



Fall prevention in antenatal women

“Protect the ones you love”

Sri Ramachandra Medical College - SRIHER

ABSTRACT

Falls during pregnancy can be associated with serious obstetric complications. There are very few data highlighting traumatic outcomes in obstetric population & no studies identifying the obstetric correlates of maternal falls.

Though 27% of women fell while pregnant, 10% experienced two or more falls. Pregnant women should be aware of the risk factors of and situations related to falls. There is an urgent need for primary prevention in this high-risk group which was achieved by “Be-safe” program.

CONTACT

Rebekha Sheela/Gautham B
Ramya Devi, Sundhari
Dr. Usha Vishwanath
HQAD-SRIHER,
srhquality@sriramachandra.edu.in
Ph.No. 9092425710

INTRODUCTION

Maternal falls have become an issue of public health importance, since studies have shown that at least one out of four women fall during pregnancy, with documented obstetric, perinatal, and orthopaedic complications. The increased risk of maternal falls has been associated with the anatomical and physiological changes during pregnancy, factors such as altered biomechanics and changes in joint kinetics. Thus, the more advanced the pregnancy is, greater is the risk of fall.

METHODS AND MATERIALS

Type of data collection: Daily audits by fall nurse

Source of data collection: Case sheets/patient history.

Duration of audit: 2018 to 2021 (August)

Data collection method: Daily audits and Incident report

Responsible for data collection: Patient safety and fall prevention team

Materials: Fall risk assessment scale, Patient education materials (Flash cards, PPTs discussion, hand outs, pamphlets, Dos and Don'ts in fall prevention education)

RESULTS

Even though we have an increase in the number of inpatients we had only 2 falls in the past 4 years by implementing effective fall prevention methods.



GRAPHS AND TABLES

Incidents of patient fall 2018 to 2021

Year	Total number of antenatal and new born patients fall	Total No. of Patient days	Fall rate
2018	1	340136	0.01
2019	1	398964	0.01
2020	0	107478	0.00
2021	0	80424	0.00

DISCUSSION

Dizziness and fainting (syncope) often caused by significant drop in blood pressure which leads to patient fall during pregnancy.

We observed a significant change in pregnant women who have giddiness and vomiting during first trimester, but it can happen during any time of pregnancy.

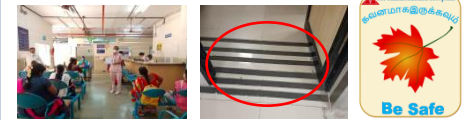
Methods used to reduce falls

- Early identification of fall risk
- Patient and family education (“Be-safe” program)
- Side rails provided to all the cots
- Grab bars to toilets
- Anti fall strips to floors
- Safe transfer techniques
- Re-assessment when needed
- Fall leaf signage for vulnerable groups

By following these steps we reduced the numbers of falls in obstetric women

CONCLUSION

Falls in antenatal women are preventable if we do effective initial assessment and prior detection of high-risk obstetric conditions



REFERENCES

Nurs Womens Health. Apr-May 2013;17(2):98-107.
doi: 10.1111/1751-486X.12018.
Development of a tool to assess risk for falls in women in hospital obstetric units