of breath or reduced endurance for hygiene routines
- A MSC assists users and/or carers to maintain hygiene with sponge washing when a shower is not accessible or not required each day
- For clients with urinary urgency, the Aspire Aluminium Commode can be used as a bedside commode for overnight toileting
- 4 lockable castors on attendant propelled model offer stability
- Anti-tip bars on the self-propelled MSC enhance safety during transfers and when self-propelling over surface changes

Energy conservation, reduced pain, fatigue or shortness of breath for hygiene routines:

- Seated support for the complete hygiene routine including mobility, toileting, showering and grooming, will aid endurance and reduce pain and fatigue
- A mobile shower commode reduces the number of transfers required which benefits the client with pain or fatigue

Independent showering, toileting and grooming activities:

- For people with good upper-body strength, a self-propelling shower commode allows the user to move around the bathroom without assistance
- For people requiring carer support, a shower commode can be moved in to place, allowing the person to carry out personal hygiene in private, without the aid of a carer or with minimal assistance where required
- Positioning the MSC at the bathroom basin can enable to person to independently complete basin washes and grooming activities

Improved carer safety and sustainability of formal and informal supports:

- Reduced manual handling due to minimising the number of transfers required for showering and toileting routines
- Reduced injury risk to the carer by reducing the falls risk of the client during transfers, mobility or standing during showering and toileting routines, especially in a confined space or where there are wet surfaces
- Improved safety for client and carer in confined spaces where there is limited room to assist with transfers or to reach to assist with hygiene. The MSC can be wheeled into position and moved to a more suitable space to enable assistance to complete hygiene or enable safe transfers
- Carers may find the larger rear wheels of the self-propelling model easier to push, especially with heavier users or over bumps, floor surface changes or carpet

Improved health and wellbeing:

- Improved independence, control and sense of dignity can have positive impacts on health and wellbeing

Travel support:

- The Aspire Aluminium Commode is lightweight and portable and can easily be transported in a car for visits or holidays
- Multipurpose use reduces the amount of equipment required to take on a holiday. The MSC will provide assistance for showering, toileting and for overnight commode use

SPECIFICATIONS

Code	Overall Height mm	Overall Width mm	Seat Width mm	Backrest Height mm	Armrest Height mm	Anterior Seat Height mm	Posterior Seat Height mm	SWL kg
Attendant Propelled BTC068010	990-1040	460	440	495	220	525-580	525-580	136
Self Propelled BTC068020	970-995	610	440	490	235	525-570	525-550	136

WARRANTY

5 YEAR WARRANTY Corrosion

1 YEAR WARRANTY Components

COMPLIANCE

AS/NZS 3973:2009

USER MANUAL

- Aspire Aluminium Commodes User Manual

MAINTENANCE

To prolong the working life of the commode and for trouble free operation it is recommended that routine inspections should be performed by a person who is suitably qualified and well acquainted with the design, use and care of Aluminium Commodes. If inspection reveals that the safety of the commode is compromised in any way, it should be **IMMEDIATELY WITHDRAWN FROM SERVICE**, tagged as such and the owner notified, until repair or replacement has occurred.

Inspection

A visual and functional inspection should be performed monthly and every time the commode changes user.

- Visually inspect mechanical components: can you see damage, chips or deformation to the frame, armrests, seat, backrest, legrests or commode bowl?
- Are the castors, wheels and brakes functioning as they should?
- Are all frame securement hand wheels present and tightened?

Cleaning

- **Frame and metal components** - Always keep the commode clean for greater comfort and long-lasting performance.
- Clean metal components with water and a mild detergent. Wipe dry.
- **Brakes** - The braking effect depends on the state of the tyre tread. Excessive dirt build-up may negatively affect the application of the brakes. If necessary, clean tyres with a small brush to remove dust and waste.
- **Seat and backrest padding** - All padding is made in PU foam that can be washed with water and neutral soap / detergent.
- **Commode Bowl** - Remove and clean with water and a neutral soap/detergent.

CAUTION: Do not use abrasive Hypocarbonate or Phenolic compounds of pads

LINKS

- Practitioner Manual for Bathing and Toileting A manual for SWEP registered and credentialed practitioners Developed by the SWEP Clinical Advisory Team, Copyright Ballarat Health Services 2021
- Mobility HQ - Benefits of a Shower Commode for Bathroom Safety and Independence

AIDACARE KNOWLEDGE HUB

Aidacare Website Link:

- Aspire 440mm Aluminium Commode - Attendant Propelled
- Aspire 440mm Aluminium Commode - Self Propelled

PDF Library:

- Aspire Aluminium Commode Flyer
- Aspire Mobile Shower Commode Range
- Safe Use Guide

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