

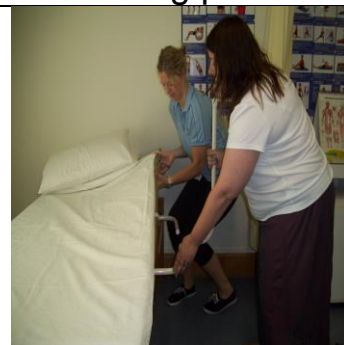
## Carers Information Card -

### How to safely use a single handle bed pole on a home bed

**A bed pole** can assist the person to safely roll in bed; balance while sitting, move from lying to sitting on the edge of the bed and from sitting to a standing position.

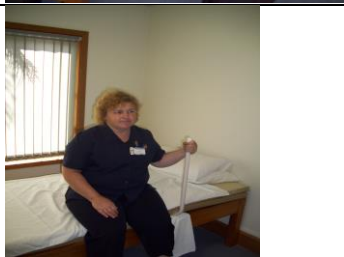
#### Set Up

1. The bed stick is placed in between the mattress and bed base. **Check daily that the bed pole is in the correct position with the upright flush with mattress with no gaps between the mattress.** If the bed has slats, the pole may need to be taped to the slats.
2. Avoid bending when putting the pole under the mattress. If the bed is difficult to access, is on blocks or is heavy, you will require another person to help you securely place the bed pole.
3. Position the pole at the side, near head of the bed so that it does not impede the transfer (approximately at elbow level when lying). **The bed pole should not be used if the person is not laying or sitting on mattress**
4. If required, you can pad the head board with a towel or similar if the bed stick is hitting against it.
5. Make slight adjustments to the bed stick position after the person has trialled as appropriate.



#### For Patient Use

6. **Transferring from sitting to laying** – sit beside the bed stick and grip the bed stick.
7. Use the bed stick to lower / lever into a laying position.
8. If a person has difficulty lifting their legs up onto the bed, another person may assist, ensuring that they squat to do so safely.
9. **Transferring from laying to sitting** – the person reaches for the bed stick.
10. The person raises/levers themselves from a lying to sitting position.



## **Carers Information Card -**

### **How to safely use a single handle bed pole on a home bed.**

**Purpose:**

To provide information that reinforces the education provided by nursing or support staff to assist carers to be able to safely use bed sticks without injury to either themselves or the person.

**Note:**

Bed poles are generally not safe to be used if the person using the pole:

- has a significant history of falls from bed
- has a cognitive impairment
- capacity is compromised by medications
- only has a light mattress – as there needs to be enough weight to keep the bed pole secure.

**If you wish the person to be assessed to ensure safety, do not feel confident, have any difficulty assisting with this or have any concerns, please let nursing or support staff know.**

**Please contact:** The Community Palliative Care Service if you have any concerns.

**Further information:** [www.caresearch.com.au](http://www.caresearch.com.au)

**Acknowledgements:**

Occupational Health Department - Sunraysia Community Health Service  
Occupational Health Department – Swan Hill District Health

**Disclaimer:**

The Community Palliative Care Service and all persons involved in producing this information sheet will not be held responsible for any adverse event or loss from the implementation of all or part of this information. All reasonable efforts will be made to ensure that the item this information sheet pertains to is maintained to a high safety standard.

**Please return this card to the Community Palliative Care Service when no longer required.**

