

Do You Have Questions about Bed Side Rails?

- ◆ It is common to have questions or concerns about giving up bed side rails.
- ◆ Talk with your care team to learn about the risks of bed side rails.
- ◆ We will work with you to find a safer choice than a bed side rail.
- ◆ In most cases, people can sleep safely without bed rails.



Community
Care Inc.

Hospital Bed Safety Video

<http://training/videos/HospitalBedSafety.htm>

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Bed Safety Brochure



Community Care Inc.



**Familiar Places.
Caring Faces.**

Your Safety is our Goal

In the past bed side rails were used in hospitals and nursing homes to try to keep people safe. Over time we've learned that bed side rails can be very dangerous. Between 1985 and 2013 there were 901 incidents of patients caught, trapped, entangled or strangled in beds with rails. 531 of those people died.



Community Care is committed to your safety without the use of dangerous side rails. We will work with you to find safer ways for you to

- Move in bed without falling
- ◆ Get in and out of bed safely

Risks of Bed Side Rails



- ◆ Getting trapped in bed side rails or caught between the bed rails and the mattress.
- ◆ Being injured after falling while trying to climb over the rails.
- ◆ Skin bruising, cuts, and scrapes.
- ◆ Not being able to get out of bed to go to the bathroom or get something you need.
- ◆ Becoming upset, feeling alone and trapped.

Your Assessment

A nurse or therapist will meet with you to assess your needs. They will look at:

- How you move in bed
- How you get in and out of bed
- How much difficulty or pain you have moving in bed
- History of falls and risk factors

They will offer suggestions about how to meet your needs safely without side rails.

Suggestions can include:

- Changing the height or location of your bed
- Learning better ways to move in bed or get out of bed
- Therapy to improve your physical strength and skills
- A small grab bar that is safer and does not limit your movement