

Appendix 1 – Birth Pool Risk Assessment Tool

BIRTH POOL RISK ASSESSMENT TOOL

Undertake a risk assessment using this tool prior to the woman entering the pool. Remember this is an ongoing assessment which may change as labour progresses. The initial assessment and any changes should be documented in the maternal notes. The risk level with this tool does not change the lead professional.

Risk Level 3: Not Suitable to use the pool

<37 weeks/ >42 weeks
 <37-week Rupture of membranes
 Unable to enter and/or exit pool unaided
 Maternal weight exceeds limit of hoist or evacuation net
 Abnormal fetal heart rate
 FSE indicated
 Requiring oxytocin
 Malpresentation
 Received opiates <2hours ago
 Epidural
 APH/Placenta praevia
 Abnormal growth/ known congenital abnormality
 Oligohydramnios/ Polyhydramnios
 Active measles, chicken pox, Parvovirus, rubella
 Hep A, B, or C, HIV, Herpes
 Epileptic, diabetic requiring sliding scale
 Un-booked
 Present history of substance misuse
 Suspected COVID-19
 Confirmed Positive COVID-19

Risk Level 2:

Suitable to use the pool on Labour ward. Some risk factors require additional input as determined in brackets

Maternal age <16/ >40
 Meconium stained liquor (will require CEFM with telemetry)
 Spontaneous onset of labour following Propess IOL (may require CEFM, see guideline)
 SROM 24-48 hours
 Raised BMI (able to enter and /or exit the pool unaided, see guideline)
 Hb <85g/dl, Platelets <100, Previous PPH (see guideline, send FBC & G&S)
 VBAC (FBC & G&S, CEFM)
 Previous shoulder dystocia, LGA, previous 3rd & 4th degree tears
 Group Strep B Positive (IV antibiotics required)
 Grand multiparity
 Women who decline blood products
 Current significant mental health issues on medication
 Gestational diabetic
 Obstetric Cholestasis

Risk Level 1:

Midwife led care in labour with Intermittent Auscultation (IA)

37-42 weeks gestation
 Maternal age >16 / <40
 Spontaneous onset of labour
 Normal MEOWS
 Normal fetal heart rate
 Cephalic presentation
 Hb >105g/dl
 Uncomplicated pregnancy
 Nulliparous/Multiparous women
 Pre-labour SROM at term <48 hours
 BMI 30 or less
 Asymptomatic of COVID-19
 Confirmed negative for COVID-19