

Assessment And Use Of Bed Grab Handles In The Community



Description:

This module is for staff involved in assessing and prescribing Bed Grab Handles in the community. This includes:

- Relevant assessing OTs
- Relevant assessing AHPs
- Relevant assessing HCSWs and social care staff
- Community nursing staff.

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Please select the first lesson below, or the 'Start Course' button, to begin your learning experience.

 Introduction

 Purpose Of The Module


BED GRAB HANDLES

 What Are Bed Grab Handles?

 Why Do We Use Bed Grab Handles?

SAFETY AND RISKS

 Risks When Using Bed Grab Handles

 What Is Your Role?

COMPLETING THE RISK ASSESSMENT

 Risk Assessment

 Assessment Process

 Review Process


KNOWLEDGE CHECKS

 Knowledge Checks

QUIZ & MODULE COMPLETION

 Quiz

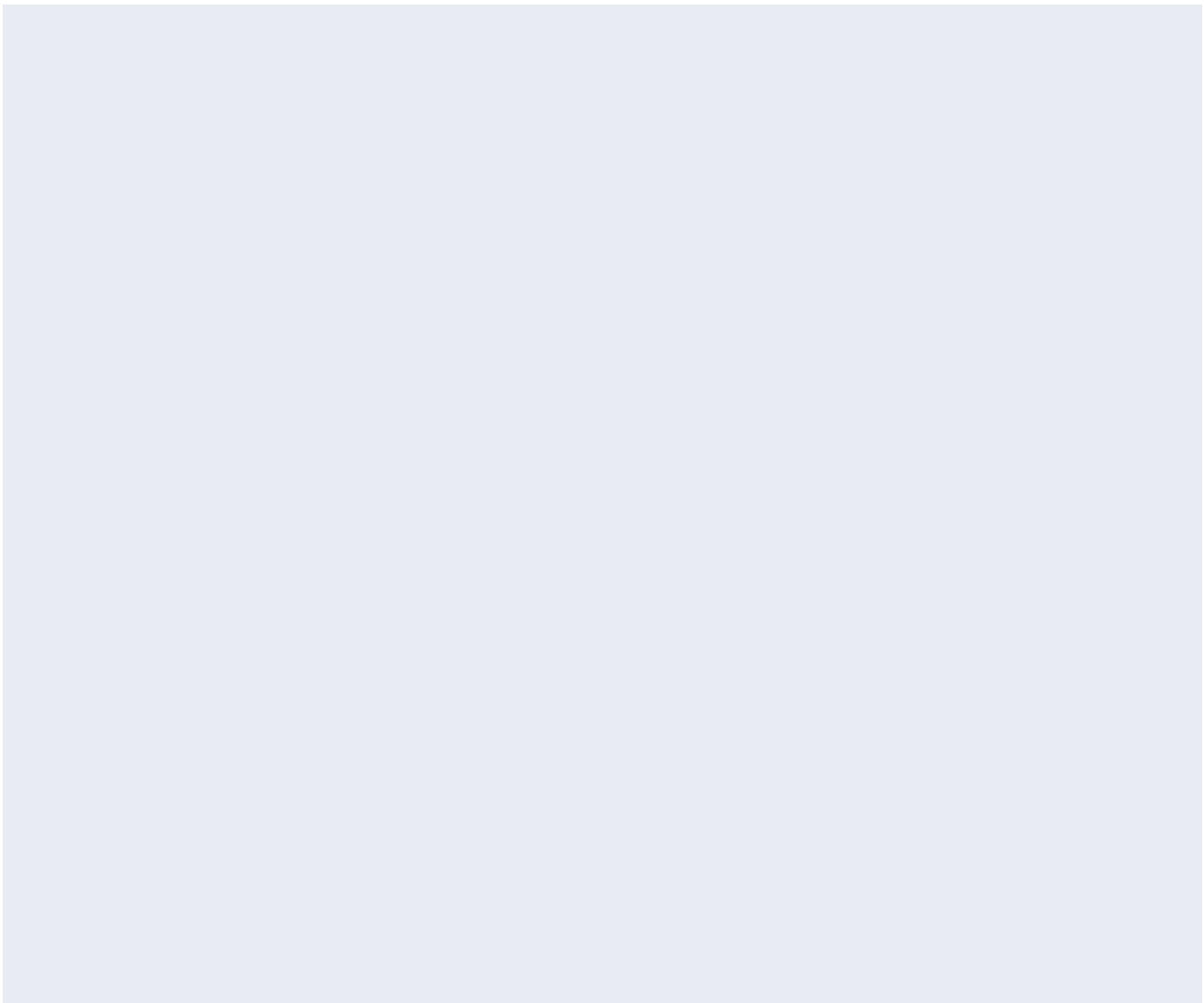
 Additional Information and Resources

 Module Completion

Introduction

Learning Outcomes

Aim: By completing this module, the learner will be able to...



- 1 Identify what bed grab handles are and the different types.
- 2 Identify when bed grab handles are safe to use and when they shouldn't be used.
- 3 Recognise the reasons to assess for a bed grab handle.
- 4 Apply relevant risk and risk assessment procedures for the best practice of safe prescription as per the latest MHRA guidance.
- 5 Show how to check that equipment is in safe working order.
- 6 Recognise incident reporting responsibilities.



You can exit the module at any time, and your current progress will be saved.

PROCEED TO MODULE CONTENT

Purpose Of The Module



The Medicines and Healthcare Products Regulatory Agency (MHRA) issued a national patient safety alert regarding medical beds, trolleys, bed safety rails, bed grab rails and lateral turning devices in relation to the risk of death from entrapment or falls.

From 1 January 2018 to 31 December 2022, there were 18 reports of deaths related to bed safety rails, bed grab handles and associated equipment, and 54 reports of serious injuries.

The MHRA report highlighted that the above incidents were caused by the following:

- Inadequate risk assessment and/or failure to update a risk assessment following a change of any kind.
- Maintenance/Service issues.
- Prescription of equipment for children and/or people of small stature/atypical anatomy.
- Inappropriate use or incompatibility with other equipment.

CONTINUE

What are the reasons people fall out of bed?

- People primarily fall out of bed whilst turning and transferring.
- Also, they are at higher risk when getting up to use the toilet during the night.

Falls might be due to:

- Impaired or restricted mobility.
- Repetitive or involuntary movements.
- Confusion/disorientation.
- Agitation/delirium.
- Medications/variable levels of consciousness.
- Unpredictable behaviours and movements linked to a medical condition or developmental delay.

CONTINUE

What Are Bed Grab Handles?

Bed Grab Handles (also known as bed sticks or bed levers) are widely used to help people get in and out of bed.

Use the arrows to cycle through the images below showing examples of bed grab handles.









These rails should not be used to prevent falls out of bed and should be positioned to support transfers in and out of bed.

Bed grab handles should only be used for children or adults with atypical anatomy following a risk assessment. It is recommended that all gaps between the rail bars should be a maximum of 60 mm for children and adults with atypical anatomy and 120 mm for adults.

CONTINUE

Why Do We Use Bed Grab Handles?



Why are bed grab handles used?

- Bed grab handles are designed to support transfers in and out of bed.
- To support independent and assisted bed mobility, e.g. rolling or lying to sit.

- To increase safety during sit-to-stand transfer from bed, i.e. to reduce the risk of falls.



What would not be an appropriate use of bed grab handles?

- Bed grab handles are not designed to prevent the person from rolling or falling out of bed.
- They should not be used to pull on when transferring back to bed from a commode or wheelchair or a seated position.

- Non-integral bed grab handles are generally not suitable for use with a mattress elevator, pillow lifter and profiling bed; however, prescribers may have completed a risk assessment to advise of safe use.



Demonstration of a patient using a bed grab handle

You are now ready to complete a quick knowledge check on what you have learned so far.

CONTINUE TO KNOWLEDGE CHECK

Knowledge Check

Please review the question below on the benefits of using bed grab handles.

Bed grab handles can assist a person with...

Select all answers that apply and then select 'SUBMIT' for feedback.

- Moving from side to side
- Rolling over onto their side
- Preventing rolling out of bed
- Moving up and down the bed
- Sitting at the side of the bed
- Transferring back to bed from a commode
- Sit-to-stand transfer from bed

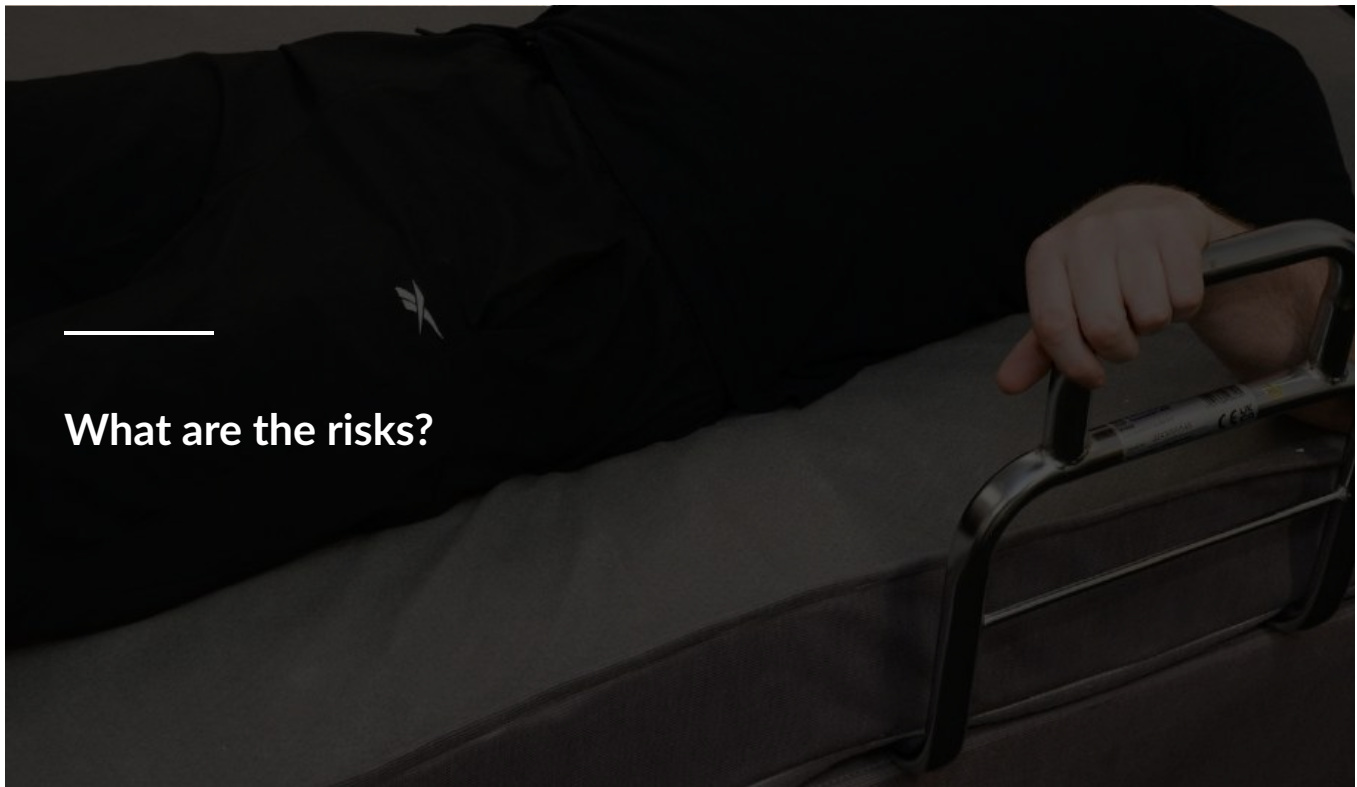
SUBMIT

COMPLETE LESSON

Well done. You are now ready to proceed to the next lesson.

CONTINUE

Risks When Using Bed Grab Handles



We have now covered the benefits of using bed grab handles, but as with all equipment, there are also risks to be aware of. These include...

- **Risk of injury** - From hitting body parts off the handle due to repetitive or involuntary

movements, confusion, agitation or delirium.

- **Risk of entrapment of body or body parts** - A person's height, weight and body mass change the entrapment risk.
- **Risk of suffocation or asphyxiation** - Where the head, neck or chest becomes entrapped against the mattress or within handle gaps.
- **Risk of deconditioning by reducing independence** – Inappropriate fitting of a grab handle can restrict the ability to transfer in and out of bed.

Select the play button to start the short YouTube video by Kirklees Council Moving & Handling Team (Kirklees Council Moving & Handling Team, 2023). The video covers some of the risks associated with inappropriate bed side rails and bed grab handles.

Risk Management - Bed Side Rails and Bed Grab Handles



When is it safe to use bed grab handles?



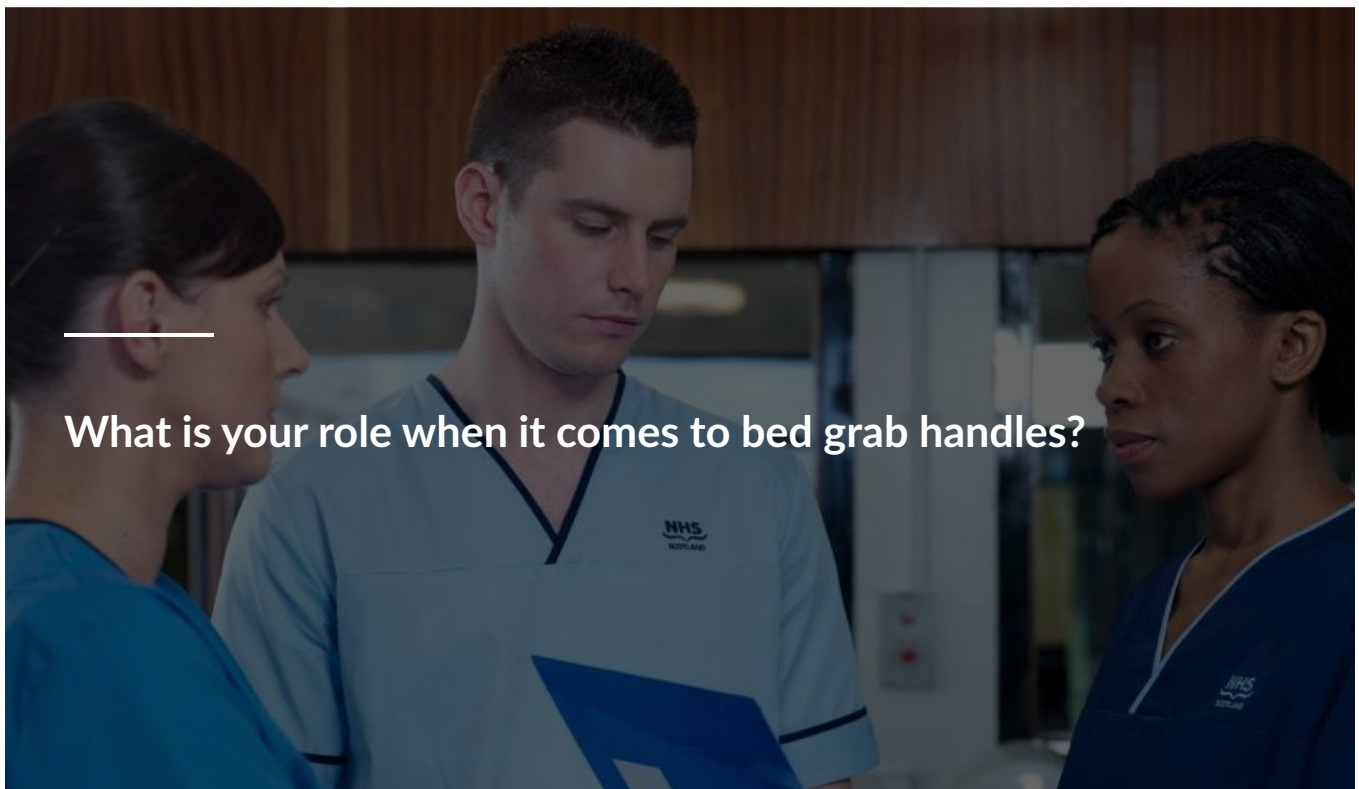
It is important that we balance the risks of using the bed grab handles with the possible benefits.



A bed grab handle risk assessment helps with this decision-making and records any identified risks and mitigations.

CONTINUE

What Is Your Role?



What is your role when it comes to bed grab handles?

1

Complete Bed Grab Handle Risk Assessment or review existing assessment and equipment, identifying any risks that may be present.

2

Ensure that the person, guardian, or carers are aware of the risk assessment and that a patient information leaflet has been issued.

3

If you notice any new risks or changes in a person's condition or environment, then carry out a new Bed Grab Handle Risk Assessment.

4

Ensure that the person has a risk assessment in place and that they have been deemed appropriate for using a bed grab handle.

CONTINUE

Bed Grab Handle Checks

Please review the processes below, which cover:

1. How to perform general checks on bed grab handles.
2. How to ensure there are no unsafe gaps.

How To Check A Bed Grab Handle



**Please cycle through the process for checking a bed grab handle.
Review the information provided for each step.**

Step 2

Step 1: Signs Of Wear And Tear?

Check for any signs of wear and tear.

Step 3

Step 2: Is The Bed Grab Handle Secure?

Check and ensure the bed grab handle is secure. Check the grab handle doesn't wobble when in place.

Step 3: Are There Any Obvious Gaps?

Check the placement of bedside furniture.

Note: Any gap should be greater than 318mm or less than 60mm. Where adjacent furniture needs to be moved to ensure compliance with the gaps, this is the responsibility of the service user or family to arrange. Where the gap to adjacent furniture cannot be made compliant, the bed grab handle should not be provided.

Any faults to the equipment should be reported immediately

- **Community** - Report via HSCP or Equipu/ICIL

How To Check A Bed Grab Handle



To ensure there are no unsafe gaps, check these 3 measurements.

**Please cycle through the process for checking a bed grab handle.
Review the information provided for each step.**

Step 2

Gap between the grab handle and the headboard or wall



This gap must be at least 318mm (or less than 60mm) to avoid entrapment and to provide a good handhold without obstructing transfers in and out of the bed.

Step 3

Horizontal Gap between mattress edge and the grab handle



The gap must be no more than 120mm to avoid head and neck entrapment.

Step 4

Internal gaps within the bed grab handle

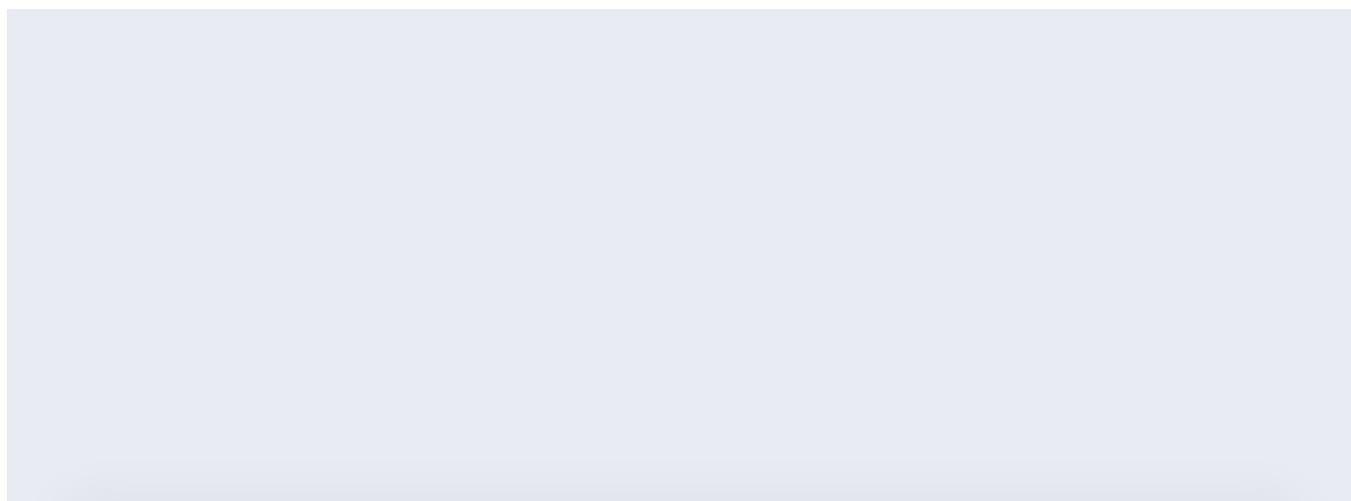


- **Compliant:** the smallest measurement of any of the internal gaps (in either a vertical or horizontal direction) is no more than 120mm to avoid head and neck entrapment.
- **Non-compliant:** If gaps are larger than 120mm in both a vertical and horizontal direction. This could cause a head or neck entrapment. The vertical gap should be measured from the compressed mattress height.

These measurements must be checked, as inappropriate gaps can increase the risk of entrapment of the head or body parts.

I HAVE READ OVER THE PROCESSES

Select the play button to start the short YouTube video by Glasgow City HSCP. The video is designed to assist you when measuring for safe gaps in bed safety rails and bed grab handles. A text transcript is available; select the heading below the video to expand and access it.



Bed Rails - Subs burnt in

Glasgow City HSCP



Watch on

Bed Rail and Grab Handle Measurements - Transcript

This video is designed to assist you when measuring for safe bed gaps in bed rails and bed grab handles. This information is based on the MHRA's August 2023 guidance.

There are various tools that you may be able to use in your practice to assist with this. There are bed rail gauges supplied by manufacturers which outline these measurements. You can also use a standard measuring tape to assist with this process.

Bed safety rails, as the one you can see here, are also known as cot sides and integral rails. These are used to prevent users falling out of bed. They are not designed to stop someone getting out of bed who has the will or the ability to do so. So firstly, you need to identify the height and the weight of your service user. The MHRA has different guidance for people who are over 1.46 meters, over 40 kg and have a BMI over 17.

First measurement that you would be looking at, which applies to all users, no matter your height, is the height of the mattress to the height of the bed safety rail. This is known as the 220-millimetre rule. So you would be ensuring that the height of the mattress platform to the height of this rail is 220 mm. So, for clients who are over 1.46 metres, above 40 kg and have a BMI over 17, these measurements would apply.

These bed rails you see here are full-length bed rails, however, there are some on the market that aren't full-length. You would need to ensure that if there was a gap here it was less than 60 mm or over 318 mm. We also need to ensure the gaps between the side rails are less than 120 mm. There is also a gap between the bed bottom of the bed rail and the bed base which needs to be less than 60 mm.

For clients who are under 1.46 m in height, have a BMI less than 17 and are less than 40 kg. The measurements are reduced between headboard and rail, they would need to be 40 mm or 300, so it needs to be under 40 mm or over 300 mm. The gaps between the bed rails are significantly less as well. They are 60 mm, which you can see here, so this bed would probably be unsuitable for somebody under 1.46 m in height and you also have the same rule, the same 60 mm rule at the bottom here for between the bed base and the bottom of the bed rail.

And we're going to move on to bed grab handles now. I am now going to demonstrate how to measure safe gaps in bed grab handles. Bed grab handles like the one you see here are designed to assist clients transferring safely and independently out of bed. As you can see here, they are not used to prevent a client falling out of bed.

The first measurement you need to be aware of when assessing is 318 mm. Grab handles should be at least 318 mm away from the wall, as it is in this situation, or the headboard of the bed. They can be moved further up the bed. However, you would need to be ensuring that it is less than 60 mm from the top of the bed headboard or the wall.

In terms of gaps, these need to be less than 120 mm and you also need to be ensuring there is less than 120 mm from the bed grab handle to the start of the mattress. The 318 mm rule also applies to any adjacent furniture or other adaptive equipment you may be using. All of these measurements are recommendations to reduce the risk of injury and entrapment for your service users. Please consider all of these when producing your clinical risk assessment.

The process above should be followed to minimise the risk to patients when using bed grab handles. There are other factors to consider though including...

Equipment That Can Affect Safe Use

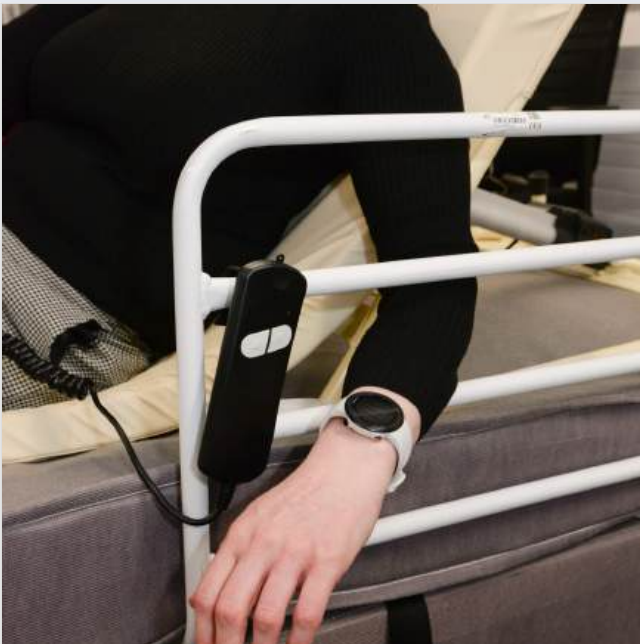
The following items can increase the risk of entrapment against the bed grab handle:

- **Pressure relieving mattresses**
- **Mattress overlays**

- **Turning systems**
- **In bed sliding sheets**
- **Postural sleep systems**, for example, wedges
- **Mattress elevator/variators**
- **Pillow lifters**
- **Adjustable/profiling beds.**

The flashcards below show images of entrapment.

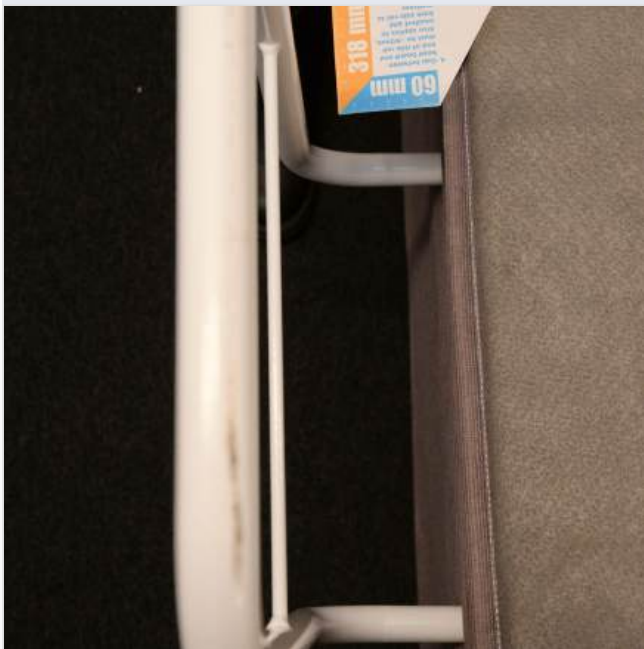
Select each card to flip and reveal a description.



Incompatible use of pillow lifter alongside bed grab handle.



Risk associated with use of static community bed grab handle with profiling bed.



Risk of entrapment following bed grab handle not being fitted securely.



Now that you understand your role and how to minimise the risk of entrapment, we will explore the risk assessment in the next lesson.

CONTINUE

Risk Assessment



Why complete a risk assessment?

It is important that staff have taken a structured approach to making decisions about providing the recommended solution.

The risk assessment is to ensure all persons with responsibility for the provision, use, and maintenance of Bed Grab Handles are

aware of the associated risks in order to provide appropriate equipment and prevent the risk of harm to the person.

[MHRA Bed Rail Guidance](#) specifies that an appropriate risk assessment is completed on the provision of Bed Grab Handles.

Within the community, a risk assessment has been developed that should be completed and recorded when a bed grab handle is provided.



Risk assessments should be reviewed and recorded after each significant change in the bed occupant's size, condition or needs, or where there is a change of bed or mattress.

Now that you know why a risk assessment is required in the following lessons, we will look at the assessment process.

CONTINUE

Assessment Process

This lesson will cover the questions in the risk assessment and provide relevant guidance.

Please review each question and then select the 'REVEAL GUIDANCE' buttons to reveal the guidance related to each risk assessment question.

Reason For Bed Grab Handle

Question

- Is the Bed Grab Handle needed because the person has significant difficulty getting in or out of bed (or moving in bed) without a Bed Grab Handle in place?

REVEAL GUIDANCE



If a person has no significant difficulty with bed transfers, then a grab handle should not be prescribed.

If answering yes, continue to the next question.

Consent

Question

- Is the person in agreement with the provision, use and review of the Bed Grab Handle and understands how it should be used safely?

REVEAL GUIDANCE



If a person lacks the capacity to make decisions, this question relates to their representative, such as a Power of Attorney, guardian, family member, or carer. If their representative does not agree, or if there is no representative available, you should consult with your line manager or consider a multidisciplinary team (MDT) discussion.

- If answering no, then the grab handle should not be prescribed, and the rationale should be documented as to why.
- If answering yes, continue to the next question.

Why is consent required?



It is important that we ask for consent when providing bed grab handles to:

- Ensure that the person and their carers or families are informed about the correct use of the equipment and the risks associated with misuse.
- Ensure that equipment is not used as a form of unintentional restraint and meets the requirements of the Mental Welfare Commission.

Mental Welfare Commission Rights Good Practice Guide can be accessed by selecting 'GO TO GUIDE' below.

Mental Welfare Commission

Link to the Mental Welfare Commission Rights, Risks, and Limits to Freedom Good Practice Guide (PDF).

GO TO GUIDE

As an organisation, we must also adhere to the:

- Principles of the Adults with Incapacity (Scotland) Act 2000.
- The Human Rights Act 1998.
- The Mental Health (Care and Treatment) (Scotland) Act 2003.

Body Shape And Size

Questions

- Does the person meet **all** of the following criteria?
- They are an adult
- They are taller than 1.46m/4'11"
- They are heavier than 40kg
- They have a BMI over 17.

REVEAL GUIDANCE

Body Mass Index (BMI) should only be calculated for people over 18 years of age, and can be calculated using the [NHS BMI Calculator](#)

- If answering no, then this person is considered to be a child or an adult with atypical anatomy. Children and adults with atypical anatomy should have rails with gaps smaller than 60mm. Gaps in Bed Grab Handles are generally greater than 60mm and therefore are usually not appropriate for children and adults with atypical anatomy. However, clinical judgment should be used in making a final decision on the risk of entrapment versus the benefits.
- If answering yes, continue with adult questions.

Why is body shape and size important?



- Inappropriate gaps will result in an increased risk of entrapment of the head or body parts.
- Most bed grab handles are designed for use with individuals over 1.46 m in height (4 foot 9 inches), which is also the height of an average 12-year-old child. This reduces the risk of limb entrapment.
- The bed grab handle should be checked in accordance with the person's size, weight and height.
- Remember that bed grab handles have a maximum weight limit and assessors should consider this when selecting appropriate equipment.
- Always seek guidance on compatible rails from the manufacturers to assess appropriateness for the bed, the individual and the circumstances of use.

Bed Size And Type

Questions

- Is the Bed Grab Handle compatible with the bed size? - e.g. Single, Double, King size.
- Is the Bed Grab Handle compatible with the bed type? - e.g. divan, slatted, profiling, adjustable.



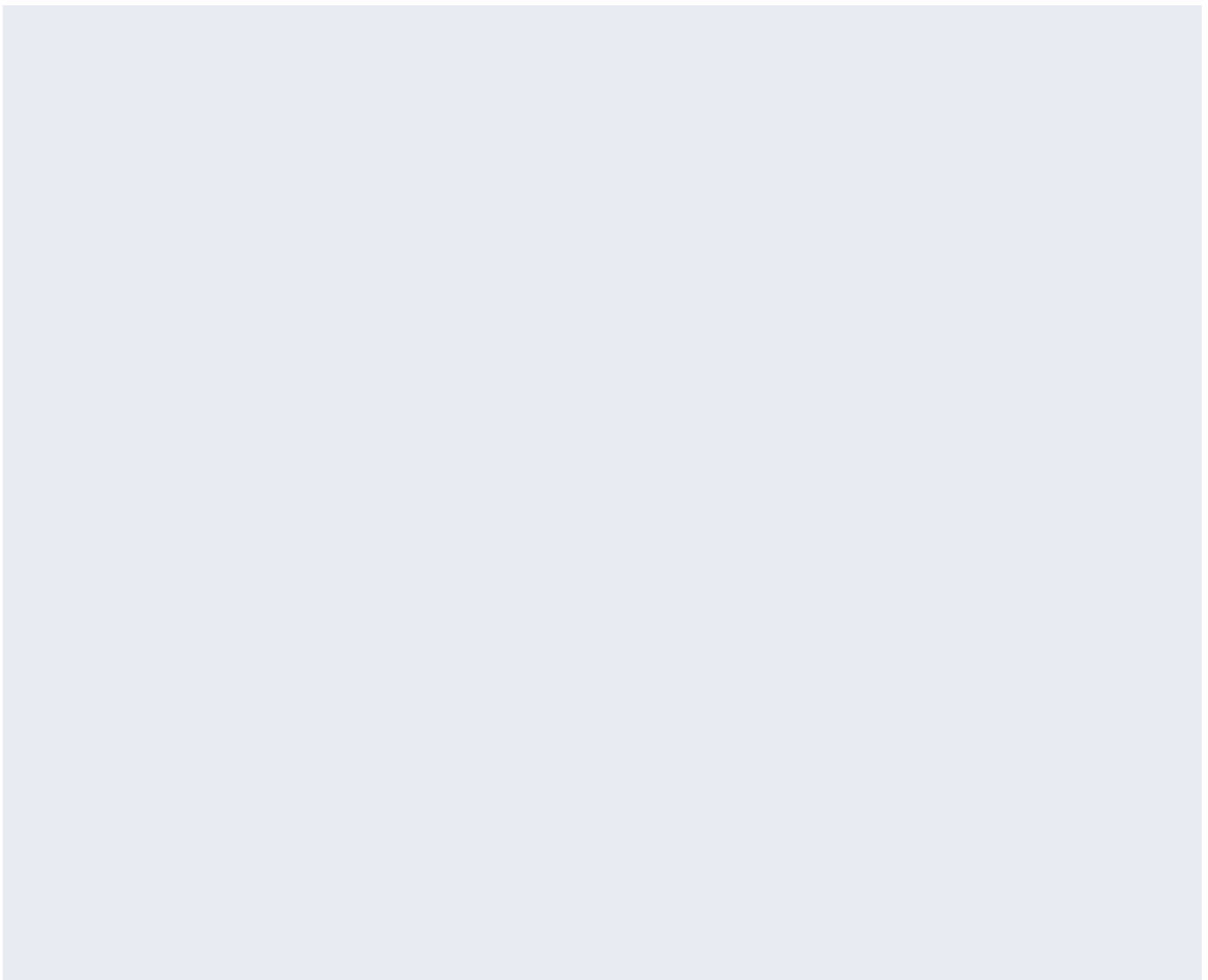
Bed grab handle fitted to a bed



Demonstration of bed grab handle being used

REVEAL GUIDANCE

Why is bed size and type important?



- Bed grab handles are designed to fit specific bed size and type.
- It is important to select the appropriate type of bed grab handle to suit the person's bed. This will ensure that the rail doesn't move, slide or slip. In particular, where there is a slatted bed in use, there is a danger that using the wrong type of rail will lead to slippage of the rail between the bed slats.
- Where the beds have a hydraulic under-bed storage, there are no current available bed grab handles that are compatible with the moving mattress platforms. Consider either changing the bed or alternatives.

Bed Grab Handle Position

Question

- Is the edge of the Bed Grab Handle at least 318mm from the headboard or wall?



Rail Ruler Guide being used to measure gaps



Rail Ruler Guide being used to measure gaps

REVEAL GUIDANCE



- 318 mm is a minimum dimension to prevent entrapment between the headboard and the grab handle.
- However, the optimum location, to support transfers, could be greater than this depending on the person's need and size.

Safe Gaps

Question

- Have you made sure that there are no gaps that could present an entrapment risk to any part of the person's body?
- Between the bars of the Bed Grab Handle – **less than 120 mm**
- Between the lower bar of the Bed Grab Handle & the top of the mattress (whilst compressed) - **less than 120 mm**

- Between the Bed Grab Handle and the mattress edge – **less than 120 mm.**

REVEAL GUIDANCE



Bed grab handles have no British standard or MHRA guidance on entrapment gaps.

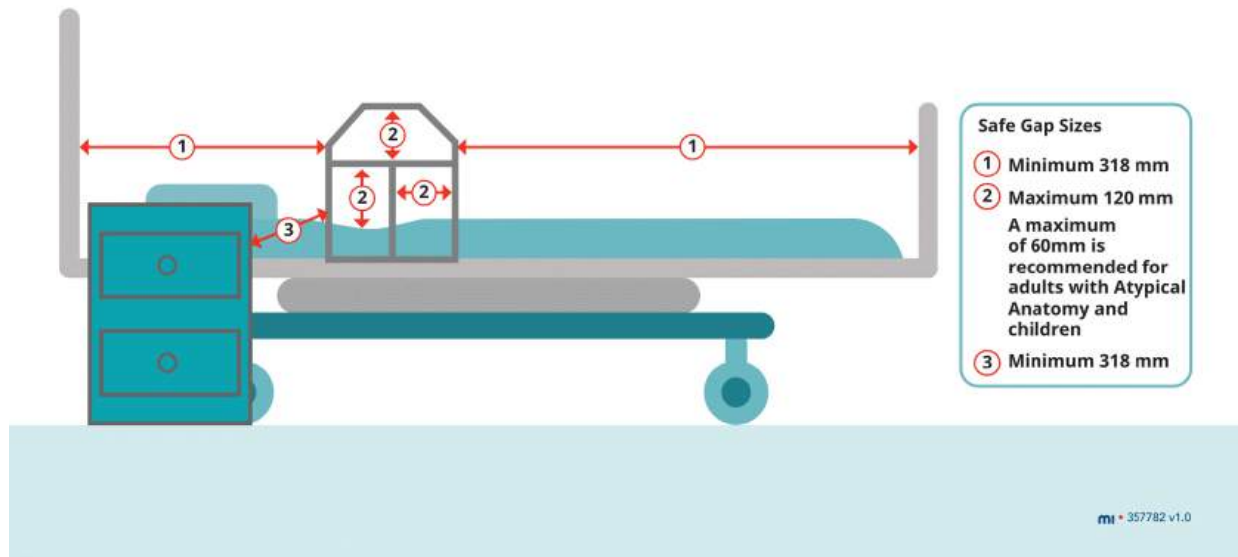
Although, by the nature of the grab handles being a smaller surface area, this reduces the likelihood of entrapment, we can't rule out that gaps won't increase the risk of entrapment. We are therefore

interpreting the areas of entrapment to be in line with the same sizes as noted for safety rails.

- Inappropriate horizontal gaps presenting between the edge of the mattress and the grab handle can result in head, neck or limb entrapment.
- Inappropriate vertical gaps presenting between the lower mattress platform and the lower bar of the grab handle can result in head, neck or limb entrapment.
- These gaps should be checked and minimised to ensure that they meet the sizes outlined in the 'How To Check A Bed Grab Handle' process.

The Bed Grab Handle Dimensions illustration below displays the safe gap sizes. A text transcript is available; select the heading below the image to expand and access it.

Bed Grab Handle Dimensions



Bed Grab Handle Dimensions Illustration

Bed Grab Handle Dimensions Illustration - Transcript

A diagram titled "Bed Grab Handle Dimensions" showing a bed with a grab handle attached. Numbered red arrows indicate safe gap sizes:

1. Minimum 318mm at bed ends
2. Maximum 120mm between rails. A maximum of 60mm is recommended for adults with Atypical Anatomy and children.

3. Minimum 318mm between the bed edge and furniture.

Most bed grab handles meet the adult size requirements, but they have gaps wider than the 60mm maximum recommendation for children or people with atypical anatomy. Therefore, they should be used with caution with children or people with atypical anatomy.



The assessor has the discretion to weigh up the risk of entrapment versus the risk posed by not providing the grab handle and record the justification.

The process for checking a bed grab handle was covered in the 'What Is Your Role?' lesson. Please refer back to that lesson and its content as needed.

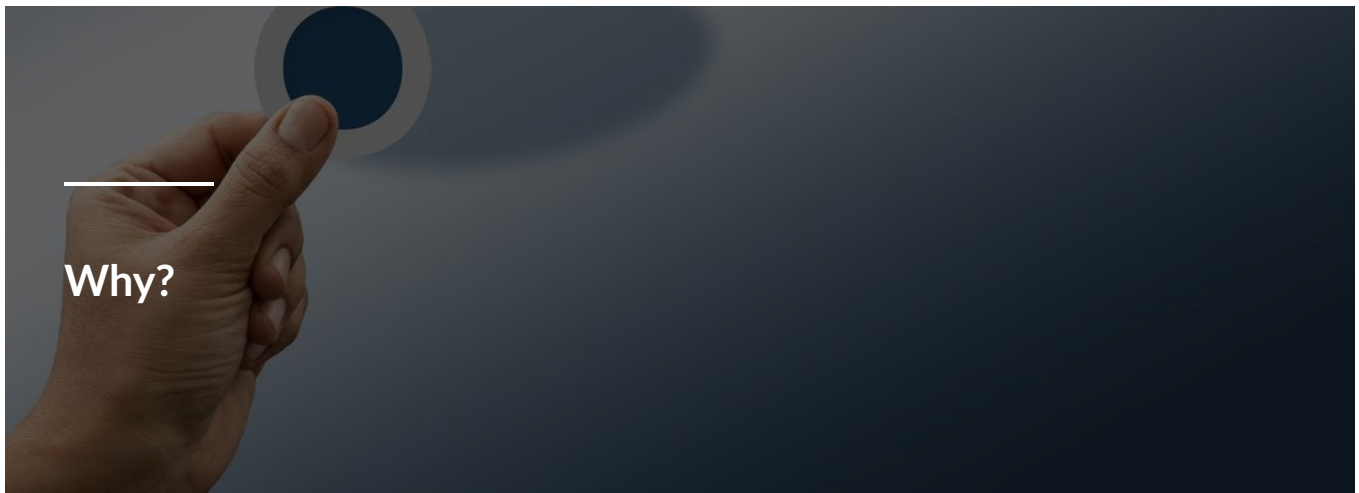
Fitting Of A Bed Grab Handle

Question

- Is the Bed Grab Handle fitted to the bed securely so that there is no significant movement of the grab handle?

REVEAL GUIDANCE





Demonstration of how to use a bed grab handle

- Ill-fitting equipment can lead to movement during the use of the bed grab handle. This can lead to an increase in the risk of the user becoming entrapped or injured.

- Any loose strapping may also act as a trip hazard or an additional entrapment risk.
- If answering No, then staff should follow local processes to immediately alert and arrange review/refit/repair or removal.

Bed Mattress

Question

- Is the mattress in good condition and the correct size and shape to fit the bed?

REVEAL GUIDANCE



Mattress with bed grab handles fitted

- Ensuring the mattress is the correct size and shape to fit the bed allows for the correct and secure fitting of the bed grab handle with

minimal gaps.

- Mattress condition should be monitored as this can affect the stability of the rail. Softer, lighter or worn mattresses can lead to increased movement of the bed grab handle.
- Bed grab handles should be secured as per the manufacturer's instructions.
- Particular attention should be paid to situations where the Bed Grab Handle is kept in place by the weight of the mattress alone.

Additional Equipment

Question

- If the bed has additional equipment in place, is this safe to be used with the bed grab handle?

REVEAL GUIDANCE

Additional equipment includes:

- Postural sleep systems
- Pillow lifters
- Mattress overlay
- Specialised mattress
- Turning system
- In-bed systems
- Sliding sheets.





When deciding compatibility, prescribers should consider:

- Manufacturer's instructions.
- Entrapment gaps created by the use of additional bed equipment.
- Movement of the person against the bed grab handle and potential for entrapment, i.e. movement caused by in-bed sliding sheets, potential for the person to have their arm entrapped when the pillow lifter is moving up against the static grab handle.
- Reduction of the usable surface area of the bed grab handle when the mattress height is increased by additional equipment.
- Local and national guidance.
- Clinical reasoning and risk assessment.

Other Considerations and Contraindications



Example of an entrapment risk due to moving items



Example of an entrapment risk due to moving items

- Bed grab handles are not normally recommended to be used in combination with back rests, pillow lifters or mattress elevators, except in exceptional circumstances, or where products have been specifically designed to be used together. The use of a static grab handle in combination with these types of moving items can increase the risk of entrapment of limbs or body parts.
- Models of mattress elevators often have a grab handle accessory that is compatible and fixed to the elevator itself.
- Any floor-fixed or wall-fixed rails should not be used as an alternative due to the high risk of entrapment or movement of the bed that would introduce unsafe gaps.

- Extra consideration should be given where there is under-bed storage. This is due to the increased risk of the bed grab handle being moved from its recommended original position and becoming unsafe.

Condition Of Bed Grab Handle

Question

- Does the bed grab handle appear to be in good condition?

REVEAL GUIDANCE





Why?

- Ensuring the bed grab handle remains in good working condition can prevent the risk of equipment failure and potential entrapment or injury for the user.
- If answering no, then staff should follow local processes to immediately alert and arrange review/refit/repair or removal.

Consequences Of Poor Maintenance

- A bed grab handle in poor condition from lack of maintenance can result in movement, failure of the grab handle and enhanced gaps leading to increased risk of entrapment.



Be aware that regular checks of the condition of bed grab handles are essential, and advise the person to alert the local HSCP if there is any deterioration or changes in the grab handle.

The process for checking a bed grab handle was covered in the 'What Is Your Role?' lesson. Please refer back to that lesson and its content as needed.

User Education

Question

- Have you advised the person of the safe position for the Bed Grab Handle and the risks associated with it being moved?
- Where the person lacks capacity, and is unable to make decisions, this question relates to the family, carer or representative.

REVEAL GUIDANCE



It is important that users understand the possible implications of moving the grab handle from its intended position or changing the

bed or mattress that it was originally fitted to, as this can lead to risk of:

- Bed grab handle movement
- Unsafe gaps
- Use of incompatible rails to bed type.

If answering no, then staff should follow local processes to immediately alert and arrange review/refit/repair or removal.

Home Visit

Question

- Have you completed a home visit to check the person is safe using equipment provided?

REVEAL GUIDANCE

If no is selected, then all reasoning for your chosen assessment/review method should be recorded on the risk assessment, e.g. assurance provided via photo or other services NB, it would be preferred for the prescriber to check first hand wherever possible. However, in exceptional circumstances, e.g. hospital discharges, other assurances can be used with clinical judgement.

Clinical Reasoning

Questions

- Have all reasonable steps been taken to minimise the risk of entrapment and/or falls?
- Is the risk of continued use of the Bed Grab Handle lower than it would be if it were removed?

REVEAL GUIDANCE

To answer both these questions, review your previous answers within the risk assessment and use your own clinical judgement. If the answer is no, then take further action to consider alternatives.



If a bed grab handle is not suitable, then the following actions may be appropriate:

- Seek advice on exercises to improve strength and bed mobility.
- Change of bed mobility technique to enhance independence.

- Consider height of the bed and whether raising would improve transfer.
- Consider the firmness of the mattress.
- Assistance from carers/family/moving and handling equipment.

Leaflet

Question

- Does the person or representative have the necessary safety information and advice?

REVEAL GUIDANCE



All users or representatives should be provided with the NHS Bed Grab Handle Leaflet when issued with equipment.

This ensures the individual understands the proper use and placement of the bed grab handle and understands they must contact the local HSCP if there are any changes to their condition, size, bed, or mattress.

This concludes the assessment process. The prescriber should determine whether the bed grab handle requires a review or whether the user can be responsible for the risk associated with bed grab handles, having been provided with advice on when to contact the HSCP for review following changes in circumstances.



Should the user be unable to manage the risk associated with bed grab handles, then the prescriber should determine the review methods and timelines, such as in-person or telephone reviews.

In the next lesson, we will explore the review process in greater detail.

CONTINUE

Lesson 9 of 13

Review Process

A proportionate review process has been constructed to achieve a realistic medicine approach that will empower service users, promote self-management and protect resources to ensure the capacity to respond to priority needs.

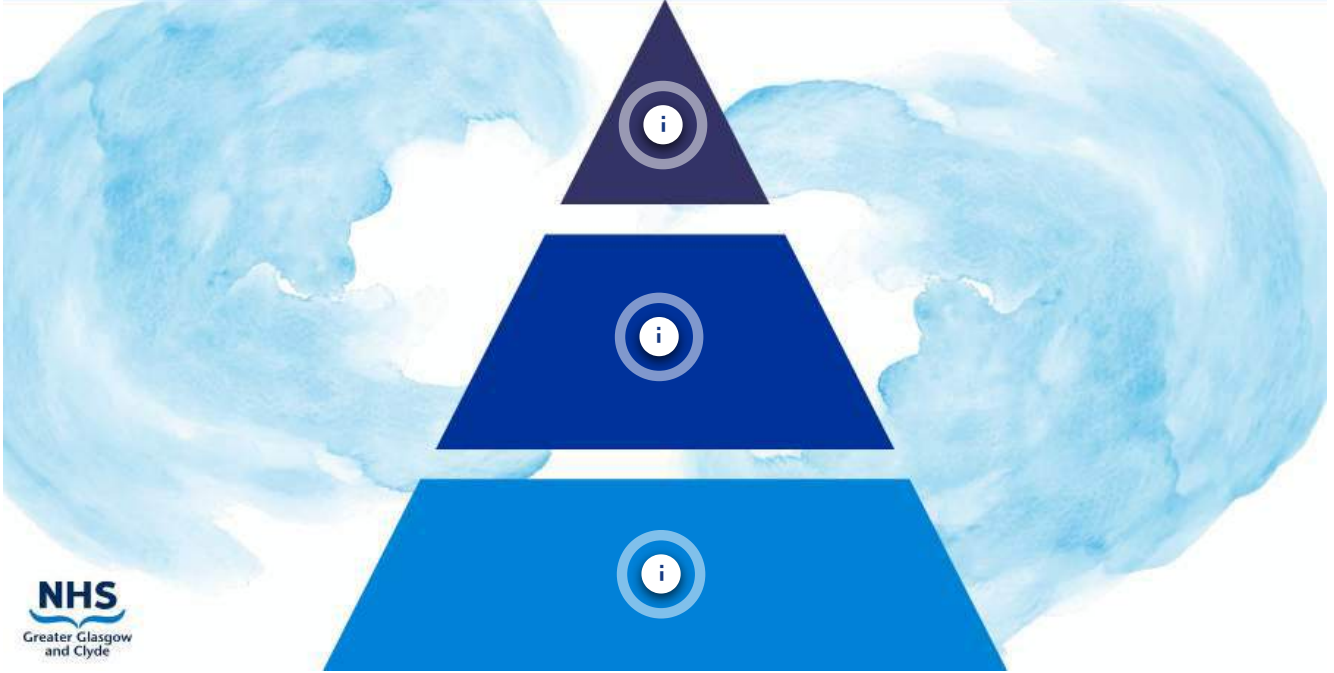
The practitioner who recommends the bed grab handles will state the type of review response required on the risk assessment, as per the guidance below.

Decision-making on the type of review response required should be agreed upon at the point of issue.

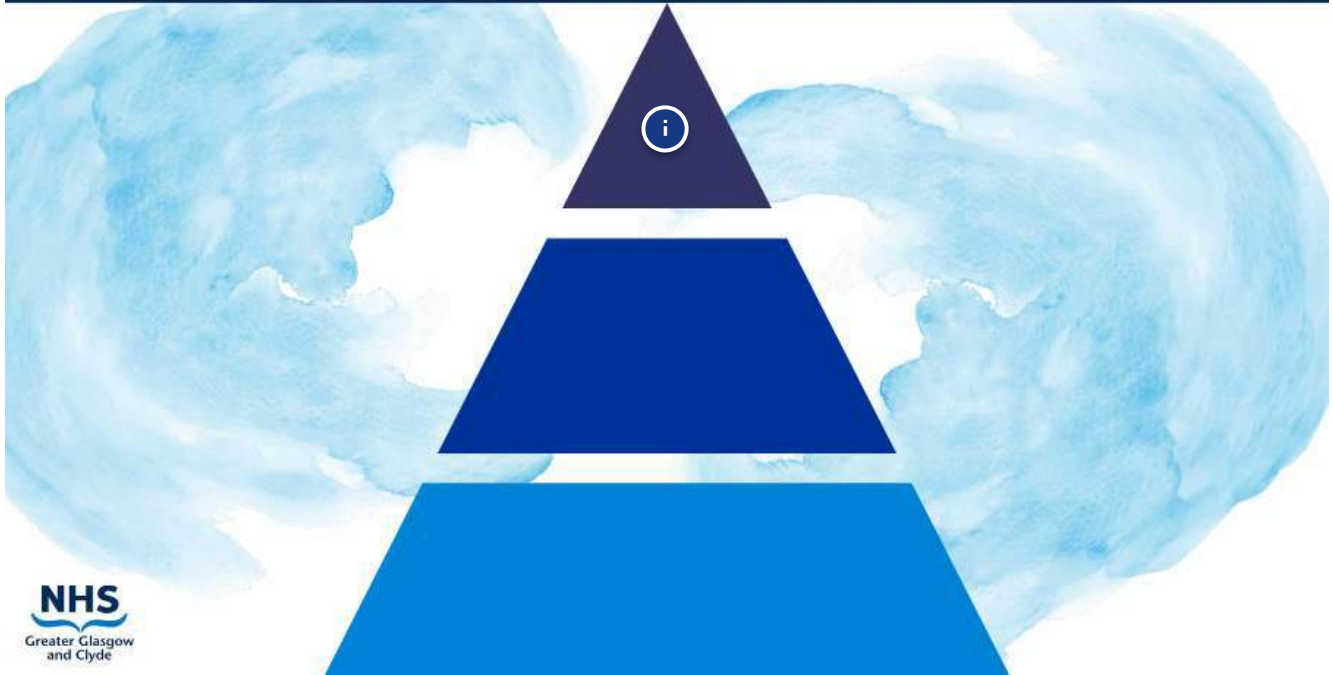
- Your local service will have guidance in place to assist you in the review process.
- You should use the guidance below to determine the category of review and frequency required.

Select the three interactive (i) icons below to reveal further details about the categories of review.

Proportionate Review Process



Proportionate Review Process

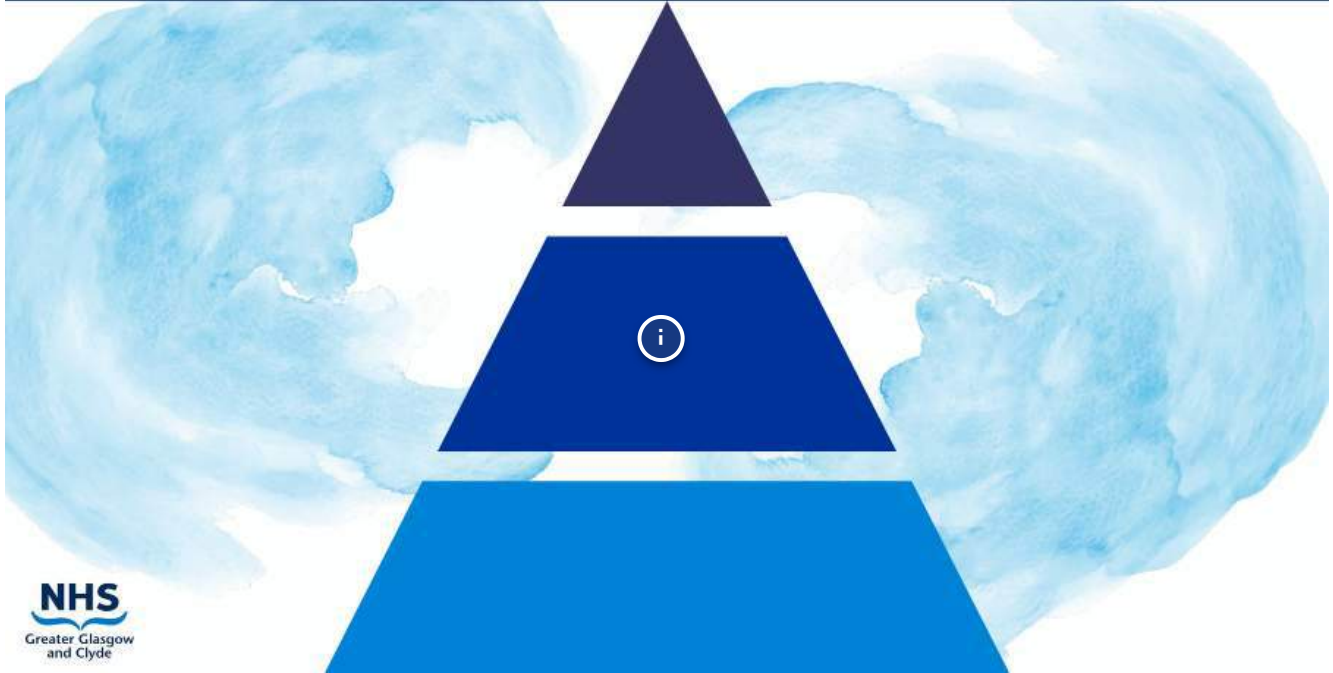


Specialist

- This risk category is **Critical** due to the rapid and serious deteriorating condition, which could affect physical or cognitive ability, where changes may result in serious injury using the prescribed rail.
- People will require a regular review to ensure the rails are long-term suitable as their condition progresses. The prescriber should put an alert on this case to indicate the need for an in-person review. It is the prescriber's clinical decision on the time period between reviews, depending on the condition or situation and the likelihood of change in risk.
- The most appropriate service to review would be the service currently active (if able to carry out the review). If there is no other service, the original prescribing service will be responsible for ongoing review unless being discharged from acute services, where they will make an onward referral to a community-based service.

- Local processes will be in place to enable specialist review pathways. Guidance on what these processes are should be gained from your line manager.
- The person's condition is static, and no changes are expected.

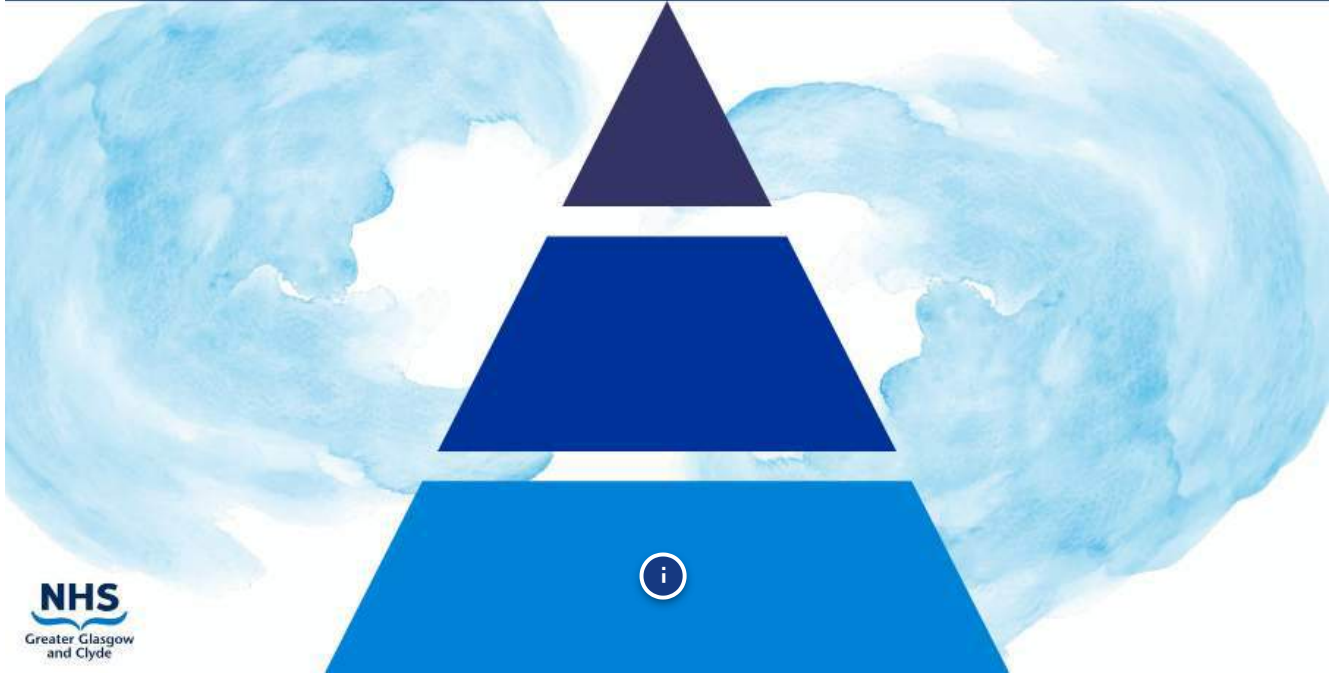
Proportionate Review Process



Targeted

- This risk category is **Substantial**; the person may have decreased insight, ability, or motivation to identify potential risks, and although they have support or an unpaid carer, it may be unlikely the carer will raise any concerns or be unable to do so on the person's behalf.
- Telephone review on an annual basis with a plan for follow-up if issues are highlighted.
- Local processes will be in place to enable targeted review pathways. Guidance on what these processes are should be gained from your line manager.

Proportionate Review Process



Universal

- This risk category is **Low risk** and no regular statutory review indicated.
- The person, informal and formal carer has capacity, insight and can highlight risks. These people will hold the responsibility for self management by contacting their local health and social care partnership, as outlined in the leaflets provided.
- The universal category does not require regular review and with instruction on use of the bed safety rails and the provision of a leaflet that has the information on when to contact the HSCP, the bed safety rail can be left in place with no further action.

In the next lesson, we will complete some knowledge checks on the content covered so far.

CONTINUE

Knowledge Checks

To test your understanding of the content of this module, please complete the two knowledge check exercises and the scenario below.

1

You are working with a person and notice the bed grab handle (shown in the image below). What are the concerns with this setup?

Select your answer and then select 'SUBMIT'.



-
- The bed is unmade.
 - There is a gap between the handle and the mattress.
 - The handle doesn't look secure.
 - The mattress is worn.

SUBMIT

Spot the Hazard

The following image contains several hazards that could lead to injury.

Please take a few moments to note as many hazards as you can identify from the image.

Spot the Hazard



Enter any identified hazards in the free text interaction below, then select the 'REVEAL FEEDBACK' button.



REVEAL FEEDBACK

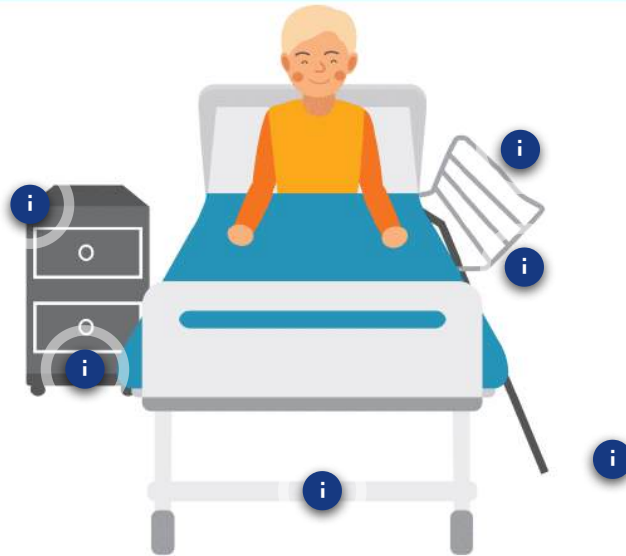
How Did You Do?

Let's check how many you got correct.

Select the six i signs (i) on the image below to reveal the correct answers.

Spot the Hazard

NHS
Greater Glasgow
and Clyde



img_057958 v1.0

Spot the Hazard



05/2016 v1.0

Placement Of Bedside Furniture

Check the placement of bedside furniture. Any gap should be greater than 318mm or less than 60mm.

Spot the Hazard



05/2016 v1.0

Mattress Width

It is essential that any mattress used is compatible with the bed to ensure that there are no unsafe gaps which can potentially cause entrapment.

Spot the Hazard



05/2016 v1.0

Bed Compatibility

Equipment must be compatible with the bed. This is a hospital bed on wheels, the manufacturers product information sheet must be checked for compatibility with the bed type.

Spot the Hazard



05/2016 v1.0

Bed Grab Handle Wear and Tear

All bed grab handles should be checked regularly for any signs of wear and tear. Where a fault is identified this should be dealt with by following local procedures.

Spot the Hazard



05/2016 v1.0

Entrapment Risk

It is essential that the handle is fitted correctly to prevent unsafe gaps which could potentially lead to entrapment. The handle is too far out from the mattress, leading to an increased entrapment risk. The gap should be checked to ensure it is less than 120 mm.

Spot the Hazard



Grab Handle Fitting & Trip Hazards

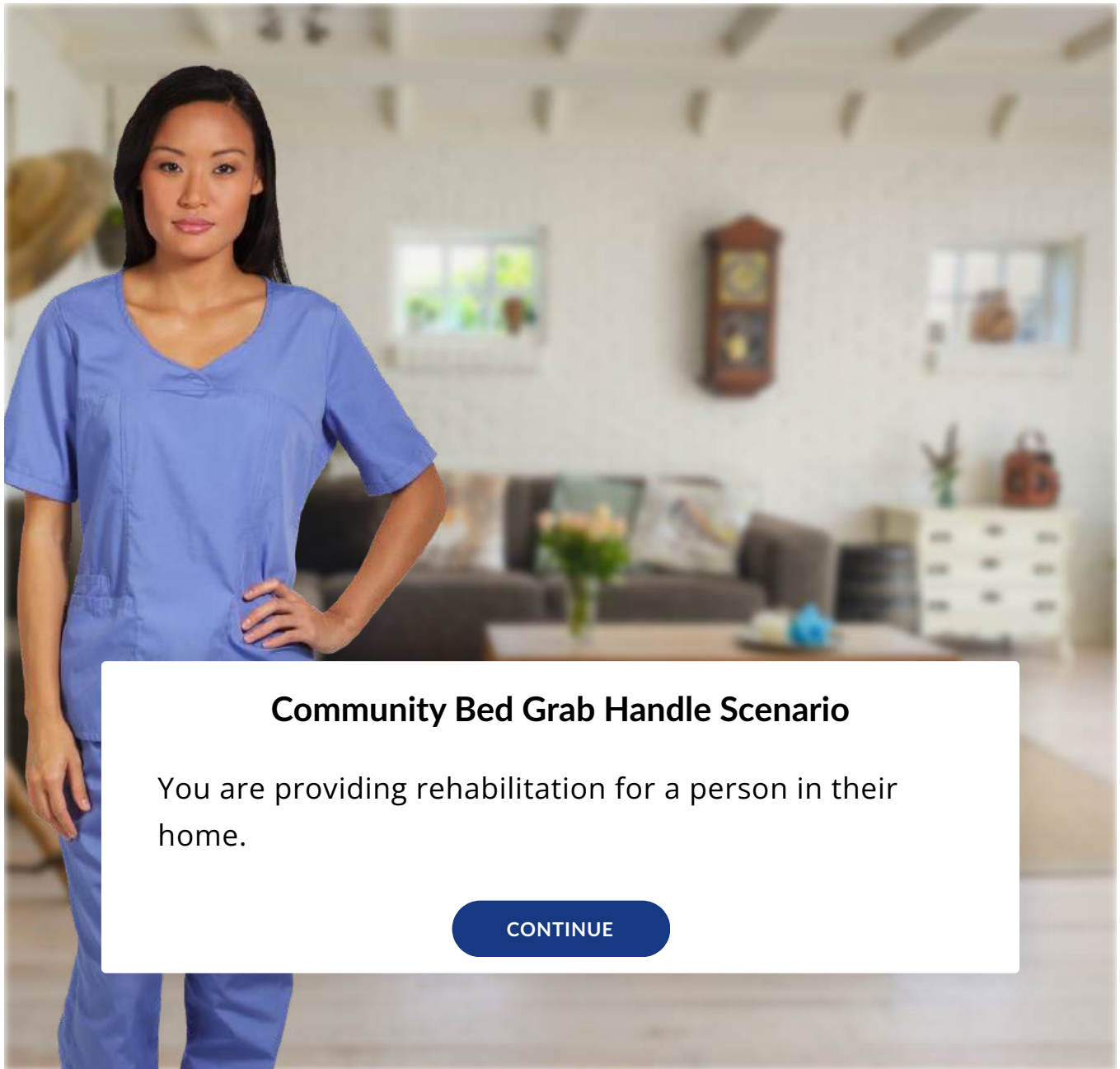
The handle has not been fitted securely using the strap under the bed. The strap is also a trip hazard and the bed should be clear of any potential trip hazards.

CONTINUE TO SCENARIO

Community Bed Grab Handle Scenario

In the following scenario, you are providing rehabilitation for a client in their home. Select 'CONTINUE' to begin. For each

question, select your answer to receive feedback. After revealing the correct answer, you can select 'CONTINUE' to move forward. If you select the wrong answer, you can choose 'TRY AGAIN'.



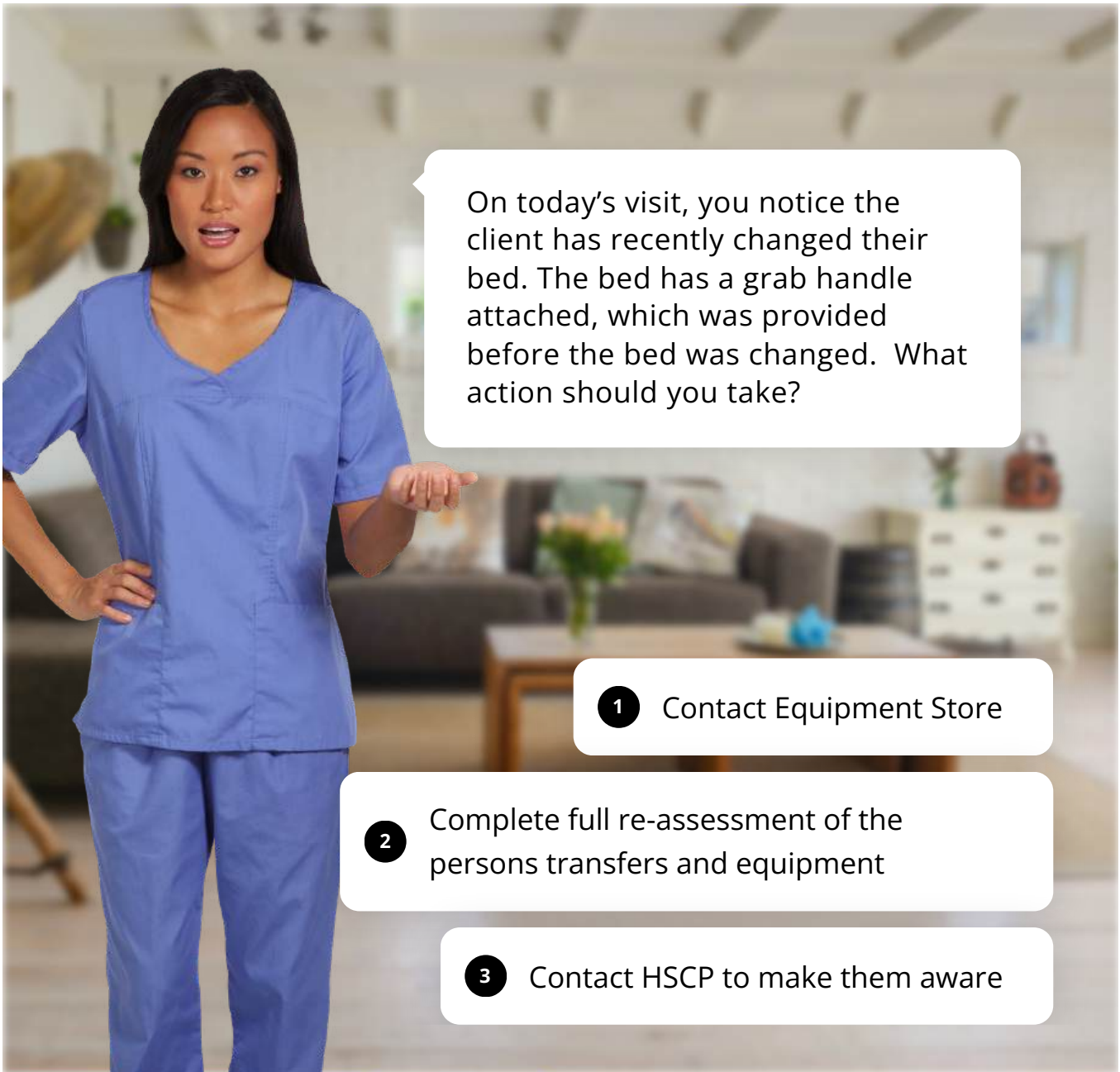
Community Bed Grab Handle Scenario

You are providing rehabilitation for a person in their home.

CONTINUE

Scene 1 Slide 1

Continue → Next Slide



On today's visit, you notice the client has recently changed their bed. The bed has a grab handle attached, which was provided before the bed was changed. What action should you take?

1 Contact Equipment Store

2 Complete full re-assessment of the persons transfers and equipment

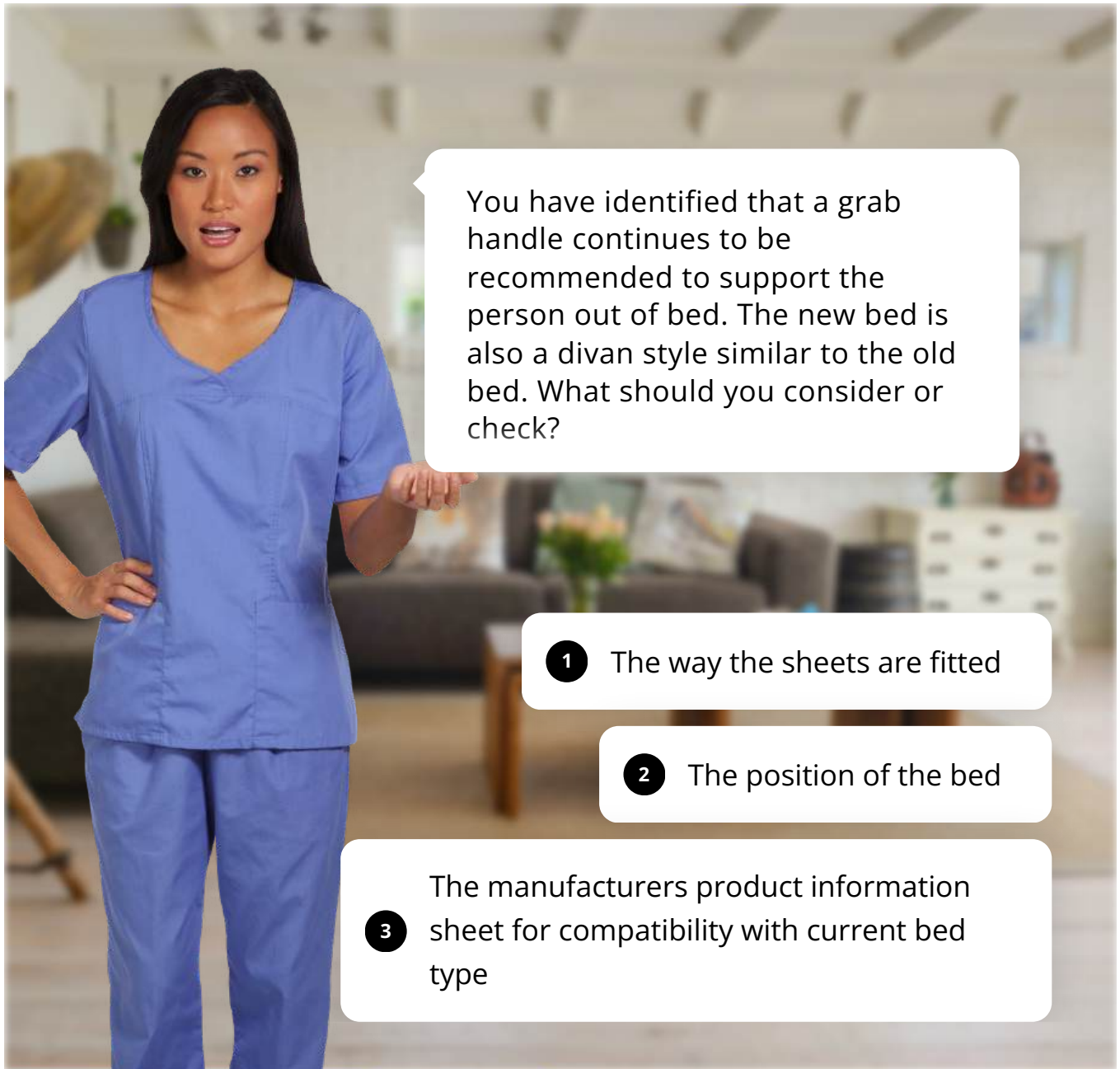
3 Contact HSCP to make them aware

Scene 1 Slide 2

0 → Next Slide

1 → Next Slide

2 → Next Slide



You have identified that a grab handle continues to be recommended to support the person out of bed. The new bed is also a divan style similar to the old bed. What should you consider or check?

1 The way the sheets are fitted

2 The position of the bed

3 The manufacturers product information sheet for compatibility with current bed type

Scene 1 Slide 3

0 → Next Slide

1 → Scene 1 Slide 1

2 → Next Slide



You have checked the manufacturer's information and the bed grab handle is compatible. What should you do next?

1

Check the bed grab handle is fitted securely and there are no entrapment gaps

2

Remove the grab handle

3

Add another type of grab handle

Scene 1 Slide 4

0 → Next Slide

1 → Next Slide

2 → Next Slide



You checked for entrapment gaps and you notice that the bed grab handle is potentially too close to the headboard. What do you do?

1

Check measurements to ensure the gap is safe and in line with MHRA Guidance

2

Ignore and shrug off any risk

3

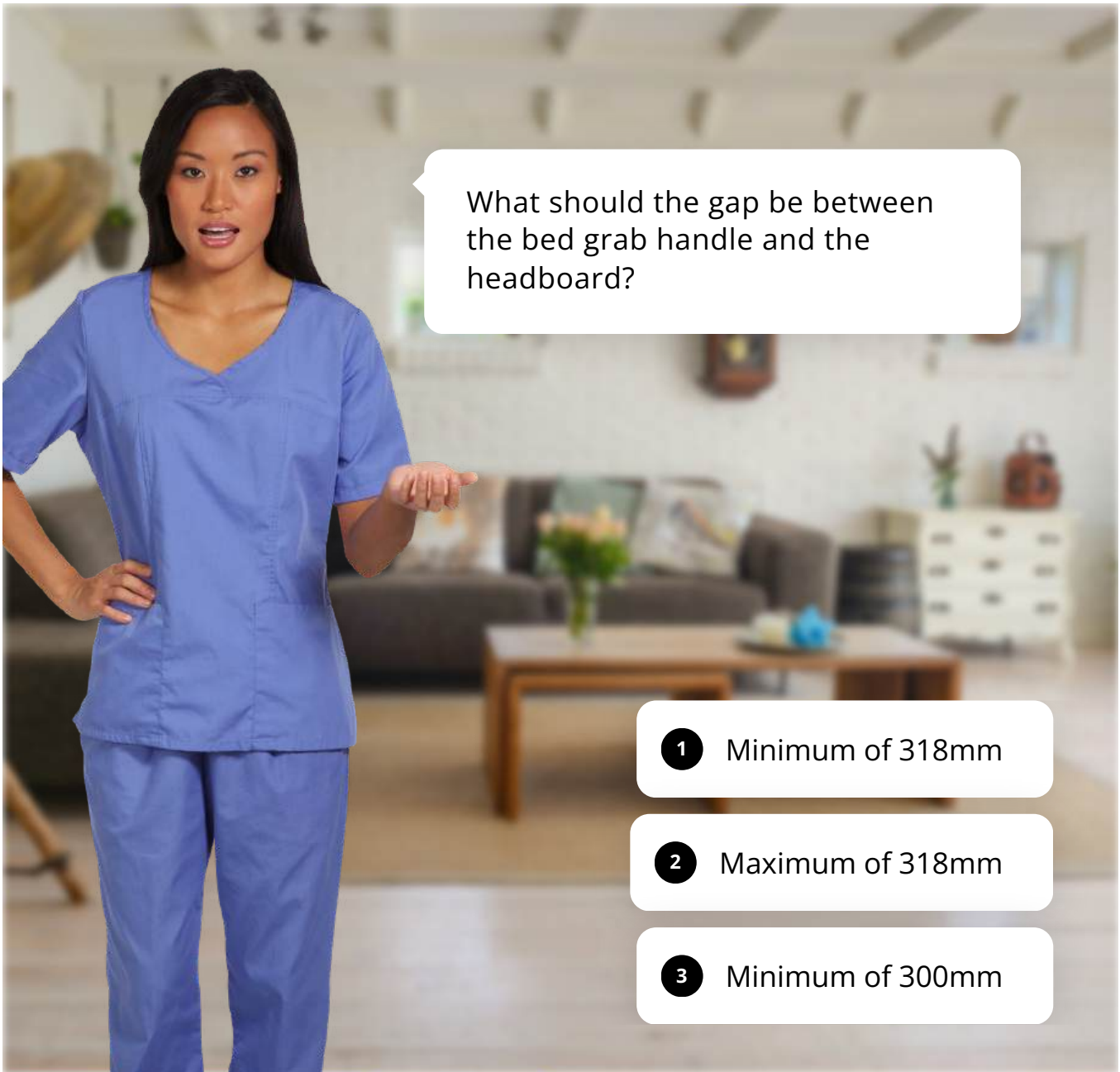
Remove immediately and leave the person without a handle to support transfers

Scene 1 Slide 5

0 → Next Slide

1 → Next Slide

2 → Next Slide



What should the gap be between the bed grab handle and the headboard?

1 Minimum of 318mm

2 Maximum of 318mm

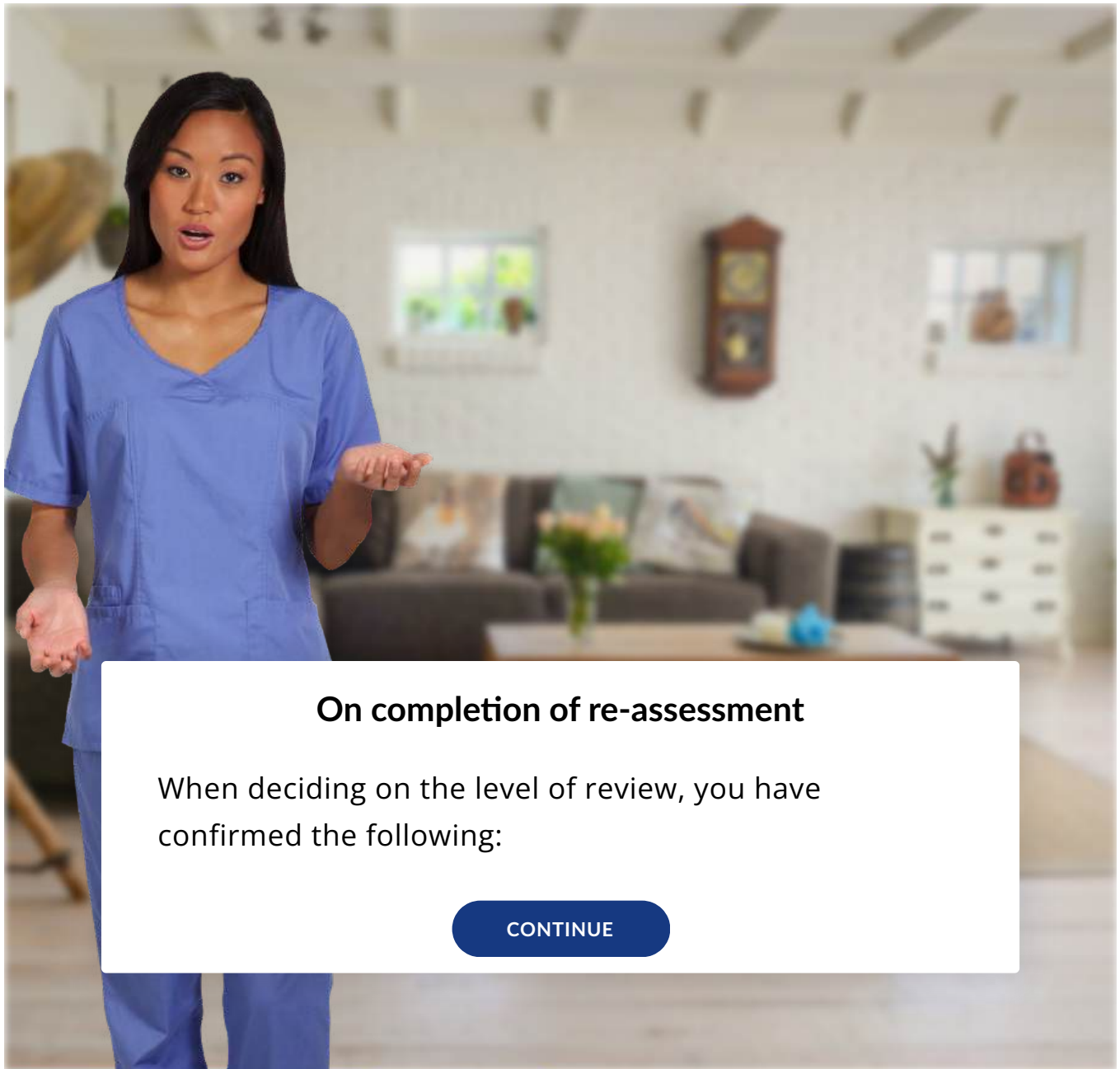
3 Minimum of 300mm

Scene 1 Slide 6

0 → Next Slide

1 → Next Slide

2 → Next Slide



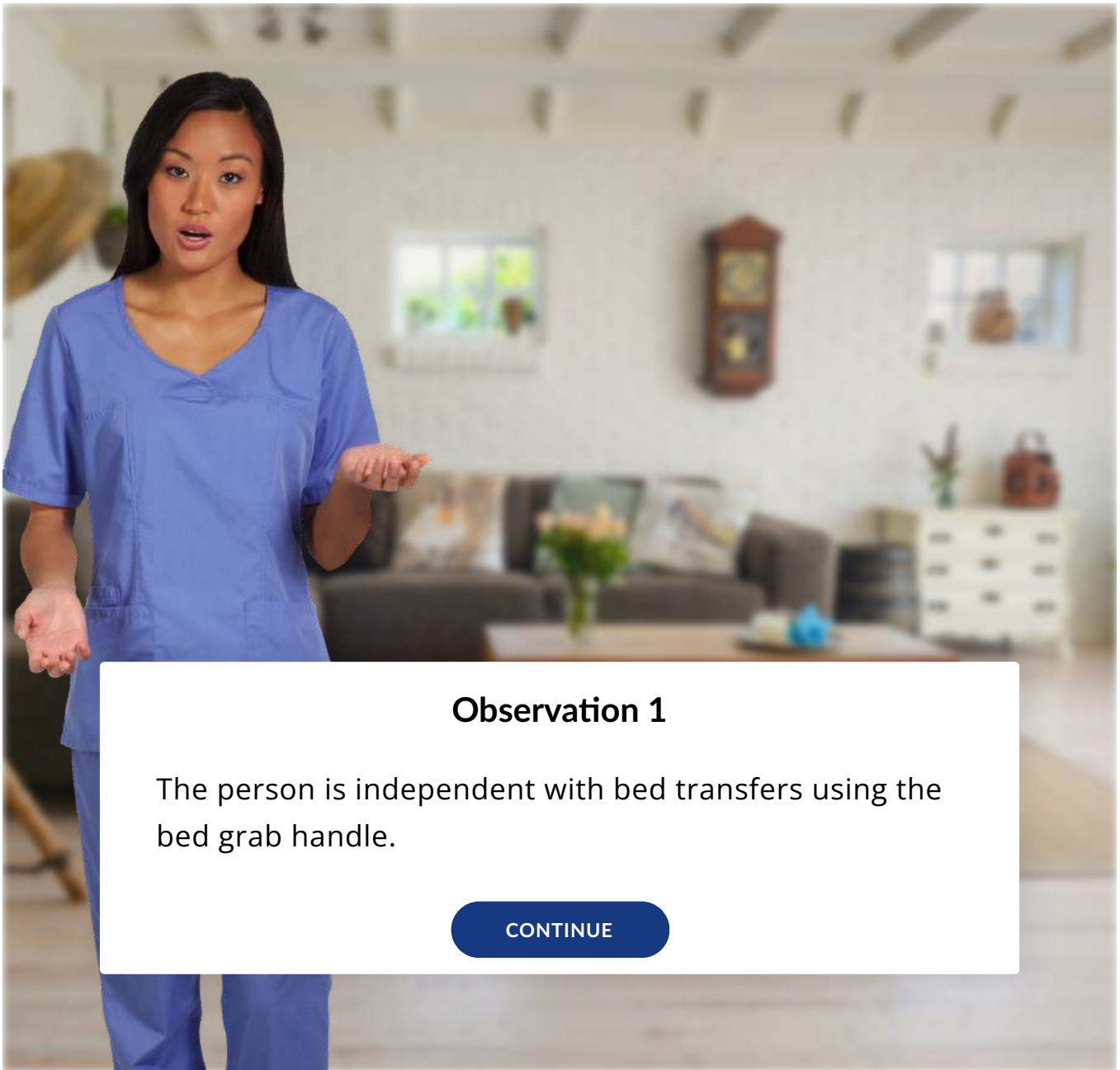
On completion of re-assessment

When deciding on the level of review, you have confirmed the following:

CONTINUE

Scene 1 Slide 7

Continue → Next Slide



Observation 1

The person is independent with bed transfers using the bed grab handle.

CONTINUE

Scene 1 Slide 8

Continue → Next Slide



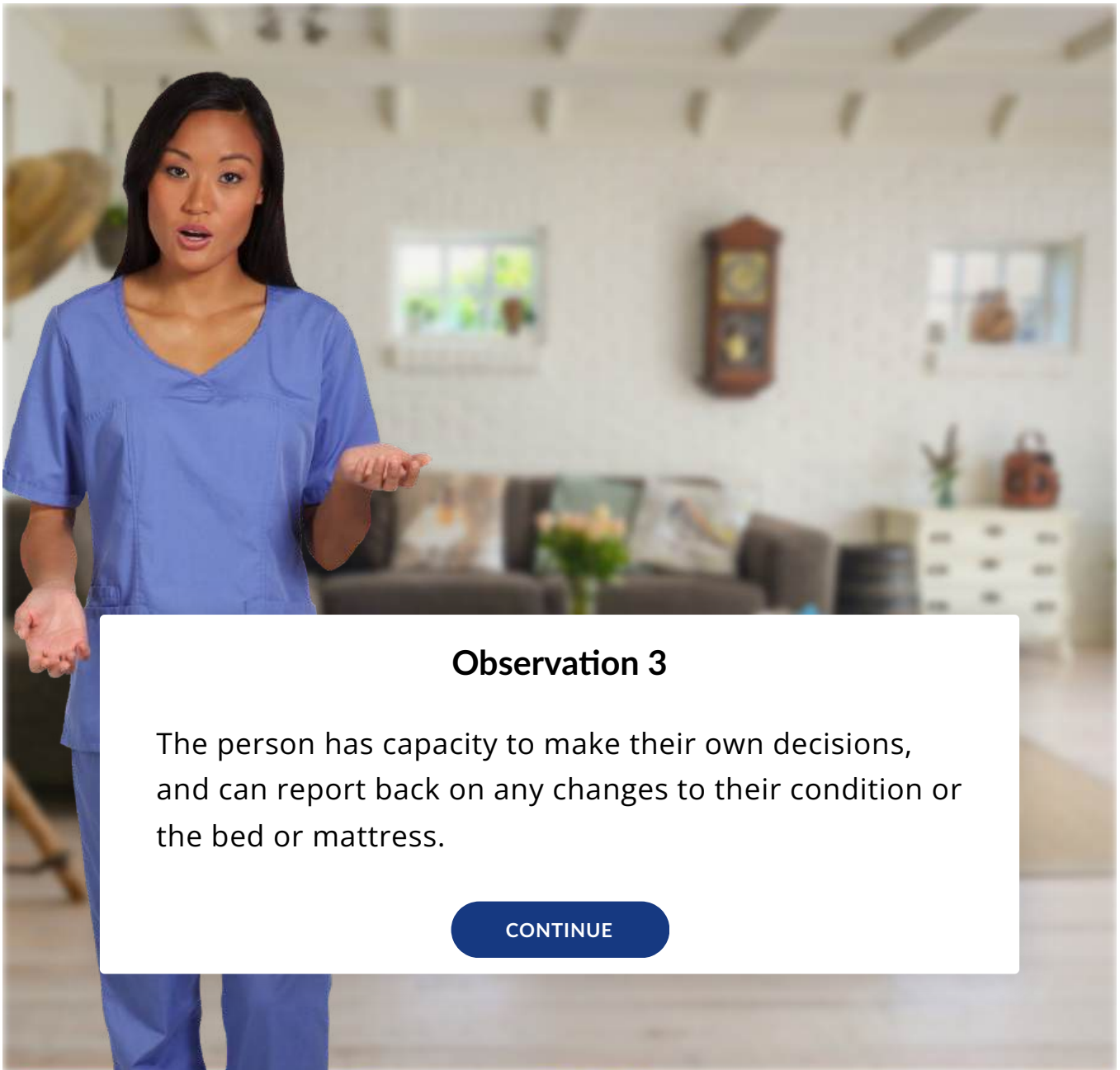
Observation 2

The person's health has been stable since the grab handle was supplied, which was originally given due to difficulty with bed transfers due to chronic back pain.

CONTINUE

Scene 1 Slide 9

Continue → Next Slide



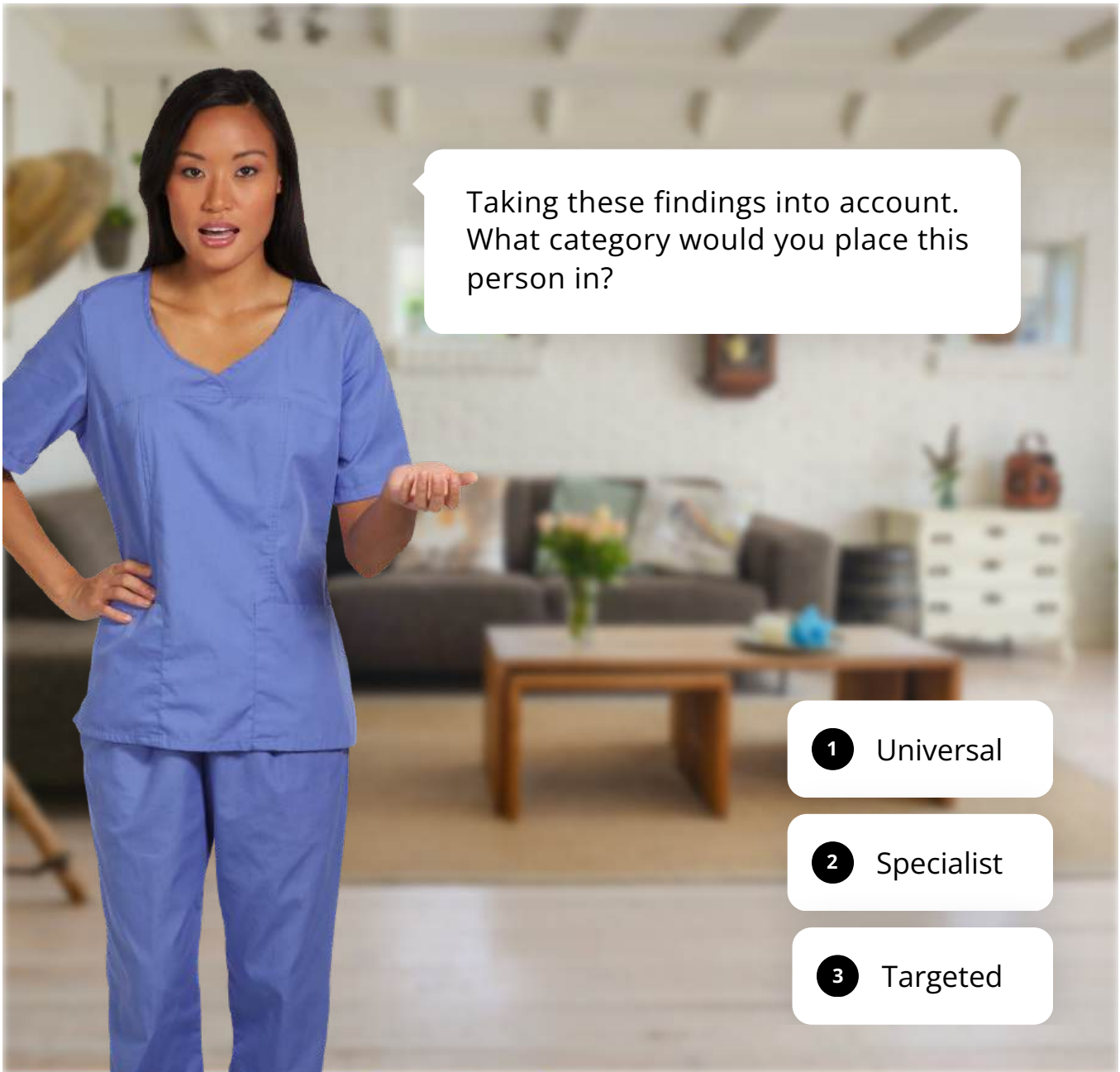
Observation 3

The person has capacity to make their own decisions, and can report back on any changes to their condition or the bed or mattress.

CONTINUE

Scene 1 Slide 10

Continue → Next Slide

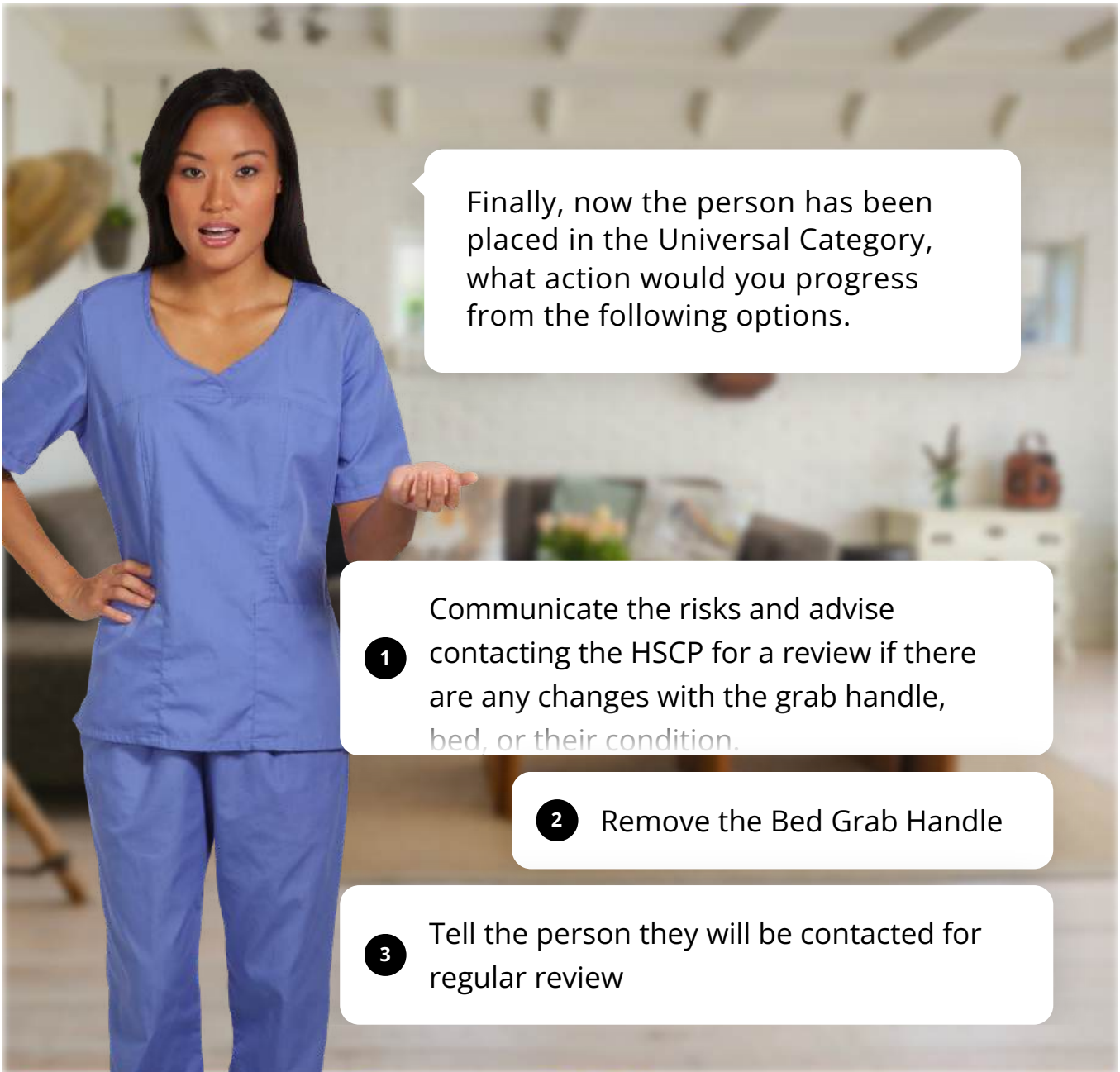


Scene 1 Slide 11

0 → Next Slide

1 → Next Slide

2 → Next Slide



Finally, now the person has been placed in the Universal Category, what action would you progress from the following options.

1

Communicate the risks and advise contacting the HSCP for a review if there are any changes with the grab handle, bed, or their condition.

2

Remove the Bed Grab Handle

3

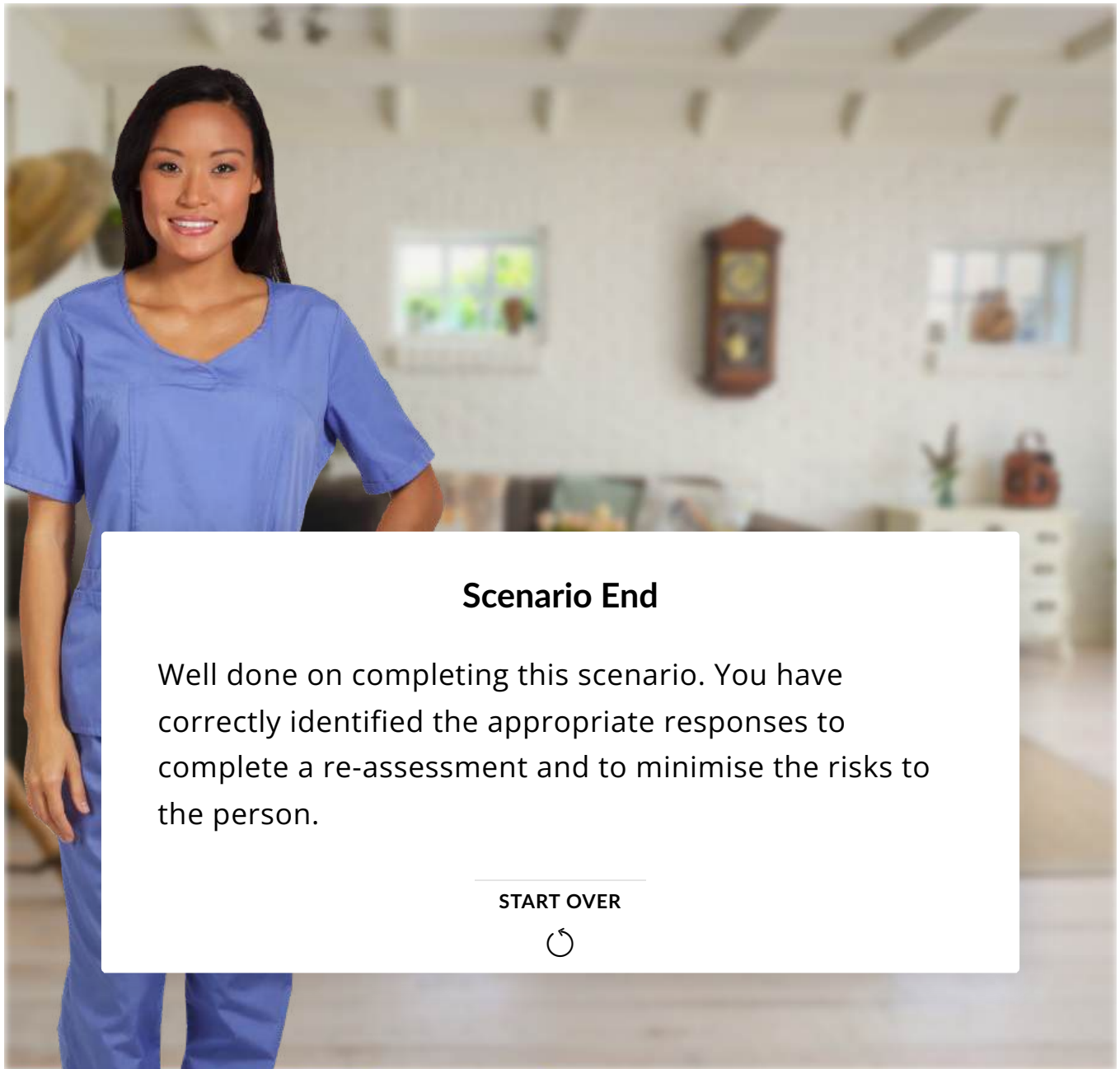
Tell the person they will be contacted for regular review

Scene 1 Slide 12

0 → Next Slide

1 → Next Slide

2 → Next Slide



Scenario End

Well done on completing this scenario. You have correctly identified the appropriate responses to complete a re-assessment and to minimise the risks to the person.

START OVER



Scene 1 Slide 13

Continue → End of Scenario

CONTINUE

Congratulations! You have reached the end of the module content. You can now proceed to the quiz to test your knowledge.

CONTINUE TO MODULE COMPLETION

Quiz

Welcome to the quiz section of this course! This quiz is designed to assess your understanding of the material covered. It comprises 10 questions that will challenge your knowledge and comprehension.

To pass the quiz, you must achieve a minimum score of 80%. This means you must answer at least 8 out of 10 questions correctly.

For each question, select your answer and then select the 'SUBMIT' button. Once you have successfully passed the quiz, select 'CONTINUE' from the Quiz Results screen to proceed.

Select 'START QUIZ' to begin.

Question

01/10

What is the minimum gap permissible from the head of the bed and the grab handle?

- 155mm
- 220mm
- 318mm
- 600mm

Question

02/10

What is the primary purpose of bed grab handles?

- To keep the person in bed.
- To assist the person's transfers and bed mobility.
- To prevent the person from falling or rolling out of bed.
- To hang the person's walking stick on.

Question

03/10

Why should you complete a risk assessment?

- To ensure any risk of entrapment and injury caused by the bed grab handles is reduced and recorded.
- To identify hazards associated with bed grab handle use.
- To assess the need for accessories or alternatives to bed grab handles.
- All of the above.

What are the potential risks of using bed grab handles?

- Risk of injury from hitting body parts off the handle or entrapment of any body parts.
- Risk of deconditioning by reducing independence.
- Risk of suffocation or asphyxiation where the head, neck or chest becomes entrapped.
- All of the above.

Question

05/10

Are bed grab handles appropriate for use with children or adults with atypical anatomy?

- Yes, always.
- No
- Yes, dependant on clinical reasoning and balance of risk.

Question

06/10

When using bed grab handles what should you check for?

- Nothing the prescriber is responsible for all checks.
- That the duvet cover tucks in to the side of grab handle.
- Check for wear and tear, gaps and whether it is fitted securely.
- Check that it fits the clients décor.

Question

07/10

What changes do we expect the person to report back to the HSCP?

- Changes to their height, body shape and weight.
- Changes to their bed frame and mattress.
- Changes in their condition e.g. getting better or becoming more unwell.
- All of the above.

Question

08/10

Which of the following is a contraindication for using a bed grab handle?

- The client sleeps alone.
- The client has good upper body strength.
- The client uses a profiling bed with side rails.
- The client has a firm mattress.

Question

09/10

What type of bed is most compatible with standard bed grab handles?

- Water beds
- Slatted or divan beds
- Air mattresses
- Hammocks

Question

10/10

When should a bed grab handle be reviewed regularly?

- Where there is low risk and the person is able to highlight changes.
- Where the person has limited insight and is unable to provide information on any changes, or has a rapidly deteriorating condition.
- Where the person has changed décor.
- When the persons routine has changed.

Additional Information and Resources

Community Equipment Store Contact Details

- The Equipu community equipment loan store can be contacted on **0141 287 6300**
- The Inverclyde Centre for Independent Living (ICiL) can be contacted on **01475 714 350**

Additional Information And Guidance

You can explore the following resources to research these topics further on your own time.

The resources can be accessed by selecting the buttons below:



Resource 1

UK Government Page. Guidance on managing and using bed rails safely.

[GO TO RESOURCE 1](#)

Resource 2

UK Government Page. National Patient Safety Alert: Medical Beds, Trolleys, Bed Rails, Bed Grab Handles, and Lateral Turning Devices: Risk of Death from Entrapment or Falls.

[GO TO RESOURCE 2](#)

[CONTINUE](#)

Module Completion

Thank you for completing this module! We hope you found the information useful.

COMPLETE MODULE



Completed jigsaw puzzle

Course Complete

Please select the exit course button in the top right-hand corner. Your progress will be saved against your learning record, and you can generate a certificate of achievement.