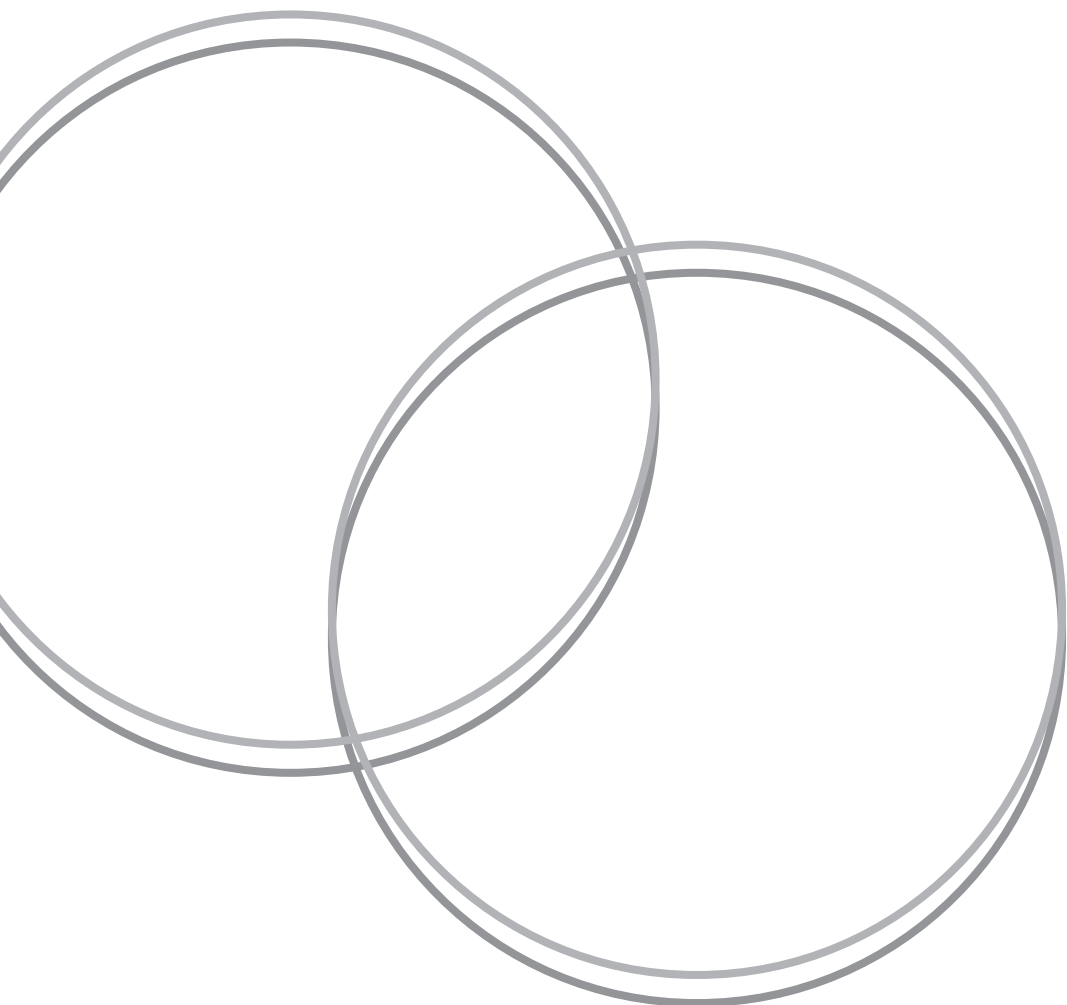




Oxford University Hospitals
NHS Foundation Trust

Bedrails

Information for patients



Oxford University Hospitals takes patient safety very seriously. We often use bedrails to help prevent some patients from accidentally falling out of bed.

How bedrails are used

Bedrails are integrated to the side of our hospital beds and can be raised to reduce the risk of patients rolling, slipping, sliding, or falling out of bed.

Who decides when a bedrail might be needed?

If you are well enough, you may be able to decide for yourself. If we feel that you may be too ill or lack the capacity to consent, the nurses, doctors and therapy staff will decide after assessing the risks and talking to your relatives or carers, if appropriate, and a mental capacity assessment may be undertaken

The benefits of using a bedrail

Some patients may be at risk of falling out of bed because their illness affects their balance or their treatment makes them drowsy. Some patients require special air-filled mattresses to reduce the risk of pressure damage, which may make the mattress less stable when moving around.

You may be used to sleeping in a double bed and feel more comfortable, or safer, with the bedrails raised for your own peace of mind, as the hospital beds are single beds.

Our beds have electric controls to help you to move from lying down to sitting up. These beds can be very comfortable, but you can be at risk of falling when you use the controls to change your position.

Most patients who do fall out of bed only receive minor bumps or bruises, but some patients can be seriously injured. Using bedrails may reduce the chance of these accidents happening to you.

Bedrails are not to be raised/lowered by patients or visitors unless training has been provided by a staff member. Bedrails should not be sat/rested on, as this may result in damage to the person's skin and the equipment.

The risks of using a bedrail

Some illnesses can make patients confused, and they might try to climb over the raised bedrails and injure themselves. If we are concerned that this might happen, we may not raise the bedrail as the risk increases and you might require a mental capacity assessment to decide on their use.

There may be some occasions where the use of bedrails is not appropriate, for example; in patients with a smaller or larger physique. If this is the case, bedrails will be discussed with you and your family and further risk assessments would be carried out.

We want to make sure you are comfortable in bed. We can provide padded covers over the bedrails to minimise the risk of you injuring yourself or become entrapped.

Are there any other options instead of a bedrail?

There are many ways to reduce the risk of falling in hospital and the injuries that result from falls, including keeping the bed at its lowest level, wearing non-slip socks and using the call bell if you require assistance. If you have any questions about bedrails or preventing falls, please ask a member of the ward team.

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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