



## Split Side Rails

The Medstrom SOLO is the only med-surg bed available that delivers safety without compromise for patients and caregivers alike. This extends to the innovative design and functionality of the unique split side rails.

### One-Touch Operation

The SOLO's split side rail design has been optimised for one-touch operation. Both can be lowered easily and safely using the 'click and release' mechanism. This unassisted movement reduces the effort required by end-users and is dampened to provide a smooth and controlled transition. Simply lift and lock into place to restore them to their upright position.

The hands-free operation also benefits superior infection control. Side rails are categorised as the number one high-touch site in a hospital room<sup>1</sup> which,

### Did you know?

Side rails are categorised as the number one high-touch site in both a general hospital room and an ICU room.<sup>1</sup>

following frequent touching, often results in soiling with microbial pathogens<sup>2</sup>. The SOLO's split side rail design not only minimises the number of touch points, decreasing the potential spread of bacteria, but also aids superior cleaning due to its blown-moulded plastic composition.





## Promotes Patient Independence

The patient handset can be securely stored in a designated side rail holster, greatly reducing potential damage during inter-ward bed transport.

This also provides semi-integrated controls, promoting patient independence via access to the key bed functions. All controls can be locked out to preserve safety.



*Before and during use of specialist mattresses with bed rails, consider: the reduction in the effective height of the bed rail relative to the top of the mattress may allow the occupant to roll over the top of it.<sup>3</sup>*

**MHRA, UK Government**



**Side rail height is optimised for BS EN ISO 60601-2-52 compliance**



## BS EN ISO 60601-2-52 Compliant

Both SOLO side rail options are compliant with BS EN ISO 60601-2-52, the medical standard for safe side rails. Therefore, this meets the safe side rail height requirements for a minimum distance between the mattress surface and top of the side rail. This helps to deliver sufficient protection to the patient, even when combined with deeper cell dynamic mattresses.

The split side rails are also durable and long-lasting, utilising the same robust material found in the manufacture of car bumpers. This is emphasised by the extensive directional stress testing in accordance with the standards. In fact, Medstrom have exceeded the necessary cycles by 10%, providing assurance to both the patient and caregiver.



## Supports Enhanced Patient Mobilisation

Supporting early mobilisation is essential to patient recovery and minimising the risks associated with prolonged immobility. Yet, the addition of split side rails on hospital beds typically means an increase to the bed's lowest height.

Notably, the Medstrom SOLO's split side rail design is compatible with achieving a low height of 21cm, that can allow 96% of women and over 99% of men to mobilise with their feet flat on the floor.<sup>4</sup> Combining to encourage and support safe patient mobilisation.

When readying a patient to mobilise with their feet flat on the floor, the ergonomic design of the side rails provides two distinct benefits. Firstly, the foot-end side rail lowers and moves inwards, whilst the distinct curved top eliminates interference with the back of the patient's legs for a comfortable seated position.

Secondly, with the backrest raised, Medstrom advocates the use of the side rails as mobilisation aids. These defined points offer stabilisation for the patient's upper body, whilst their feet are flat on the floor. Note that the side rails are not designed to support the patient's entire weight and require a caregiver present.

### Did you know?

The SOLO has visible angle indicators on the split side rail that removes the guesswork associated with achieving head of bed positions. This works alongside the automatic safe stops at 30° and 45°, helping patients with eating and drinking whilst preventing respiratory complications in line with pneumonia care protocols.



## References:

1. The Most Contaminated and Most Touched Surfaces in a Patient Room. Mitchell, E. November 2014
2. 'Off the rails': hospital bed rail design, contamination, and the evaluation of their microbial ecology. Boyle, et al. 2019
3. Bed rails: management and safe use. Medicines and Healthcare products Regulatory Agency. UK GOV. March 2020
4. Bodyspace: Anthropometry, Ergonomics and the Design of Work. Pheasant, S. 2003

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