

HOW TO PREVENT LOWER EXTREMITY NERVE INJURY IN BIRTH

STRETCH + COMPRESSION + TIME = INJURY

KNOW THE EQUATION

STRETCH + COMPRESSION + TIME = INJURY

All birth workers should understand each component that contributes to injury. Prevention of injury should be foremost in every birth worker's mind. Women should be educated on positions that can cause nerve injury.

CHANGE POSITIONS FREQUENTLY

Encourage repositioning.

Laboring women should be encouraged to be mobile (move freely) and to change positions frequently throughout every stage of labor.

DON'T FORGET THE HANDS

Position hands to prevent deep tissue compression.

Encourage and educate women on where to place their hands during pushing. Reposition hands as needed.

LISTEN TO WOMEN

Don't ignore alarm.

If a woman voices concerns about inability to move her lower extremities, notify the care team quickly. A multi-disciplinary care team should be involved if LENI is suspected or diagnosed.

SPREAD THE WORD

Avoid silence, share stories.

For more information, check out:

- AWHONN's Practice Brief No. 11 for LENI recommendations
- nervedamagefromchildbirth.com