

Leaving hospital

When you leave hospital, your Occupational Therapist (OT) may recommend and arrange equipment to help you stay safe and independent at home. This equipment will be discussed with you and your family.

The bed rails assessment will assist with making decisions around what equipment best meets your current needs, supporting your safety, dignity and independence.



Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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INFORMATION FOR PATIENTS AND RELATIVES

Bed rails assessment



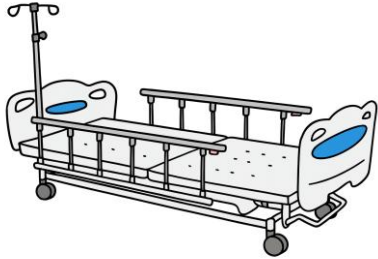
King's Mill Hospital
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What are bed rails?

Bed rails are metal or plastic bars that can be attached to the side of a hospital bed. They are sometimes used:

- To stop patients from accidentally rolling out of bed.
- To give patients something to hold onto when moving or sitting up.
- When a patient is being transported in a bed around the hospital.



Why complete a bed rail assessment?

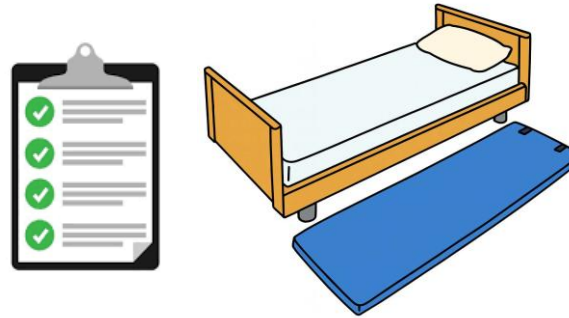
Not everyone needs bed rails. In fact, they can sometimes cause problems such as:

- Increased risk of climbing over the rails and falling from a greater height.
- Feeling trapped or restricted.
- Risk of injury if a patient gets caught between the rail and mattress.

A **bed rails assessment** helps staff understand if you can stay safe and comfortable without them. This supports with planning for your safe return home, as most beds at home do not have rails.

What to expect during a bed rails assessment:

- Staff will put the rails on your hospital bed down.
- A low to the floor bed will be used alongside a padded floor mat.
- Safety checks will be put in place, such as the bed to be kept at the lowest height and the call bell to be in reach.
- Nursing staff will closely monitor you during the trial period and inform occupational therapy staff of your progress.



The benefits of bed rails assessment:

They:

- Promote independence and confidence before going home.
- Help staff assess your care needs for your discharge home.
- Reduce the risk of feeling restrained or restricted.
- Reduce the chance of injury related to rails.
- Prepare you and your family for life at home without hospital-style equipment.

What if you are at risk without bed rails?

If you are not safe without the bed rails, staff will:

- Review the reasons for this outcome, such as balance, mobility, or night-time confusion.
- Consider whether short-term bed rail use is still appropriate while in hospital.

The occupational therapist will discuss safety options with you and your family when considering discharge plans and equipment.

How does this affect discharge planning?

- The bed rails assessment helps the occupational therapy team recommend the right equipment and support for you at home.
- It prepares you for going home and having the correct equipment set up for your current needs.

Alternatives to bed rails:

- Low to floor profiling beds.
- Padded floor mats.
- Bedside floor sensor alarms.
- Staff / family reassurance and supervision.