BOX 1. AN EXAMPLE OF A BEDSIDE DECISION AID FOR BEDRAIL USING TRAFFIC LIGHT SYSTEM

Risk matrices provide a familiar format which is easy to understand but may oversimplify some decision-making about bedrails. There will be more elements to decision-making than mobility and mental state alone, such as vulnerability to injury, visual and spatial awareness, use of special mattresses and so on. Patients with capacity would choose whether or not they wanted to comply with staff recommendations.

MENTAL STATE			
Patient is confused and disorientated	Use bedrails with care	Bedrails NOT recommended	Bedrails NOT recommended
Patient is drowsy	Bedrails recommended	Use bedrails with care	Bedrails NOT recommended
Patient is orientated and alert	Bedrails recommended	Bedrails recommended	Bedrails NOT recommended
Patient is unconscious	Bedrails recommended	N/A	N/A
	Patient is very immobile (confined to bed or hoist dependent)	Patient is neither independent nor immobile	Patient can mobilise without help from staff
			MOBILITY