

PRE-BIRTH FALLS RISKS CAN INCLUDE:

- **Hormonal Changes:** Pregnancy hormones can loosen ligaments and joints, leading to instability.
- **Fatigue:** Feeling tired can make you less aware of your surroundings and more likely to trip or stumble.
- **Medical conditions:** Conditions such as high blood pressure, diabetes, or anaemia can increase the risk of dizziness or fainting.
- **Medication side effects:** Some medications taken in pregnancy cause dizziness
- **Mobility Issues:** Difficulty moving around due to pain. Preexisting mobility issue or other pregnancy related changes.

POST-BIRTH FALLS RISKS CAN INCLUDE:

- **Feeling tired:** This usually happens after birth.
- **Cesarean section:** There is more challenge moving
- **Medication side effects:** Some medications, like those given for pain relief (such as epidurals), nausea, and high blood pressure, can make you feel dizzy or unsteady on your feet.
- **Blood loss** during labour and birth

- **Low blood pressure**
- **Carrying the baby:** This can be risky if you are tired and dizzy. Your balance may shift when you hold the baby.
- **Getting up too quickly:** May affect blood pressure
- **Environment hazards:** Bedside and room too cluttered



YOUR NURSE WILL:

- Complete a falls risk assessment at the start of the shift.
- Inform you if the fall risk score is high. The nurse will give instructions on how to prevent falls.
- Repeat fall risk assessment if your score is high and/or you have symptoms or issues in labor that indicate the need for an assessment.
- Place a symbol by your name to alert other staff if your risk for falling is high.
- Ensure your call bell is in easy reach and working
- Assist you in keeping your bed at position that is easy to get in and out.
- Put the bed rails up if required
- Assist you the first time you are getting out of bed.
- Assist you at any time out of bed if you require help

You will

- Always ask for assistance when getting out of bed for the first time after delivering your baby.
- If you are feeling lightheaded call for help before getting up
- Use the call bell when you need your nurse
- Wear non-slip foot wear when walking

- Try to get enough rest especially when your baby is asleep
- Ensure brakes on bed remain locked (the nurse will help)
- Keep your bed in the lowest position so it is easier to get in and out (the nurse will help)
- Only take what you need to the hospital. Do not carry excessive items that will need extra storage
- If feeling dizzy or unwell use the emergency bell to call nurse

Bathroom Tips

- Do not shower right after birth
- Ask your nurse when it's okay to take a shower
- Use the grab bars and shower chair
- Use proper footwear



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Falls Prevention Family Birthing Center

During this time we want to ensure that you are safe as possible. Falls are a significant risk at all stages of pregnancy, labour and childbirth. This Brochure provides practical tips to help you prevent falls and stay safe during your stay with us.

