**Birth Sling Checklist**

Employee Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Validator Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- | --- |
| Procedure / Step | Yes | No | NA | Comments |
| 1. Verbalize the benefits of upright positioning in and the birth sling for laboring women. |  |  |  |  |
| 1. Assess patient condition to determine if patient is an appropriate candidate for sling use:    1. Steady gait    2. Able to call for assistance if needed    3. Fetal heart tones are able to be assessed    4. Patient is able to support herself without injury |  |  |  |  |
| 1. Clear space in room to allow space around the birth sling. |  |  |  |  |
| 1. Obtain sling fabric and check for cleanliness and tears. |  |  |  |  |
| 1. Check the daisy chain and ensure carabiner is in working order |  |  |  |  |
| 1. Tying the sling    1. Find the short edge    2. Fold the short edge in half twice    3. Gather all the edges of the short edge and so that they are even    4. Drape the sling over arm allowing 4 feet to hang. This is the fabric that will be used to tie the sling.    5. Grab the fold and drape the folded sling over arm    6. Tie the sling by going around the sling and the tail, grab the loop, pull it through to form a knot (refer to photos and birth sling video)    7. Maintain an opening for the carabiner with fingers |  |  |  |  |
| 1. Put the carabiner through the hole in the knot |  |  |  |  |
| 1. Attach the daisy chain to the carabiner |  |  |  |  |
| 1. Attach carabiner to ceiling O-ring using bedside stool. Get assistance if needed. |  |  |  |  |
| 1. Close the carabiner by screwing the locking device DOWNWARD. Ensure the carabiner is positioned in the correct direction so that the carabiner tightens with gravity rather than loosens when it is used. |  |  |  |  |
| 1. Work the fabric through your hands and gather the fabric on the short end |  |  |  |  |
| 1. Determine the length of the loop depending on patient’s size and preference. |  |  |  |  |
| 1. Tie a second loop (see step 6d-g) and attach carabiner. Ensure carabiner is locked (see step 10). |  |  |  |  |
| 1. Use the daisy chain to adjust length of sling |  |  |  |  |
| 1. Demonstrate positioning:    1. Labor ball with sling behind shoulders    2. Labor ball with sling across chest    3. Dangle with sling behind shoulders    4. Rebozo technique with sling across belly    5. Pelvic release with patient in recumbent side-lying position and leg in sling    6. Grasp sling and pull on sling while pushing |  |  |  |  |