

INFORMATION FOR PATIENTS, RELATIVES AND CARERS

The safe use of bed rails

It is the Trust's intention to keep people in their care safe. While sometimes the use of bed rails can help, there are also risks attached to the use of bed rails. The risk between using bed rails and not using them has to be a balance for each person, using the skills and judgement of the health professional in discussion with the person/family/carer. A risk assessment will be carried out before the use of any bed rails.

What are bed rails?

Bed rails are a frame that are attached/integral to the bed. Some bed rails may be covered in padding or a 'bumper'. They are used for:

- When people are being taken to another area on beds or hospital trolleys.
- When recovering from an anaesthetic, procedure, or sedation.
- To offer extra support when sitting up.

They may be considered for:

- When a person's balance or safety in bed is affected by illness, condition, or medicine.
- At the person's request to give a feeling of security. They should still be able to move in bed and always have the call bell in reach to be able to ask for help when getting out of bed.

Please note:

- Not everyone is suitable for bed rails.
- Trying to get out of a bed with bed rails can cause greater injury; please ask for help before transferring from the bed.
- Bed rails cannot/should not be used as a form of restraint.
- Bed rails are kept in good condition and regularly checked for safety. If there are concerns at any time, these should be reported to a member of staff.
- The need for bed rails will be reviewed regularly. This may result in them no longer being needed and as a result, they will be kept in the down position on the bed. Any change in use of the bed rails should only be as a result of a further assessment by healthcare staff.

If you have any concerns about this information please speak to a member of staff.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns, or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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