

## Facts to consider when considering about alarms

- Personal alarms, like restraints, can deter people from moving.
  - Restricting movement can adversely affect a person's respiratory, digestive, circulatory, and muscular systems, resulting in additional challenges of depression, isolation, and inhibited sleeping.
- There is little to no evidence to support alarms' usefulness in preventing falls or injuries. In fact, in most cases, falls continue to occur.
- The use of an alarm can decrease the person's overall mobility
  - Prolonged immobility can increase weakness, osteoporosis, decreased balance and/or decreased endurance.
  - The Resident may be more at risk for fracture when a fall occurs.
- Skin break down can occur from being immobilized for prolonged periods of time, or while lying in bed at night.
- Sleep may be interrupted or even impossible when residents fear setting off the alarm.
- They may lie still for fear that by shifting their position the alarm may sound, or if they sleep, movement may cause them to be awakened by the alarm, or disturb others.
- Alarms can be experienced as embarrassing and an infringement of freedom, dignity, and privacy.
  - Many persons dislike personal alarms and repeatedly hide or remove them.
- Alarms can create noise, fear and confusion for the person and those around them. For people who are confused, the alarms are particularly upsetting. They can cause agitation during the day and interrupt sleep at night.
- If too many alarms are in use, the warning signal can lose its effectiveness. Staff experience "alarm fatigue".
- The device can malfunction.