

BED RELATED INJURIES & CAUSES

A Critical element to reduce fall injury costs requires understanding a “device” or other source cause of injuries.

DEVICE CAUSES of FALL INJURIES

FATAL FALL INJURIES

Stairs/Steps (1) **BEDS** (2) Ladders/Step stools (3)

According to a National Safety Council quiz the above are the top 3 causes of fatal falls.

OTHER INJURY DEVICE CAUSES

Motor Vehicles Firearms Drowning Fire Poisoning

Multiple Factors - Multiply Risk

<ul style="list-style-type: none">• Bed rails, bed assists and transfer handles can be a “device cause” of an increased risk in bed fall injuries, entrapment hazards and death.• Too often the focus is in the wrong area, not broad enough or not based on current knowledge.• The user/patient may believe that it was their fault instead of increased risks from adding a device. Like a drug side-effect except a device side-effect	<ul style="list-style-type: none">• Other causes like: age related-changes, medications, balance, vision, illness etc. exist and should be properly assessed.• Reducing risk is multi-factorial not one quick fix.• Speculation, theory, and knowledge gaps create a potential for increased bed injuries.• Reporting an adverse event can help reflect trends and issues that need to be addressed.
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Below: Consumer Product Safety Commission (CPSC) reports from Hospital Emergency Departments. **Statistics used are home beds w/o bed rails.**

BED RELATED INJURIES

- Hip fracture or dislocation
- Hits dresser from bed fall (multi-factorial injury)
- Shoulder
- Lacerations
- Back strain
- Ribs
- Head Injury
- Mobility Limitations or New disability

Turn the page to learn more.....

The bed can be a “device” cause of injury.

Below, learn what “events” can cause injuries or death in and around the bed.

BED FALL

BED FALL: A sudden event, inadvertently coming to rest (typically) on the floor or lower than the bed. Often resulting in an injury with a permanent decline in mobility and ADL’s, or possible death from injury complications, usually caused by a hip fracture. Typically, multiple causes.

Common causes:

<ul style="list-style-type: none">• Transferring to/from walker, cane or wheelchair• Caregiver causes injury helping them get out of bed• Sitting edge of bed and fell forward• Using furniture (dresser) to get in/out of bed• Feet do not touch the floor, misguides where the floor is• Lost Balance• Attempting to dress or put slippers on	<ul style="list-style-type: none">• Dizziness while getting out of bed• Injuries can occur while getting in/out of bed for those at risk of fractures and can cause a bed fall• Transferring from wheelchair to bed and vice versa• Using a walker or a cane to get in/out of bed• Transferring to/from bed to bedside commode or chair• Fell while getting into bed• Bed fall while getting up to go to the bathroom
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ROLL OFF BED aka FALLING OUT OF BED

ROLL OFF BED: Typically, happens while lying in bed reaching for an item on a nightstand, then accidentally and often suddenly “rolls” off the bed onto the floor. A specific event and not a bed fall.

Common causes:

WHILE REACHING TO:

<ul style="list-style-type: none">• Reaching for Reading Glasses• Reaching to turn on a light	<ul style="list-style-type: none">• Get a book/magazine/TV remote/drink of water• Answer phone/make call
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Bed falls and falling out of bed can be prevented!