



Are there any alternatives to bed rails?

There are some alternatives to bed rails such as foam wedges that would help prevent you from rolling from your bed.

There are also special beds available that can be lowered to the floor to help reduce the risk of injury if you roll out of bed.

Your staff will always consider all alternatives to the use of bed rails and discuss these with you and your carer.

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

If you require translation services or a copy of this document in other languages, audio tape, Braille or larger print, please speak to a member of CWP staff, e-mail info@cwps.nhs.uk or write to: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

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如果您需要翻譯服務或想索取這份文件的其他語文、錄音帶、凸字或大字體版本，請向我們的職員查詢。您亦可以寄電郵至 info@cwps.nhs.uk 或寄信到 Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

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Jeśli wymagane jest tłumaczenie lub kopia niniejszego dokumentu w innych językach, na taśmie magnetofonowej, w języku Braille'a lub dużym drukiem, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: info@cwps.nhs.uk lub na adres: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Os oes arnoch angen gwasanaeth cyfiethu neu gopi o'r ddogfen hon mewn ieithoedd eraill, tâp sain, Braille neu brint mawr, siaradwch ag aelod o staff CWP, e-bost info@cwps.nhs.uk neu ysgrifennwch i: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Feedback

We welcome any suggestions you have, please send your **comments, concerns, complaints and compliments** to: Cheshire & Wirral Partnership NHS Foundation Trust, **PALS, Complaints and Claims Team**, Trust Headquarters Redesmere, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1HJ.

For more information see www.cwps.nhs.uk

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The Use of Bed Rails

Information for service users and carers



Introduction

Bed rails 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 bed rails as part of your care whilst you are in hospital. Bed rails 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 bed rails then please ask your named nurse or a member of staff who is known to you.

What are the benefits of using bed rails?

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

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

Possible risks are dependent on:

- the type of bed rail used and the dimensions of the bed rail
- 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 bed rails.

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 bed rails are used. The risk assessment process will help in this decision.

Will the use of bed rails be discussed first?

The decision whether to use bed rails as part of your care will be fully discussed with yourself and your carer. 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 (for example if your bed type/style is changed) 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.