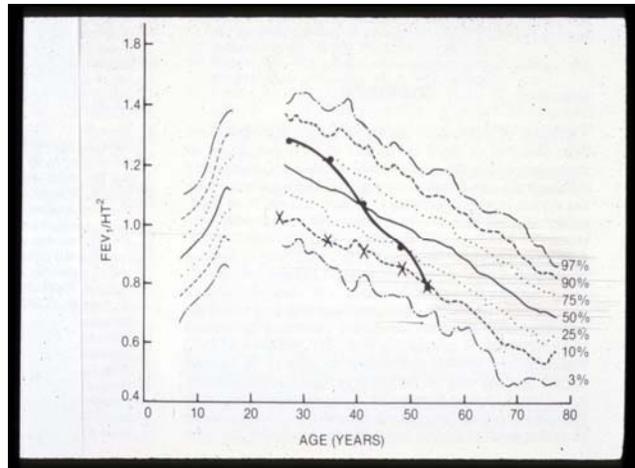
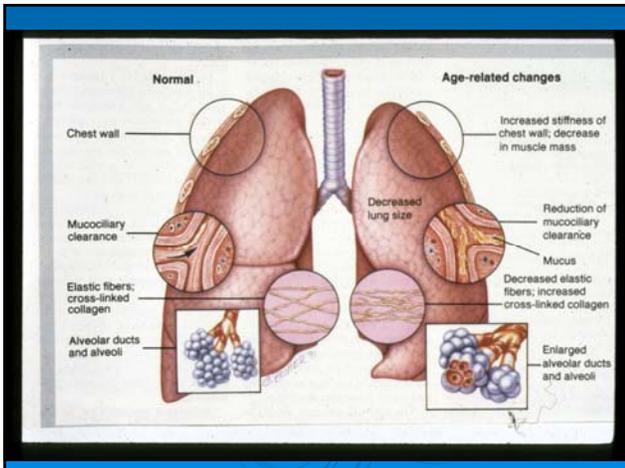
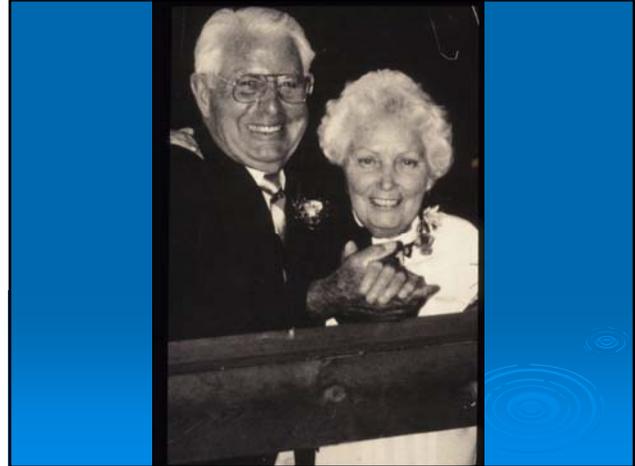
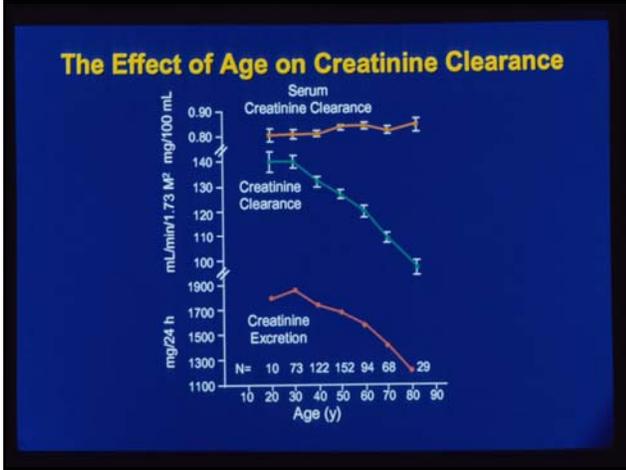
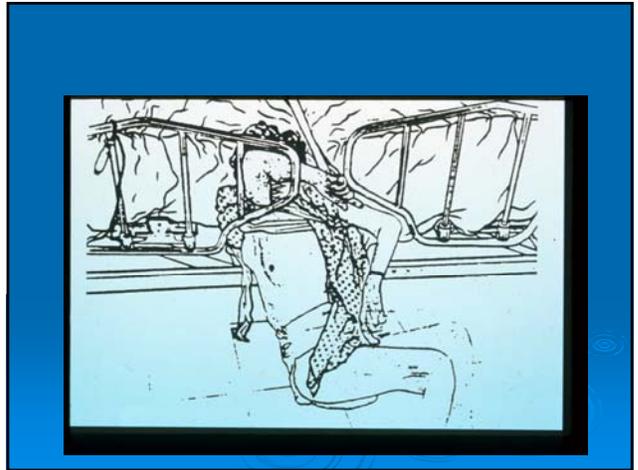
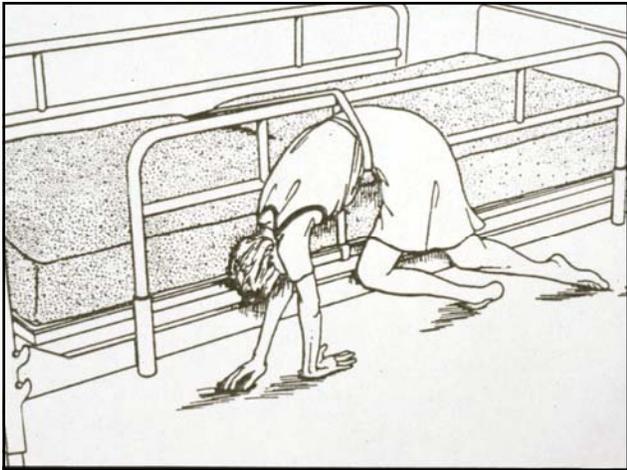
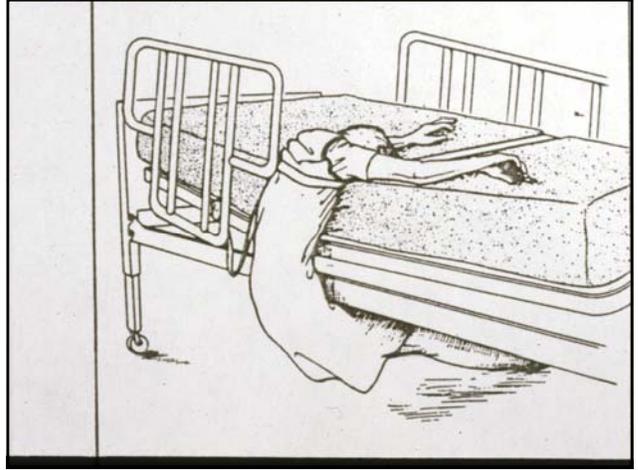
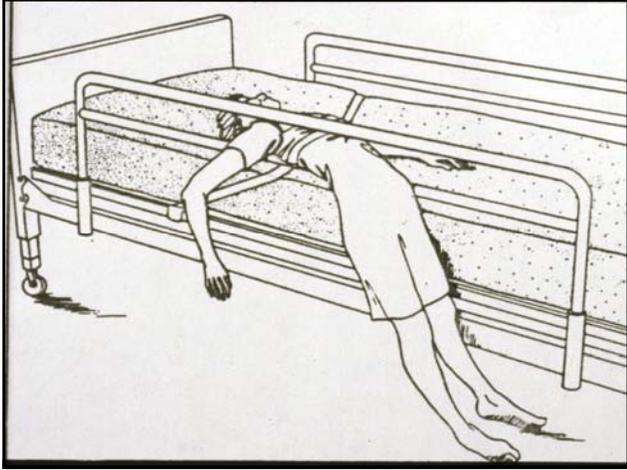


Bed Safety

Fred Feinsod MD, CMD
Multi Facility Medical Director







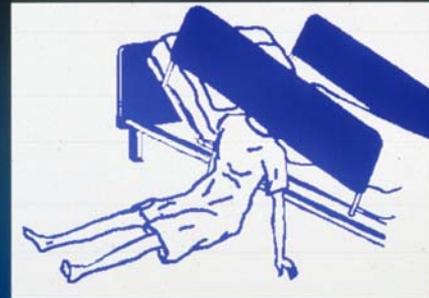
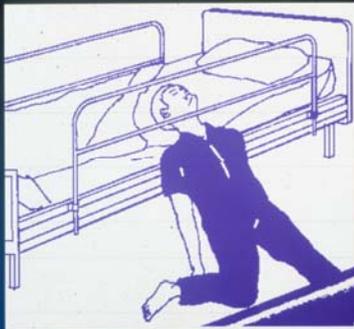
Bed Rails

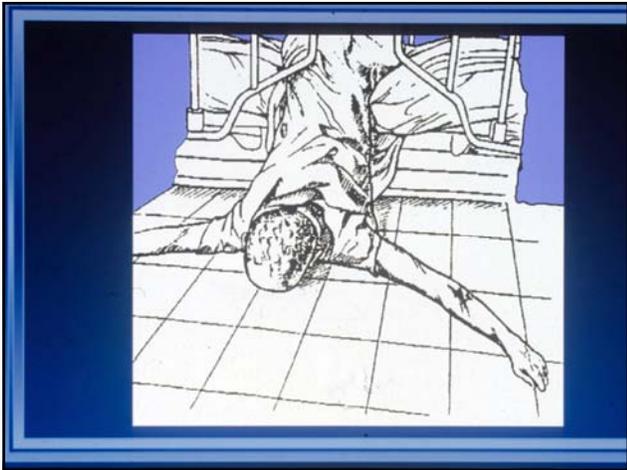
- **“The use of side rails as restraints is prohibited unless they are necessary to treat a resident’s medical symptoms.”**

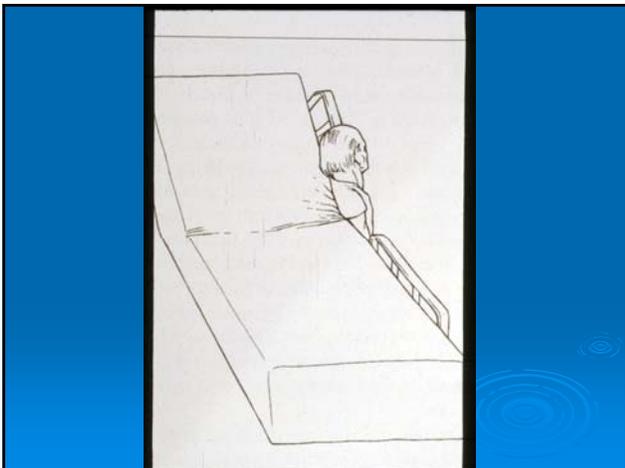
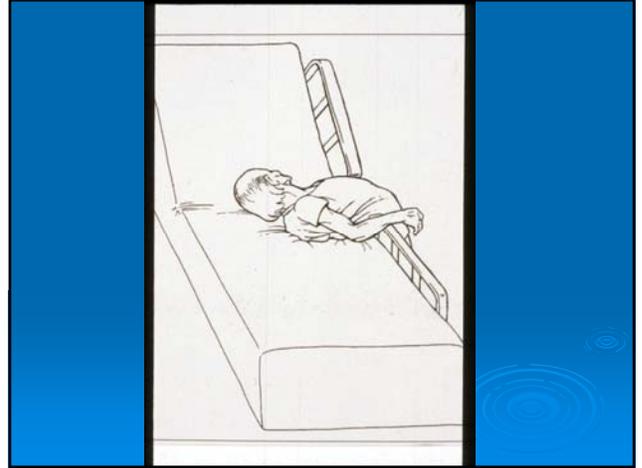
➤ *F TAG 221 IG 483.13*

Injuries from Bed Rails

- Additional height to bed-associated falls.
- Entrapment, asphyxiation.
- Contusions, fractures, dislocations.
- Foot board injuries.
- Head and neck injuries.
- Incontinence and skin break down.
- Depression, poor self image.











Caution

- **The least restrictive restraint may be dangerous.**
- **“Accident hazard”.**

Injuries from Transfer Rails

- **Entrapment between the transfer rail and the mattress.**
- **Fracture from rolling into the transfer rail.**
- **Asphyxiation when suspended from the transfer rail by bed clothes.**

Reduce Risk of Entrapment

- **Transfer rails on both sides of the mattress.**
- **Tether mattress to the bed frame.**

F TAG 221

- **Benefits versus risks for all options**
- **Right to refuse**
- **Identify alternatives**
- **Assessment**
- **Care Plan**
- **Monitor**
- **Re-visit**

OT: Bed mobility without transfer rails

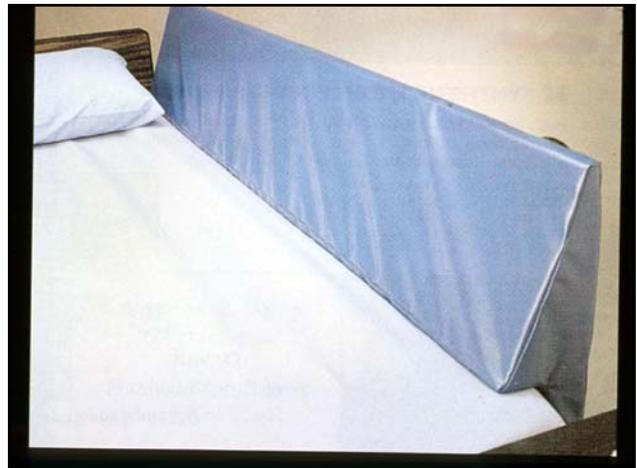
- Educate resident and family.
- Strategy for bed mobility.
- Strategy for egress and toileting.
- Educate staff.
- Exercise and therapeutic activities.

Exercise/Therapeutic Intervention

- Body position
- Balance
- Sequencing
- Skin protection
- Alignment

Bed Rail Alternatives

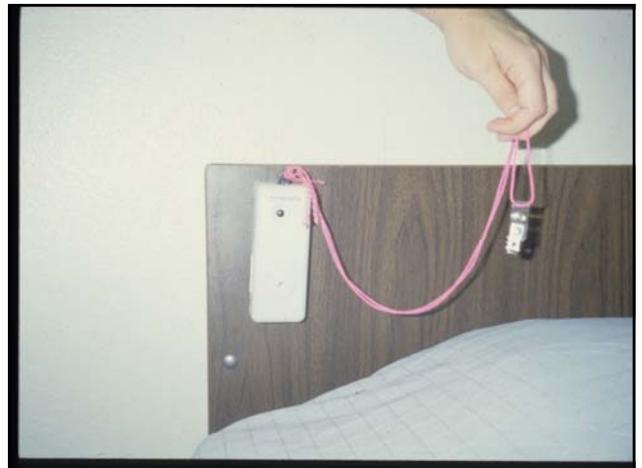
- Padded bed rails
- Fireman's pole
- Embedded transfer rails
- High low bed
- Landing pad
- "scooped mattress"
- Bed alarm







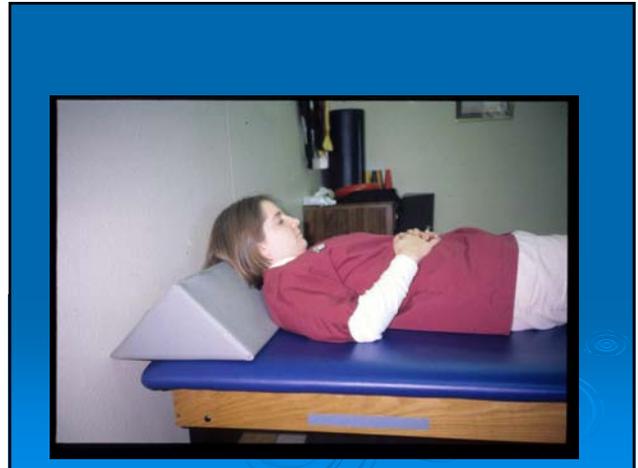


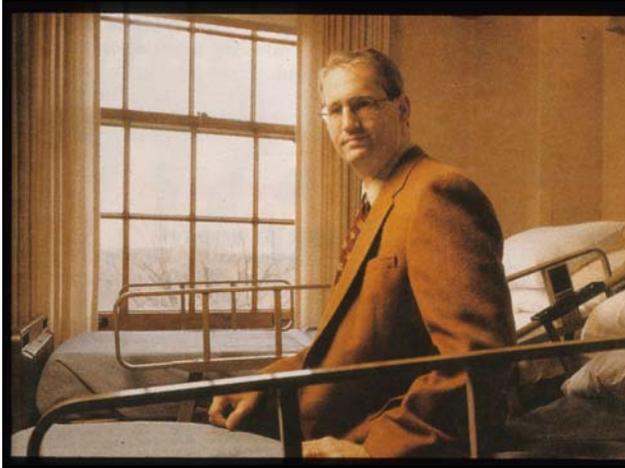




Strategies for a Safe Bed Environment

- Scheduled toileting.
- Elevate head of bed: COPD, CHF, PEG tube, Reflux.
- Frequent position changes.
- Low bed, landing pad, bed alarm.
- Treat hypoxia and pain.





Process for Eliminating Bed Rails

- **Systematic**
- **Gradual**
- **Insure Resident's Safety**

➤ *F TAG 221 IG 483.13(a)*

Safe Sleeping Environment

- **IDT (including CNAs & night shift rep)**
- **Physician involvement**
- **Family education and involvement**

Family Insistence for Bed Rails

- **“The facility may not use restraints in violation of the regulation solely based on a legal surrogate or representative's request or approval”.**

➤ *F TAG 221 IG 483.13 (a)*



**If you do not know your
destination, then any road
will do.**

