About bedrails

Information for patients
Oxford University Hospitals take issues of patient safety very seriously. We often use bedrails to help prevent some people from accidentally falling out of bed.

How bedrails are used

Bedrails are sometimes attached to the side of hospital beds and can be raised to reduce the risk of people 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 to make this choice the nurses, doctors and therapy staff will decide after assessing the risks and talking to your relatives or carers whenever possible.

The benefits of using a bedrail

Some people may be at risk of falling out of bed because their illness affects their balance or their treatment makes them drowsy. Some people need special air-filled mattresses to reduce the risk of pressure sores, which can be easy to roll off accidentally.

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

Our electric beds have controls 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 people who do fall out of bed fortunately only receive bumps or bruises, but some people can be seriously injured. Using bedrails may reduce the chance of these accidents happening to you.
The risks of using a bedrail

Some illnesses can make people so confused that they might try to climb over the raised bedrails and injure themselves. If we are at all concerned that your illness might cause this to happen we may not raise the bedrail.

If you feel restless when you are in bed you may accidentally knock your legs on the bedrail or get your arms or legs stuck between the bars. We can use padded covers over the bedrail to help stop this from happening.

Are there any other options instead of a bedrail?

There are many ways to reduce the risk of falling and the injuries that result from falls. If you have any questions about bedrails or preventing falls please ask the ward staff.
If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call **01865 221 473** or email **PALSJR@ouh.nhs.uk**