

# Bed Rail Safety

Park Place Seniors Living is committed to ensuring a safe and healthy environment that supports quality of life for each Resident living in our Homes. Toward that end, we will be discussing bed rail use with you and your loved one. Park Place does not support the automatic use of bed rails due to the associated risks.

## WHAT IS YOUR ROLE AS A FAMILY MEMBER?

Discuss with the Interdisciplinary care team whether or not bed rails are indicated

Encourage your loved one to participate in care planning to help design a safe and comfortable bed environment that meets your loved one's individualized needs

Observe how your loved one responds to any changes in the bed environment and share that information with the care team

Be informed. Since your loved one and you are integral members of the team, learn about bed safety such as entrapment and appropriate care options

## ARE THERE TIMES WHEN BED RAILS MIGHT BENEFIT A RESIDENT?

Yes, for some Residents bed rails are beneficial in:

- 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
- Providing easy access to bed controls and personal care items



### OUR MISSION:

Park Place Seniors Living strives to provide enriched life experiences to seniors through innovation and creativity.

### OUR VISION:

At Park Place Seniors Living we are known for our unwavering commitment to enriching the lives of those we serve by providing a "voice and a choice" with dignity, respect and empathy.

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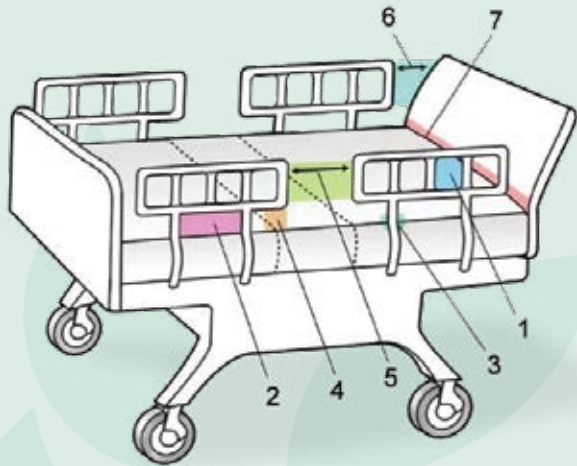
# Bed Rail Safety For Residents



# Entrapment

## WHAT IS ENTRAPMENT?

Entrapment is an event in which an individual is caught, trapped or entangled in the spaces in or about the bed rail, mattress or bed frame. There are 7 entrapment zones:



## Deaths and injuries result from entrapment.

Those most vulnerable for entrapment include individuals who are elderly, frail, confused, restless, are in pain, have altered mental status or uncontrolled body movements.

## WHAT ARE THE POTENTIAL RISKS OF BED RAILS?

- Strangling, suffocating, bodily injury or death
- Serious injuries from falls when individuals 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 Residents who are able to get out of bed from performing routine activities such as going to the bathroom



## WHAT DO WE KNOW ABOUT REDUCING THE RISK OF ENTRAPMENT?

- Injuries and deaths from entrapment are preventable
- Most Residents can be in bed safely without bed rails
- Bed rails do not prevent falls
- We live the majority of our lives without bed rails

## WHAT HAPPENS WHEN BED RAILS ARE INDICATED?

Upon move-in, the Interdisciplinary care team at the Home, which also includes the Resident and family, will complete an assessment of the Resident's physical and mental status. Consideration of all options other than bed rail use will be discussed. If the final decision is to use a bed rail, the Interdisciplinary care team will:

- Complete a detailed care plan to indicate Resident preferences so that needs are met
- Consider lowering one or more sections of the bed rail, such as the foot rail
- Ensure the proper size mattress to prevent Residents from being trapped between the mattress and the bed rail is in place
- Reduce the gaps between the mattress and bed rails
- Ensure the risks of the use of bed rails are explained to the Resident and family and if in agreement to proceed to use, a written consent will be obtained.

*Reviewed by a group of Park Place Family Representatives in November 2023*