

Bed Rail Use and Bed Inspection

Training for Health Care Workers



LeadingAge®



**PATHWAY
HEALTH**

Leading. Learning. Living. www.pathway.org

Objectives

- Understand the regulations that guide bed rail use
- Identify the FDA's seven zones of potential entrapment
- Identify risks and benefits of bed rail use
- Identify components of bed system inspection
- Identify components of resident risk assessment

Introduction

- The nursing home Requirements of Participation (RoP) are the regulations that set minimum standards for nursing homes.
- The RoP were rewritten in October 2016.
- The changes in regulations go into effect over the next three years, in phases.
- There were changes made to the regulations for bed rails and inspections of bed frames, mattresses and bed rails.



This document is for general informational purposes only.

It does not represent legal advice nor relied upon as supporting documentation or advice with CMS or other regulatory entities.
© Pathway Health Services, Inc. – All Rights Reserved – Copy with Permission Only - Requirements of Participation P&P Manual 2017



**PATHWAY
HEALTH**
Insight | Expertise | Knowledge

LeadingAge[®]

Overview of the Regulation

The facility must attempt to use appropriate alternatives prior to installing a side or bed rail. If a bed or side rail is used, the facility must ensure correct installation, use, and maintenance of bed rails, including but not limited to the following elements.

- (1) Assess the resident for risk of entrapment from bed rails prior to installation
- (2) Review the risks and benefits of bed rails with the resident or resident representative and obtain informed consent prior to installation.
- (3) Ensure that the beds dimensions are appropriate for the resident's size and weight.



Overview of the Regulation

- Follow the manufacturers recommendations and specifications for installing and maintaining bed rails.
- Conduct Regular inspection of all bed frames, mattresses, and bed rails, if any, as part of a regular maintenance program to identify areas of possible entrapment.
- When bed rails and mattresses are used and purchased separately from the bed frame, the facility must ensure that the bed rails, mattress, and bed frame are compatible.



Definitions

Assistance Device or Assistive Device refers to “Any item (e.g., fixtures such as handrails, grab bars, and devices/equipment such as transfer lifts, canes, and wheelchairs, etc.) that is used by, or in the care of a resident to promote, supplement, or enhance the resident’s function and/or safety. “

Bed/Side Rails” refers to “A physical device attached to the resident’s bed intended to enable turning or repositioning”

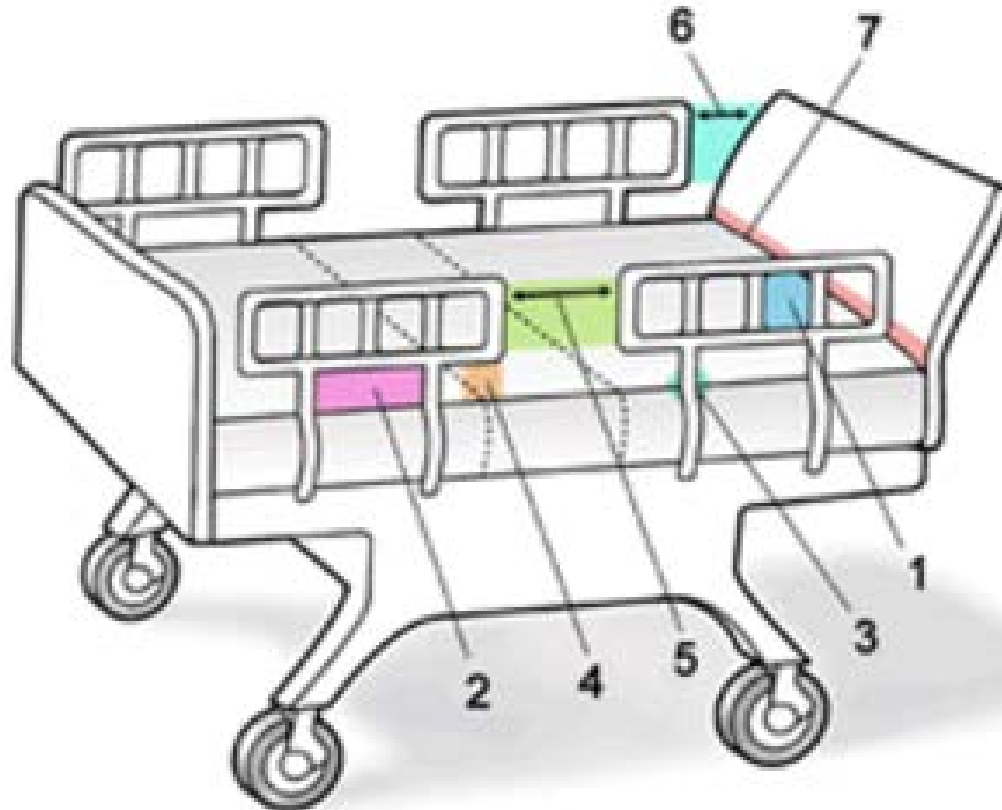


Background

- In 2006 the Food and Drug Administration (FDA) issued a safety alert regarding potential hazards with hospital beds and hospital bed accessories.
- Some bed systems carry a risk of:
 - Severe injury
 - Strangulation
 - Asphyxiation
 - Serious injury
 - Death



FDA 7 Zones of Entrapment



<http://www.fda.gov/RegulatoryInformation/Guidances/ucm072662.htm#8>

Source: US Food and Drug Administration Bed System Dimensional and Assessment Guidance



**PATHWAY
HEALTH**
Insight | Expertise | Knowledge

This document is for general informational purposes only.
It does not represent legal advice nor relied upon as supporting documentation or advice with CMS or other regulatory entities.
© Pathway Health Services, Inc. – All Rights Reserved – Copy with Permission Only - Requirements of Participation P&P Manual 2017

LeadingAge®

Potential Zones of Entrapment

Space or gap must be less than 4 $\frac{3}{4}$ inches

- Within the rail
- Under the rail, between the rail supports
- Between the rail and mattress

Space or gap must be less than 2 $\frac{3}{4}$ inches

- Under the rail at the end of the rail, between the rail and the mattress



Those at Most Risk of Entrapment



- Frail or elderly
- Conditions such as agitation, delirium, confusion, pain, uncontrolled body movements, hypoxia, fecal impaction, acute urinary retention
- Any other condition that may cause a person to move about the bed or try to exit from the bed
- Those with needs regarding toileting, positioning, and other basic care needs that may not be met timely



Key Body Parts at Risk of Entrapment



- Head
- Neck
- Chest



**PATHWAY
HEALTH**
Insight | Expertise | Knowledge

This document is for general informational purposes only.
It does not represent legal advice nor relied upon as supporting documentation or advice with CMS or other regulatory entities.
© Pathway Health Services, Inc. – All Rights Reserved – Copy with Permission Only - Requirements of Participation P&P Manual 2017

LeadingAge[®]

Potential Benefits of Side Rails

Enabler or repositioning aid which may:

- Potentially lead to reduced risk of pressure ulcers
- And reduced risk of complications of immobility and prolonged bed rest
- Allowing in the turning and repositioning within a bed allowing for greater independence



This document is for general informational purposes only.

It does not represent legal advice nor relied upon as supporting documentation or advice with CMS or other regulatory entities.
© Pathway Health Services, Inc. – All Rights Reserved – Copy with Permission Only - Requirements of Participation P&P Manual 2017

Potential Safety Risks

- Entrapment – most notable to the neck, head, chest and limbs
- Physical restraint
- Improper installation
- Inappropriate location or position of bed rail



Potential Regulatory Issues

Devices may be deemed a physical restraint:

“Physical restraint is any manual, physical, or mechanical device, material, or equipment attached or adjacent to the resident’s body that the resident cannot remove easily, which restricts freedom of movement or normal access to one’s body”



**PATHWAY
HEALTH**
Insight | Expertise | Knowledge

This document is for general informational purposes only.
It does not represent legal advice nor relied upon as supporting documentation or advice with CMS or other regulatory entities.
© Pathway Health Services, Inc. – All Rights Reserved – Copy with Permission Only - Requirements of Participation P&P Manual 2017

LeadingAge[®]

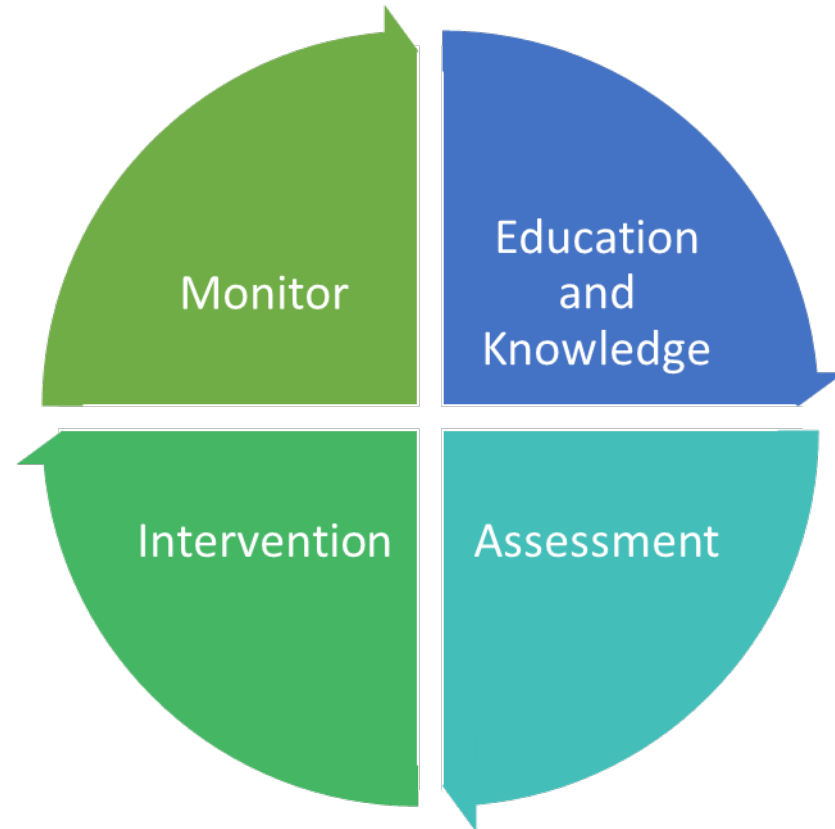
Potential Regulatory Issues

- Entrapment related injuries or even death
- Predisposition to falls or other safety hazards
- Potential Impact on Quality Measures:
 - Restraints
 - Falls
 - Injury
 - Pain



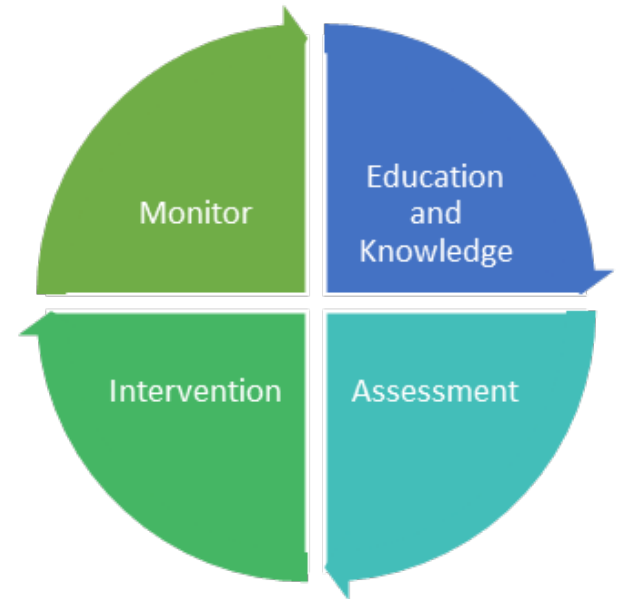
Facility Response

- Knowledge
- Assessment
- Intervention
- Monitor



Assessing Resident Risk

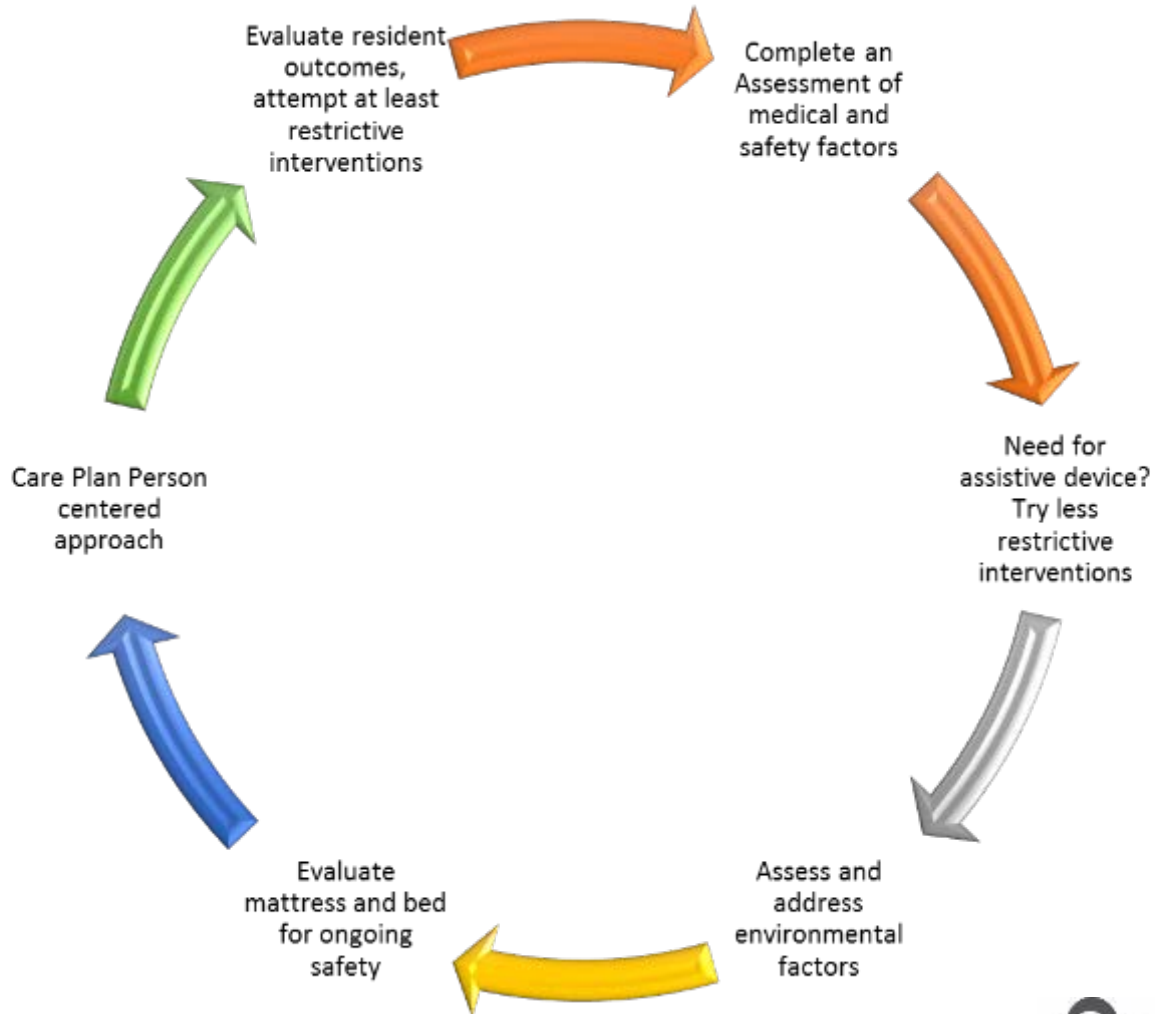
- Cognitive Status
- Functional Status
- Other Internal Risk Factors
- Procedure
 - Complete the risk assessment
 - Implement appropriate person-centered interventions
 - If bed rail used, obtain physician order
 - Provide staff and resident education on device
 - Update the care plan



Bed Rail Assessment

- Insert picture of facility bed rail assessment

Process

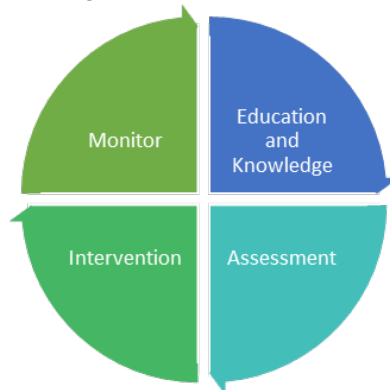


Bed Inspection

- Insert picture of facility bed inspection log and process

Interventions to Reduce Risk

- Meet basic needs
- Use alternatives to bed rails for positioning
- Follow manufacturer guidelines regarding compatibility of mattresses, rails and accessories.
- Know seven zones of entrapment and audit for risk
- Staff, resident, and representative education



This document is for general informational purposes only.

It does not represent legal advice nor relied upon as supporting documentation or advice with CMS or other regulatory entities.
© Pathway Health Services, Inc. – All Rights Reserved – Copy with Permission Only - Requirements of Participation P&P Manual 2017



**PATHWAY
HEALTH**
Insight | Expertise | Knowledge

LeadingAge[®]

Monitor for Effectiveness

- Modify interventions when necessary
- Update the plan of care as needed
- Perform regular bed inspection audits
- Provide ongoing education
- Incorporate findings into the QAPI process as indicated



THANK YOU FOR PARTICIPATING IN THIS EDUCATION SESSION!



**PATHWAY
HEALTH**
Insight | Expertise | Knowledge

This document is for general informational purposes only.
It does not represent legal advice nor relied upon as supporting documentation or advice with CMS or other regulatory entities.
© Pathway Health Services, Inc. – All Rights Reserved – Copy with Permission Only - Requirements of Participation P&P Manual 2017

