



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

The Safe use of Bedrails

Information for patients, relatives and carers

① For more information,
please speak to a member of the ward staff

Introduction

Bedrails are a piece of equipment fitted to your bed to help prevent you from rolling or falling from your bed. They are used to help maintain your safety, not to stop you getting out of bed.

This leaflet will help explain the use of bedrails as part of your care whilst you are in hospital. Bedrails are not always used but they may be considered as part of your care. If you have any concerns or questions about the use of bedrails, then please ask your named nurse or a member of staff who is known to you.

What are the benefits of using bedrails?

The use of bedrails can have some benefits to you in that they will help reduce the possibility of injury to you from you rolling or falling out of bed and could provide a sense of safety for you so that it could reduce anxiety.

Are there any risks with their use?

Before bedrails are used as part of your care your staff will carry out a full detailed risk assessment to ensure that the use of bedrails is correct and appropriate for you.

By assessing the risk and using the bedrails correctly and appropriately, staff can ensure that the risk to you is as low as possible.

Possible risks are dependent on:

- the type of bedrail used and the dimensions of the bedrail
- the physical size and behaviour of the service user
- the style and type of bed in use
- the type and size of the mattress

What are the risks?

Risks may include the possibility of you or a part of your body becoming trapped between the bedrails.

There is also to be an increase in any injuries you suffer as a result of falling when attempting to climb over the rails.

The potential risks will be taken into consideration before bedrails are used. The risk assessment process will help in this decision.

Will the use of bedrails be discussed first?

The decision whether to use bed rails as part of your care will be fully discussed with yourself and your carer where appropriate. Bed rails will only be used following this discussion and if the risk assessment shows that it is safe to do so.

Will the use of bed rails be reviewed?

The use of bed rails as part of your care will be constantly reviewed on a week to week basis. If your circumstances change then their use will be reviewed immediately.

These regular reviews are to ensure that the use of the bedrails as part of your care remains safe and appropriate with minimum risk to yourself.

Can I request that bed rails are not used?

If you wish to request that bed rails are not used you may speak to your named nurse or another member of staff known to you.

What if I become unhappy with the continued use of bed rails?

If you become unhappy with the continued use of bed rails then you can request that they are removed from your bed.

Your named nurse or another member of staff will explain the continued risks for you as a result of not using the bed rails.

If you still request that they are no longer used then they will be removed from your bed. A record of your request and the decision taken as a result of your request will be made.

Are there any alternatives to bed rails?

There are some alternatives to bed rails that could be considered when caring for you. Your staff will always consider all alternatives to the use of bed rails and discuss these with you and your carer where appropriate.

If you have any questions or concerns about the use or safety of bed rails please ask a staff member for advice and information.

Advice for carers, relatives and friends

If you feel your relatives condition has changed and the use of bed rails either needs to be considered or withdrawn then please speak with a member of the ward staff.

We would ask that before you leave the bedside you:

- Replace the call bell if moved during visiting hours.
- Ask a member of the ward staff to raise bedrails if lowered during visiting.
- Ensure bed tables are in reach of the patient if it has been moved during visiting.

This ensures the patient does not have to over stretch to reach items on their table.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

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Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.

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Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

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或發電

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