

Meeting Your Loved One's Needs for Safety

Most patients can be in bed safely without bed rails. Consider the following:

- Angela Hospice uses beds that can be raised and lowered close to the floor to accommodate both patient and health care worker needs.
- Keep the bed in the lowest position with wheels locked.
- When your loved one is at risk of falling out of bed, Angela Hospice can place mats next to the bed, as long as this does not create a greater risk of accident.
- If you need to move the mats, please return them to their original place before you leave the room to avoid accidents.
- Anticipate the reasons your loved one may want to get out of bed such as hunger, thirst, going to the bathroom, restlessness, and pain; meet these needs by offering food and fluids, allowing for ample toileting, providing a calming environment, and ensuring pain relief.

When your loved one is restless and *if* the following actions don't increase restlessness, consider the following:

- Sitting at the bedside.
- Providing favorite music, played quietly.
- Reading aloud from a favorite book.
- A gentle hand or foot massage.

PATIENTS AS PARTNERS

At Angela Hospice, you and your loved one's safety is our primary concern. We are committed to delivering quality health care in the safest manner possible.

We want you to be an active member of your health care team. That means taking part in decisions about your health care. Research shows that patients who are more involved with their care tend to get better results.

If you have any comments or concerns about patient safety at Angela Hospice, please let us know.

You can speak to your nurse or call the Quality Outcomes Department with safety concerns at (734) 953-6040.



A Guide to Bed Safety

*Bed Rails in Hospitals, Nursing Homes,
Hospices, and Home Health Care:
The Facts*



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Angela Hospice is a Catholic sponsored ministry in the Felician Franciscan tradition, dedicated to provide comprehensive, compassionate, and Christlike care to adults and children in the communities we serve.

Angela Hospice Home Care, Inc., is State licensed, Medicare, Medicaid, and Blue Cross Blue Shield approved.

Angela Hospice Home Care, Inc., respects the individuality, dignity, and rights of every person and provides care to all persons regardless of race, age, gender, religion, nationality, sexual orientation, disability, diagnosis, or ability to pay.



Patient Safety

Patients who have problems with memory, sleeping, incontinence, pain, uncontrolled body movement, or who get out of bed and walk unsafely without assistance, must be carefully assessed for the best ways to keep them from harm, such as falling. Assessment by the patient's health care team will help to determine how best to keep the patient safe.

Historically, physical restraints (such as vests, ankle or wrist restraints) were used to try to keep patients safe in health care facilities. In recent years, the health care community has recognized that physically restraining patients can be dangerous. Although not indicated for this use, bed rails are sometimes used as restraints. Regulatory agencies, health care organizations, product manufacturers, and advocacy groups encourage hospitals, nursing homes, and home care providers to assess patients' needs and to provide safe care without restraints.

Benefits & Risks of Bed Rails

Potential benefits of bed rails include:

- Aiding in turning and repositioning within the bed.
- Providing a hand-hold for getting into or out of bed.
- Providing a feeling of comfort and security.
- Reducing the risk of patients falling out of bed when being transported.
- Providing easy access to bed controls and personal care items.

Potential risks of bed rails may include:

- Strangling, suffocating, bodily injury or death when patients or part of their body are caught between rails or between the bed rails and mattress.
- More serious injuries from falls when patients climb over rails.
- Skin bruising, cuts, and scrapes.
- Inducing agitated behavior when bed rails are used as a restraint.
- Feeling isolated or unnecessarily restricted.
- Preventing patients, who are able to get out of bed, from performing routine activities such as going to the bathroom or retrieving something from a closet.

Patient or Family Concerns About Bed Rail Use

In many cases the patient can sleep safely without bed rails. However, if you are still concerned, talk to your nursing team to determine whether or not bed rails are indicated.

Talk with your nursing team to find out which options are best for you or your loved one.

