

UGM Students Create Ergonomic and Stylish Shampoo Towel

Friday, 05 May 2017 WIB, By: Marwati




Ergonomic and Stylish Shampoo Towel (TOMAS) is a student's creativity product which has passed the selection to be funded by Ministry of Research, Technology, and Higher Education. TOMAS is made by Afriana Crusita Sari and Aprilia Trisnawati (medical students), Echsan Tri Yulianto (engineering student), as well as Luthi Akbar Alfiansyah (vocational student), under the supervision of Intansari Nurjannah, SKp., MNSc., Ph.D.

Aprilia said TOMAS is an innovation based on the hospital issue particularly the bedrest patient who needs a hair care. The patient is unable to move to fulfill his/her basic necessities and do daily activities. The treatment for this patient includes self-care, consisting of feeding, bathing, toileting, grooming, and hair care.

"Hair care is a hair treatment in the form of shampooing and hair care as well as hair styling," said Aprilia on Friday (5/5).

Practically, according to Aprilia, the bedrest patient usually feels uncomfortable with the hospital hair care because it is performed in the patient's bed which makes the bed area, particularly the



pillow, wet because of the water remainder in the hair after having a hair care. Moreover, hair drying is also difficult to be performed and it takes a long time. Therefore, a special towel is needed for bedrest patients to help to do the hair care.

“This condition motivates us to develop an innovation programme entitled TOMAS; Ergonomic and Stylish Shampoo Towel,” she added.

TOMAS is made from microfiber which can absorb water 6-7 times more than the usual towel. It also can catch microbes and dirt. It is made from a smooth, soft, and thin material which makes it comfortable to be used by the patient. The ergonomic characteristic of TOMAS can be seen from its shape which is very easy to use, comfortable, and stylish.

Fortunately, TOMAS is not only used for bedrest patients but also the society. It is expected to enhance the quality of self-care and comfort for the society and patients.

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