NEW MUMS AND BUB CAN FALL TOO

As a new mother, you are more likely to fall if you:

> are very tired or weak; feel vague or drowsy
> have had an injection into your spine to stop pain, a general anaesthetic or calming or pain relief drugs
> have had very heavy bleeding during the pregnancy, the birth or after the birth
> have an illness such as epilepsy or diabetes
> have dizziness or low blood pressure
> wear loose footwear or socks / surgical stockings without shoes
> have poor eyesight or problems moving.

Things you can do to avoid falling in hospital

> Use the call bell if you need help, and wait until someone comes to help you.
> Take your time when getting up from sitting or lying down.
> Let staff know if you feel unwell or unsteady on your feet.
> Do not lean on objects for support. If you are having trouble walking, let your midwife know.

> Wear safe footwear e.g. well-fitting slippers, shoes, non-slip soles on socks or surgical stockings.
> Sit on a chair when taking a shower.
> Use the rails to get off the shower chair or the toilet.
> If you feel unsafe in the bathroom, stay sitting and press the nurse call button.
> Get to know your room and bathroom and where light switches are.
> Look for things that can trip or make you slip and let staff know about them.

> Turn on the light before getting out of bed and before going into the bathroom.

> Ask your visitors to tidy the bedside before they leave and put away extra chairs.

If you or your baby do have a fall – it is very important that you let your midwife know.

How to keep your baby safe from falling

> Put your baby to sleep on their back in the wheeled cot next to your bed.

> Make sure you are comfortable and your baby is well supported while you are breast feeding.

> Do not fall asleep while holding your baby as they can slip from your hold.

> Never leave your baby alone on an adult bed or other surface from which they can fall.

> If you feel you might fall or faint, ask for help when moving your baby to and from their cot.

> Always move your baby around the hospital in their wheeled cot, not in your arms or the arms of your visitors.

> Do not use your baby’s cot as an aid or support for walking or standing as you may tip it.

> When changing nappies or clothes – have the nappies and wipes nearby before you start, so that your baby is not left alone.

> Ask visitors to sit down to hold the baby.

For more information

Adelaide area: Call 1300 0 FALLS (1300 0 32557) for information about falls prevention services that are close to you.

Country SA: Please contact your local health service for information about services close to you. You can also email the Country Health Falls Prevention coordinator at Health.CHSAFallsPreventionProject@sa.gov.au

sahealth.sa.gov.au/falls

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*SA Health Partnering with Consumers and Community Advisory Group

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