

# Learning Package



## Bedside Rail Placement and Safe Usage in Adults

<b>Sites where Learning package applies</b>	All sights where acute, sub-acute and residential care is provided to adults.
<b>Description</b>	Captivate learning module
<b>Target audience</b>	All clinicians who provide care to adults
<b>Learning Outcomes, On completion of this package you will be better able to:</b>	Understand the procedure and legal requirements relating to the use of bed side rails

[Hyperlink to Package](#)

<b>Keywords</b>	Adults,bedside rails, restraint, bed rails
<b>Document registration number</b>	TBA
<b>Replaces existing document?</b>	No

### Related Legislation, Australian Standard, NSW Ministry of Health Policy Directive or Guideline, National Safety and Quality Health Service Standard (NSQHSS) and/or other, HNE Health Document, Professional Guideline, Code of Practice or Ethics:

- NSQHS Standard 1 Governance for Safety and Quality in Health Service Organisations
- NSQHS Standard 10 Preventing Falls and Harm from Falls
- Prevention, Recognition and Management of Delirium in the Older Person (HNELHD CG13\_04)
- NSW Health Policy Directive Aggression, Seclusion & Restraint in Mental Health Facilities in NSW (PD2012\_035)
- NSW Health Guideline Aggression, Seclusion & Restraint in Mental Health Facilities - Guideline Focused Upon Older People (GL2012\_005)
- NSW Health Guideline Aged Care - Working with People with Challenging Behaviours in Residential Aged Care Facilities (GL2006\_014)
- NSW Health Assessment and Management of People with Behavioural and Psychological Symptoms of Dementia (BPSD) (2013)
- HNE LHD Guideline and Procedure Mechanical Restrain in Adult Patients HNELHD G and P 14\_10.

<b>Is this package recorded in HETI?</b>	No
<b>Learning package contact person:</b>	Kim Riley
<b>Contact details:</b>	Kim.riley@hnehealth.nsw.gov.au
<b>Date authorised by Learning package committee:</b>	

---

Issue date

Review date

2019

TRIM number

---

**Author/s:** Kim Riley, CNC ACARS Clinical Network

**Peer reviewed by:** ACARS CNC/NP Group, Patient Safety Coordinators

**Date:** July – August 2016

**Date Due:**

**Purpose:** This package is designed to support the [HNE LHD Clinical Guideline Bedside Rail Placement and Safe Usage in Adults HNE LHD CG 14 15](#).

**Date for Learning Package Review:**  
2019

**Contact details:** For further information please contact Viki Brummell, Network Manager, Aged Care and Rehabilitation Services Clinical Network ([viki.brummell@hnehealth.nsw.gov.au](mailto:viki.brummell@hnehealth.nsw.gov.au)) or

Kim Riley, Clinical Nurse Consultant, Aged Care and Rehabilitation Services Clinical Network. [Kim.riley@hnehealth.nsw.gov.au](mailto:Kim.riley@hnehealth.nsw.gov.au)

Table of Contents	Page
Introduction	4
Disclaimer	4
Aim	4
Objectives or Outcomes	4
Pre-requisites	4
How to use this resource or Instructions to participants	4 - 5
Recommended Readings	5
References	6
Reflection on the Learning Package	7
Evaluation of the Learning Package	8

## Introduction

This package has been designed to support the [HNE LHD Clinical Guideline Bedside Rail Placement and Safe Usage in Adults HNE LHD CG 14 15](#).

## Disclaimer

This learning package has been prepared by health professionals employed in Hunter New England Local Health District. While all care has been taken to ensure that the information is accurate at the time of development, the authors recommend that all information is thoroughly checked before use if utilised by another unit, context or organisation.

## Aim

The [package](#) will increase clinician awareness of the procedure for the safe and appropriate use of bedside rails inpatient settings.

## Learning Outcomes or Learning Objectives

Following completion of the package, clinicians will:

- *Have knowledge of the HNELHD Guideline and Procedure relating to the use of bed side rails*
- *Be aware of the risks associated with the use of bed side rails – including legal issues*
- *Be aware of the assessments that should be undertaken prior to the use of bed side rails*

## Pre-requisites

Prior to, or after, completion of the package, clinicians should have read the related HNE LHD Clinical Guideline Bedside Rail Placement and Safe Usage in Adults.

## How to use this resource or Instructions for participants

- The package is expected to take 30 - 60 minutes to complete
- Completion of this package is equivalent to one Continuing Professional Development (CPD) hour which is a requirement for National Registration.

- Evidence of CPD can be generated using the *Reflection on learning page* at the end of the template.
- This package can be used as an introduction for nurses wishing to further their knowledge and skills in this area.
- Throughout the module, you will be asked to complete questions that will reinforce key points or learnings.
- There is a suggested reference list and it is by no means complete. Please read widely to facilitate your learning. You can access the readings online (journal articles) through CIAP. The online readings are not provided within this document due to copyright law restrictions. If you have any difficulty locating the readings please seek assistance from your hospital / health facility library.
- This resource has been written from a Hunter New England Area Local Health District perspective so it is not specific to any one health facility.

### **Recommended Readings**

Any essential or suggested readings or resources can be identified in this section. Include any internet links and or web pages for reference in this section.

[Bedside Rail Placement and Safe Usage in Adults HNELHD CG 14 15](#)

[HNE LHD Guideline and Procedure Mechanical Restrain in Adult Patients HNELHD G and P 14 10.](#)

[NSW Health Department Newsletter \*Safety Advocate\*. Issue 4, April 20013](#)

[Taleric, K. & Capexuti, E. \(2001\) Myths and Facts About Side Rails. \*American Journal of Nursing\*. Vol 101\(7\) p 43 – 48](#)

[Marcy-Edward, D. \(2005\) Bed Rails: Is there an Up Side? \*The Canadian Nurse\*. January, Vol 101\(1\) p 30 – 34.](#)

### **Reflection tool**

At the completion of the Learning Package we have added a reflection form that will assist staff in reflecting on the package and how it meets their professional development needs.

## References:

[Bedside Rail Placement and Safe Usage in Adults HNELHD CG 14\\_15](#)

[HNE LHD Guideline and Procedure Mechanical Restrain in Adult Patients HNELHD G and P 14\\_10.](#)

[NSW Health Department Newsletter \*Safety Advocate\*. Issue 4, April 20013](#)

[Talerica, K. & Capexuti, E. \(2001\) Myths and Facts About Side Rails. \*American Journal of Nursing\*. Vol 101\(7\) p 43 – 48](#)

[Marcy-Edward, D. \(2005\) Bed Rails: Is there an Up Side? \*The Canadian Nurse\*. January, Vol 101\(1\) p 30 – 34.](#)

Nowicki, T., Fulbrook, T. & Burn, C. (2010) Bed safety off the rails. *Australian Nursing Journal*. Vol 18(1) p31 – 34

Healey, F. & Oliver, D. (2009) Bedrails, falls and injury: evidence or opinion? A review of their use and effects. *Nursing Times*. July

Hignett, S., Sands, G., Fray, M., Xanthopoulou, P., Healey, F. & Griffiths, P. (2013) Which bed design and patient characteristics increase bed rail use? *Age and Ageing*. Vol 42. P 531 – 535.

O'Keefe, S. (2013) Bedrails rise again? *Age and Ageing*. Vol 42. ; 426 – 427.

# Reflective learning

By completing this table, your participation in this learning activity **Use of Bedside Rails** and the outcome achieved will form the evidence of CPD. You are able to record one hour of CPD in your personal education diary / record.

If you would like to have the completion of this learning module recorded in your personal learning history in HETI, please return this completed form to Kim Riley. ([kim.riley@hnehealth.nsw.gov.au](mailto:kim.riley@hnehealth.nsw.gov.au) or fax: 65402180).

Payroll:	Name:
Outline the key learning you obtained from completion of the package	
How was the learning useful for your practice?	
How will the learning influence your practice? What will you change in your practice?	
Is there any further education you need to undertake as a result of completing the package?	

## Learning Package Feedback Form – Bed side rails

---

**Please circle your response to the following questions:**

1. The aims and objectives of the learning package were clear and appropriate Yes No
  
2. As a result of completing this package, clinicians would have better understanding of the use of bed side rails in adult inpatient settings Yes No
  
3. The activities helped to reinforce key learnings? Yes No
  
4. The package was easy to follow? Yes No

5. Some suggestions I would like to make to improve the package are:

---

---

---

6. Further comments I would like to make are:

---

---

---

Please send this feedback form to:

Fax: 65402180 attention Kim Riley

Email: [kim.riley@hnehealth.nsw.gov.au](mailto:kim.riley@hnehealth.nsw.gov.au)