EBSCO
INFORMATION SERVICES

教學指引

Dynamic Health

EBSCO Health | DynamicHealth™

DynamicHealth™

Evidence-based training and support for nurses and allied health professionals

Search for Skills   🔍

NURSING SKILLS

Evidence-based guides and competency checklists to help you master nursing skills.

Behavioral Health Care	⊙	Burn Care	⊙
Assessment Tools	⊙	Infection Prevention	⊙
Vital Signs	⊙	Restraints	⊙

TOP SKILLS

Foley Catheter Insertion in a Female Adult using aseptic technique to advance through the urethra into the bladder and secure in place

Suprapubic Catheter Removal replacing catheter at routine intervals and when it is no longer needed

Dynamic Health 是一個包含實證的技術以及技術查核清單的綜合資料庫，可以幫助護理人員和專業醫療人員提高臨床、跨文化照護和病患指導等相關的技能。在本教學中，我們將介紹如何搜索和瀏覽Dynamic Health以查找技能指引和查核清單，以及相關的影片和圖片。

在搜尋框中輸入您的搜尋關鍵字詞。在您輸入內容時，Dynamic Health會顯示符合您的條目的技能（Skills）和檢索式。選擇相應的技能，點擊 "Go To"可直接轉到相應的技能指南，或者在 "Search For"下選擇搜索關鍵詞以查看結果列表。或者隨時點擊搜索（Search）按鈕查看結果列表。

執行搜尋後的預設顯示是 All 選項頁面下的所有結果。您可以透過點擊左側
框中的技能類型來縮小搜尋結果範圍。

Results for **"bed rail"**

☰ All	▦ Videos	🖼 Images

NARROW RESULTS

SKILL TYPE

Allied Health Skills (8)

Nursing Skills (325)

Patient Instruction Skills (4)

Transcultural Care Skills (4)

1-337 of 337 Skills

NURSING SKILLS

Bed Rail Restraints in Older Adults

using to restrict a patient from falling or getting out of bed

PROCEDURE　　　CHECKLIST　　　EVIDENCE

NURSING SKILLS

Rotokinetic Bed

using to turn an immobilized patient to promote postural drainage, peristalsis, and circulation and prevent complications

PROCEDURE　　　CHECKLIST　　　EVIDENCE

NURSING SKILLS

Bariatric Bed Utilization

using for patients who are morbidly obese and who have potential to self-position if given the stable surface provided by the bed

PROCEDURE　　　CHECKLIST　　　EVIDENCE

VIDEOS　　　ALL (143) >

VIDEO 1
Patient Transfer-Bed to Gurney 4-Person Straight Lift

0:49

IMAGES　　　ALL (185) >

IMAGE 1
Patient Transfer to Air-Fluidized Bed

點擊標題超連結可閱讀技能指南。或點擊章節標題直接進入技能指南的特定部分。使用結果列表頂部的標籤可將結果縮小為僅限影片或圖片。

Results for **"bed rail"**

| ☰ All | ▦ **Videos** | 🖾 Images |

143 Videos

BED TO CHAIR OR COMMODE MANUAL PATIENT TRANSFER >

0:49

VIDEO 1
**Patient Transfer-Bed to Gurney
4-Person Straight Lift**
View in Skill Guide

0:51

VIDEO 2
**Patient Transfer-Bed to Gurney
4-Person Lift with Draw Sheet**
View in Skill Guide

1:15

VIDEO 3
**Patient Transfer-Bed to Gurney with
Transfer Board+Draw Sheet**
View in Skill Guide

1:36

VIDEO 4
**Patient Transfer-Bed to Gurney
4-Person Carry Lift**

點擊播放按鈕可觀看影片，或者點擊在技能指南中查看（View in Skill Guide）連結，查看與影片相關的技能指南內容。

NURSING SKILLS

Bed Rail Restraints in Older Adults

📄 Guide   ☑ Checklist   ✉ EMAIL

Purpose
Red Flags
Nursing Considerations
Evidence
- Research
- Guidelines

Procedure
- Supplies
- Pre-Procedure Steps
- Procedure Steps
- Patient/Family Education
- Post-Procedure Steps
- Documentation

Nursing Outcomes
References

🖶 PRINT

Purpose ⊖

Raising all bed rails (2 full bed rails or 4 side rails) is considered a physical restraint if it prevents a patient from voluntarily getting out of bed or reduces the patient's ability to move his or her arms, legs, body, or head freely. The use of bed rails is intended to reduce risk for falls and subsequent injury, and to prevent the patient from getting out of bed when medically contraindicated.

Red Flags ⊖

🚩 Bed rails are associated with an increased risk for falls and mortality

🚩 Use of bed rails is risky, especially if the patient is elderly or disoriented

🚩 Bed rail restraints can only be used under the orders of a treating clinician and according to unit or healthcare facility protocol

🚩 1:1 staffing can be necessary even during restraint use depending on the patient's condition and mental status

Nursing Considerations ⊖

- Restraints require a written order from the treating clinician, which cannot be written as a standing order, although manual restraint during an emergency medical

使用左側的目錄連結可連結到技能指南的特定部分。

Procedure

SUPPLIES ⊕

PRE-PROCEDURE STEPS ⊕

PROCEDURE STEPS ⊖

1. Assist the patient to a comfortable position

2. Be sure that the bed is in the lowest position possible Steps 2–7.

3. Raise all of the bed rails

4. Lock the rails securely in place

5. Fill the space between the bed rails and mattress with blankets or pillows

6. Fill the space between the headboard and mattress to prevent the patient from falling into the space

7. Older adults who are physically small and patients who have agitation or delirium may be at increased risk for entrapment

8. Confirm that bed rails are returned to the proper position following each patient care activity

PATIENT/FAMILY EDUCATION ⊕

POST-PROCEDURE STEPS ⊕

DOCUMENTATION ⊕

Nursing Outcomes ⊖

- The patient is protected from harm when other interventions have proven ineffective or insufficient

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Dynamic Health中技能指南的程序步驟（Procedure Steps）部分的內容預設是展開的。 您可以使用加號或減號按鈕展開或收起內容。

NURSING SKILLS

Bed Rail Restraints in Older Adults

📄 **Guide**   ☑ Checklist   ✉ EMAIL

                                                              🖨 PRINT

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可以使用指南頁面右上角的連結進行列印或透過電子郵件發送技能指南和量表。透過電子郵件發送指南時，指南的連結將發送到您指定的電子郵件信箱中。

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Alternatives

Healey, F., Oliver, D., Milne, A., & Connelly, J. B. (2008). The effect of bed rails on falls and injury: a systematic review of clinical studies. Age & Ageing, 37(4), 368-78.

View All References >

studies researchers determined that the widely held armful was not adequately supported. The researchers al reduction of bed rail use there should be a focus on d assessing appropriate bed rail use on a case-by-case basis.

In a single-center study comparing registered nurse (RN) and nursing assistant (NA) attitudes toward physical restraint use in older adult patients, researchers determined that both RNs and NAs reported that the most important reason to apply restraints was to prevent the patient from interfering with therapy, such as preventing the patient from pulling out feeding tubes or I.V. catheters. NAs were more likely than RNs to state that physical restraints were important in preventing patient falls.[4]

GUIDELINES

Use of bed rails is risky, especially if the patient is elderly or disoriented. The patient may be at risk for entrapment, entanglement, or falling and sustaining injuries.[1]

Bed rail safety guidelines issued by the United States Food and Drug Administration (FDA) Hospital Bed Safety Workgroup detail what must be considered in the design, maintenance, and placement of the bed rails and other parts of the bed.[2]

Bed Rail Safety Guidelines

Procedure

SUPPLIES

References are available by clicking the **References** link in the column on the left. You can also view references in-line with the text of a Skill Guide by clicking a hyperlinked **reference number** found within the text of the guide.通過單擊左側列表中的參考文獻（References）可以查看參考文獻列表。您也可以通過單擊指南文本中找到的參考編號超鏈接來查看相關參考文獻。

在Dynamic Health中還可以按照護理技術，專職醫療，跨文化護理或病患衛教指引來瀏覽技能指南。另外也可透過點擊技能類別（ skills category ）連結查找相應的技能指南。

在分類列表中，點擊加號按鈕展開您想要瀏覽的技能類別。

EBSCO Health

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Home   Nursing Skills   Allied Health Skills   Transcultural Care Skills   Patient Instruction Skills

Nursing Skills

⊖ Specialties

　Addiction

✚ Cardiovascular Care

✚ Critical Care

　Dermatology

✚ Emergency and Trauma

　Endocrinology

　Gastroenterology

　Gynecologic

✚ Hospice and Palliative Care

✚ Infection Prevention

　Intravenous

✚ Neonatal Care

您可以繼續篩選正在瀏覽的技能類別或選擇某個技能指南來查看其內容。

Dermatology

Head Lice And Nit Identification
Using contact precautions, visually inspecting hair and scalp

Chemotherapy-Induced Alopecia Management
Educating the patient and family about potential for hair loss and preparing them for coping with related psychological changes

Chemotherapy-Induced Dermatological Effects
Assessing skin, hair, nails, oral mucosa for pain, pruritis, tenderness, burning, or tingling or other reactions, and treating

Head Lice And Nit Treatment
Applying pediculicidal product to the hair for a specified time period, rinsing, drying, and combing

Laser Skin Therapy Assistance
Positioning patient comfortably to provide access to treatment area, assisting as needed, and providing post-procedure education
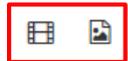
Prolonged Bed Rest Complication Prevention Of The Integumentary System
Assessing and monitoring for skin breakdown or pressure injuries, promoting proper positioning

Scabies Screening And Treatment
Preventing the spread of mites and ameliorating symptoms of infestation

瀏覽可用技能指南列表時,您可以通過點擊右側相應的圖示直接連結到指南中提供的影片或圖像。

Understand the beliefs and practives of different groups and cultures to improve your care skills. Explore >

PATIENT INSTRUCTION SKILLS

Learn to educate your patients and their families most effectively using these skills. Explore >

ANNOUNCEMENTS

American Organization of Nursing Executives
Come visit the EBSCO Health at booth #230 March 30 – 31 during AONE 2017 in Baltimore!

Read the 2017 KLAS Report
Dynamic Health outscores all point-of-care reference competitors for overall product quality in KLAS 2017 CDS report.

Staging of Pressure Injuries
The revised staging criteria issued by the National Pressure Ulcer Advisory Panel (NPUAP) in 2016 have been detailed in this updated skill.

Fall Prevention Plans
The guidelines from the *American Geriatrics Society* and *British Geriatrics Society (2011)* and the updated *National Institute for Health and Care Excellence (NICE) (2017)* recommendations for exercise programs such as balance, gait, and strength training for the prevention of falls in older adults have been incorporated in this updated skill.

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