

# Falls Prevention

Women  
and  
Children's  
Program

Improving your  
safety and  
quality of care

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[www.cmh.org](http://www.cmh.org)

## Falls in Hospitals

- Falls in hospitals are becoming more frequent and serious. Falls in the Women and Children's Program can occur. Falls can:
  - have a major impact on someone's quality of life
  - take away confidence and freedom of movement
  - increase hospital length of stay
  - prevent families from returning to their homes

## What is the goal of Falls Prevention?

The goal for the program is to reduce the number and severity of falls.

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## Decrease risk of falling

- Place your baby in the bassinette if the mother, family or support person holding the baby is feeling drowsy
- Transfer or transport of baby in the bassinette
- Transfer or transport of mother by wheelchair when necessary
- Bedsharing is a safety concern

## What is Falls Prevention?

### Health-care professionals

- Assess everyone for risks of falls on admission, after delivery
  - Prevent falls by caring for you and your baby's safety
  - Monitor and make recommendations for falls that have happened
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## Some risks for falls For women

- using the hydrotherapy tub
  - with an epidural
  - using the birthing ball
  - transferring from labour and delivery area to mother-baby unit after birth
  - getting out of bed for first time after birth
  - taking a shower for first time after birth
  - recovering from birth receiving pain relief/sleep meds
  - who do not feel well enough to care for their baby
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## Hints:

- If you need help or feel dizzy, sit down and call for help
  - If visitors move furniture or equipment in your room, ask them to move it back
  - Clear the floors and tables of belongings/gifts
  - Always use the grab bars in the bathroom and hallway
  - Call your nurse with the call bell if you think you can't get out of bed, especially at night
  - Wear loose, comfortable clothing that allow you to use the toilet easily
  - Wear safe and comfortable footwear such as running shoes
  - Keep your bed at the lowest level (This is for safety; it will also help you move more easily in and out of the bed)
  - place your baby in the bassinette if you are sleepy, especially at night
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## Some risks for falls in babies

- Falling out of bed
- Falling while asleep in your bed
- Falling out of arms
  - Tripping over belongings in the room
  - Passing the baby