

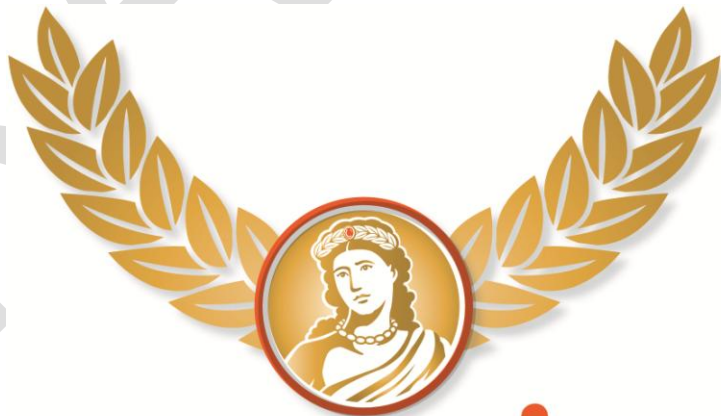
# Soteria Strains

## Safe Patient Handling and Mobility Program Guide

Section 4 – Special Considerations

Section 4.5 – Labour and Delivery

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STRAINS

*A provincial strategy for healthcare workplace musculoskeletal injury prevention.*

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**Section 4 – Special Considerations sub-sections will be expanded and/or modified as required based on input from experience and observations during program implementation.**

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## 4.5 Labour and Delivery

Every patient population has specific needs when it comes to safe handling and mobilization. The patient-risk profile described in section 2.3 – Patient Risk Profile should allow the health care worker to plan for such needs in most situations. There are some patient populations, however, that may need special considerations. These groups may present a specific set of challenges that require enhancements to the standard program approach. These include patients during labour and delivery. See Table 2.3.1 – Examples of Labour and Delivery high-risk Tasks. These tasks should be added to the high risk task inventory (section 2.2 – Unit Assessments) when assessing labour and delivery units.

Task	Comments
Assisting with delivery, holding a patient's legs	Holding legs during delivery. Amount of force will vary depending on a patient's condition and characteristics. Patient may be unpredictable, agitated and/or aggressive. Bed adjustment and use of stirrups can significantly reduce this risk.
Assisting with patient mobility	Patient may be unpredictable (e.g., unable to bear weight or becomes faint). Use assist equipment such as friction-reducing transfer sheets. Forces vary depending on the patient characteristics (e.g., C-section).
Assisting with delivery	Health care worker may maintain sustained awkward posture.

**Table 2.3.1 –Examples of Labour and Delivery High-risk Tasks**