



**Barwon
Health**



**MATERNITY
SERVICES**



Welcome to Barwon Health Maternity Services. Pregnancy and birth is an exciting and life-changing experience. There are many things to consider during this time and we hope that this booklet provides you with helpful information about maternity care at Barwon Health.

PREGNANCY CARE AT BARWON HEALTH

At Barwon Health, there are different models of pregnancy care available to suit your needs. For example, you may like to work one-on-one with a midwife at your local Barwon Health Community Health Centre throughout your pregnancy or participate in shared care with your General Practitioner (GP). Please see the following page for a full description of the various models of care available. You may like to consider which model of care best suits you and then discuss this at your first pregnancy care appointment.

PREGNANCY MODELS OF CARE

Shared Care

With shared care, most of your care during early pregnancy is provided by your GP or your chosen private midwife. Please check with your GP to see if they participate in the Shared Care Program. Your GP or midwife may refer you back to the hospital for more specialised care if needed. You will see a hospital midwife later in the pregnancy as part of 'sharing the care'.

Midwives Clinic

Pregnancy care with midwives is available at clinics at University Hospital Geelong, Newcomb, Corio and Belmont community health centres and at Sydney Parade, Geelong.

Midwifery Group Practice

Midwifery Group Practice means a midwife and a 'buddy' midwife will care for you throughout your pregnancy, labour, birth and in the early parenting period.

Young Approach to Pregnancy Program (YAPP)

This program is suitable for you if you are under 20 years. A midwife and doctors work together to provide your pregnancy and birth care as well as individual parenting sessions. A social worker is also available for support and information.

Chemical Dependency Unit (CDU)

A small team of doctors, a midwife and social workers care for women with drug and alcohol issues.

Specialist clinics

No matter which model of care you choose, specialist pregnancy care is available if you need it. For example, this may be necessary if you are having twins, or have diabetes.

Wathaurong Koori Maternity Services

If you or your baby identify as Aboriginal and/or Torres Strait Islander, a midwife and Aboriginal health worker at Wathaurong Aboriginal Health Service Geelong can provide culturally appropriate pregnancy care, birth support and postnatal support for six weeks after the birth of your baby.



PREGNANCY CARE AT BARWON HEALTH

Asking the question

All women will be asked the following questions during their pregnancy and birthing journey at University Hospital Geelong.

1. Are you of Aboriginal and/or Torres Strait Islander origin?
2. Is your baby's father of Aboriginal and/or Torres Strait Islander origin?
3. Will you identify your baby as Aboriginal and/or Torres Strait Islander?

Why are we asking women these questions?

- To ensure we collect accurate information on how, where and why people use our services.
- To link people with appropriate services, such as the Aboriginal Health Liaison Service which offers support to Aboriginal and/or Torres Strait Islander people.
- Barwon Health is committed to Closing the Gap; working towards a better future for Aboriginal and/or Torres Strait Islander people.

Respecting your privacy

You and your family's right to privacy and confidentiality will always be respected. Answering these questions is voluntary.

HOSPITAL SERVICES

Pregnancy care appointments

At your first pregnancy care appointment a midwife will take a detailed health and social assessment, and explore any concerns and questions you have. The decision about the model of care for your ongoing pregnancy is made between you, the midwife and the doctor, via the midwife, and is based on your preference but determined by any specific medical or pregnancy risks you may have. Please phone and cancel as early as possible if you are unable to attend any of your appointments.

Phone: (03) 4215 1396 or (03) 4215 2060.

Childbirth and parenting preparation classes

Midwives, anaesthetists and physiotherapists provide these sessions. The classes are held in a variety of community health centres throughout the Geelong region. Please see the enclosed flyer for information and booking process.

Hospital tours

These are conducted on weekends between 2pm and 3pm and start from Maternity Hub Reception, Bellerine Centre, Level 4. Please contact Birth Suite on ph. (03) 4215 2056 to arrange a tour.

Parking

Parking around the hospital is metered. To avoid a parking fine, we suggest that a family member or a friend bring and collect you if possible, or accompany you so they can attend to your car if you are delayed. During your labour and birth, a day permit is available from the Maternity Hub Reception.

Smoking policy

If you would like information or support to help you quit smoking, please talk to your midwife. There are a variety of methods to help you quit.

Barwon Health sites are smoke free. Patients and visitors may smoke only in areas outside the marked yellow boundaries around the hospital grounds.

Cafeteria

The hospital cafeteria on level three is available for snacks, drinks and hot food. Hours are 8am – 8pm Monday to Friday and 9.30am – 7.30pm weekends and public holidays.

Wi-Fi internet

Barwon Health has free Wi-Fi.

Network name: Free BH GiNet Wi-Fi

Telephones/Televisions

Television and telephone services are available at the bedside in ward areas. A Hospital Television Rental Service representative visits the ward daily to arrange services and payment. Please refer to the information sheet in your bedside locker for connection and charges.

Latex safety

To ensure Barwon Health provides a safe environment for patients, clients, residents, staff and visitors with a latex sensitivity and to prevent an allergic or anaphylactic reaction in these people, we ask visitors not to bring in any balloons, unless they are latex free.

Interpreters

Interpreters are available if English is not your preferred language for discussing your health. If we know you need an interpreter we will provide one at your first visit. Your GP will usually tell us you need an interpreter in your referral, but you can also ask for an interpreter whenever it is needed during your care.

Allied Health Services

Dietitians, physiotherapists and social workers provide services at Barwon Health. Referrals are needed for dietitians and physiotherapists. Speak to your midwife or doctor if you feel you need a referral to a dietitian or physiotherapist. You can access social workers without referral by phoning (03) 4215 0777.

Valuables

Barwon Health does not take responsibility for any valuables while you are in hospital. It is advisable that you leave valuables at home.

COMING TO HOSPITAL

Where to go

Entry to Maternity Hub Reception, Birth Suite, Maternity Assessment Unit and the Postnatal Ward is via the ramp at the Myers Street entrance of the Bellerine Centre, University Hospital Geelong. The doors are locked between 9pm and 6am, and an intercom is located at the entrance for after-hours access. It is helpful if you call the Birth Suite before you leave home so staff will be expecting you.

Maternity Assessment Unit (MAU)

Some women may need to attend this unit for extra monitoring. It is situated on level four Bellerine Centre near the Maternity Hub Reception.



What to bring

It is a good idea to pack your case several weeks before your due date.

We suggest you include:

- A nightie or t-shirt to wear during labour
- Cotton nighties (front opening for breastfeeding) and a dressing gown
- Tracksuits or comfortable day clothes
- Underwear
- Feeding bras (with no underwire)
- Breast pads
- Non-deodorised maternity pads (not ultra-thin)
- Toiletries
- Tissues
- Small amount of money for papers, snacks, etc.
- Plastic bags for sending home washing and taking home flowers and gifts
- Non-slip footwear
- Other suggestions: writing paper, pen, barley sugar or lollies to suck during labor.

Please do not bring jewellery or a large amount of money to hospital. Barwon Health cannot accept responsibility for any loss.

What your baby needs

Barwon Health Maternity Services will provide the clothing and warm wraps needed for your baby immediately following birth. You will need to provide the following for the remainder of your stay:

- Nighties or grow-suits
- Singlets
- Baby wraps/bunny rugs/blankets
- Socks (booties)
- Mittens (like gloves) and hats
- Disposable nappies
(cloth nappies are not provided)
- Baby wipes or cotton balls

We suggest you wash all your baby clothes before use. Never store baby clothes or bedding in moth balls (naphthalene) or camphor. The fumes are poisonous.

If you are planning to bottle feed, bring a tin or packets of the infant formula you plan to use and your own bottles and teats. We provide a microwave steriliser. If you decide not to breastfeed during your stay you will need to ask a family member to bring in your own formula, bottles and teats as soon as possible.

The hospital provides towels and bed linen during your hospital stay. You will need to take your own clothes and baby's clothes home to be washed.

Support in labour

You may like to choose support people to stay with you during labour and birth. We suggest you plan to have no more than three people present. Children are welcome, but an adult is required to take responsibility for their care.

Keeping family and friends informed

Please tell family and friends not to phone the Birth Suite directly. We ask that either your partner or a support person take responsibility for communicating the news to family and friends. This will enable the midwife to be free to care for you and your baby.

Facilities in the Birth Suite

Each birth room has an ensuite with a shower. A bath may be available for use to provide pain relief in labour or for a water birth (depending on availability). Meals are not provided for support people but tea and coffee making facilities are available.



Visiting hours

Family and friends are welcome to visit anytime during daylight hours and early evening. The Maternity Services philosophy of care is to promote rest, and so leave mothers and new babies undisturbed before 9am. Access to the hospital for visitors is restricted after 8pm as entry doors are locked.

If you feel you need to have some extra rest time with no visitors, please let your midwife know.

In the interests of the health of mothers and babies, please discourage anyone who is unwell from visiting you and your baby in hospital.

Rooming in

To support breastfeeding and nurturing skills, your baby will stay with you throughout your hospital stay, unless special care is required. Maternity staff are available to provide information and assistance to help you care for yourself and your baby.

Breastfeeding

Maternity staff promote the advantages of breastfeeding for babies and mothers. During pregnancy, you can discuss with the midwife/doctor your plans for feeding your baby. After birth, midwives will help and support you in hospital and at home.

Hearing tests

The Victorian Infant Hearing Screening Program (VIHSP) is available Monday to Friday to perform hearing tests on your baby. If you go home without the test, a representative will contact you to arrange a suitable appointment time with you.

Baby photos

A photographer visits the ward daily and can provide information about costs.

Special Care Nursery

Premature and sick babies are cared for in the Special Care Nursery. If your baby is admitted to the Special Care Nursery, you are encouraged to participate as much as possible in the care and management of your baby with support and guidance from the staff. There are some time restrictions for other visitors. A maximum of two people can visit at once and must be accompanied by one parent. Only parents can visit after 9pm. People who are unwell are excluded from visiting.

Sometimes you may go home before your baby. When your baby is ready to go home, a single room may be available so you can experience rooming in overnight with your baby prior to your baby's discharge home.

Occasionally, it is necessary to transfer a baby to Melbourne for extra treatment and care. Staff will ensure families are informed and supported throughout this process.

GOING HOME

You will go home quite soon after the birth if you and your baby are well. We recommend you stay a minimum of four hours. You will need a longer hospital stay if you have had a caesarean, complicated birth or for some other health problems. Postnatal care at home is offered to all women. The midwives will discuss your needs with you as part of planning for discharge from hospital.

Discharge time is 10am. Please arrange for a family member or friend to be at the hospital at 9am so that you are able to leave by 10am. Please ensure that an approved child vehicle restraint has been correctly installed prior to taking your baby home.

Before you leave you will be given:

- A form for the registration of your baby's birth
- A family assistance booklet and Centrelink form
- Your Child Health Record
- Your obstetric discharge summary (information about your pregnancy, labour, birth, and postnatal care)

A copy will be sent to your GP and provided for your Maternal and Child Health Nurse (MCHN).

If you or your baby requires any follow up appointments at the hospital, staff will arrange these prior to your discharge from hospital.

Home visiting

The midwives can visit in the first few days after you go home. If you need information or have concerns after you go home, please call the postnatal ward on ph (03) 4215 2312.

The hospital will notify your local Maternal and Child Health Nurse (MCHN) following your birth. The MCHN usually contacts you within a week after birth and will visit you at home within two weeks after birth.

Maternal and Child Health Nursing Service

This is a universal service for families with children up to six years of age to monitor growth and development of your child and family health and wellbeing. You can contact your local MCHN before the birth of your baby. Ask your midwife or check with your local Council to locate your nearest centre.

GP

You are advised to see your GP six weeks after giving birth. This visit is an opportunity to have both you and your baby physically checked and for you to discuss any problems or concerns.

Early Lactation Care Service (breastfeeding support)

Lactation consultants provide support and advice to families experiencing breastfeeding difficulties for babies up to six weeks of age. This free service is provided at University Hospital Geelong four days per week. Please phone the Maternity Hub Reception for an appointment.



Teaching and Research

University Hospital Geelong is a teaching hospital. Midwifery and medical students may wish to observe or take part in your care. Student midwives' course requirements include following women throughout their pregnancy and birth experience, and they may approach you with this request. Whilst it is your right to refuse student involvement, it is greatly appreciated when they are given this important supervised learning opportunity.

Barwon Health conducts research involving women and their babies at times. The Barwon Health Research and Ethics Advisory Committee approve all research projects. You may be asked to take part in one or more projects during your pregnancy, birth or early parenting period. If you decide not to participate, this will in no way affect the care you receive.

Before taking part in a research project you will be given a written explanation and asked to sign a consent form. You can withdraw at any stage if you change your mind.

CONTACTS

University Hospital Geelong

Bellerine Street, Geelong T (03) 4215 0000

Maternity Hub Reception, University Hospital Geelong

Myers Street, Geelong T (03) 4215 2060

Corio Community Health Centre

Gellibrand Street, Corio T (03) 4215 7100

Belmont Community Health Centre

1-17 Reynolds Road, Belmont T (03) 4215 6800

McKellar Centre

45-95 Ballarat Road, North Geelong
T (03) 4215 5200

Newcomb Community Health Centre

104-108 Bellarine Highway, Newcomb
T (03) 4215 7520

Anglesea Community Health Centre

McMillan Street, Anglesea T (03) 4215 6728

Please note: this is not a complete listing of Barwon Health sites.

www.barwonhealth.org.au/maternity-services

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OUR VALUES
RESPECT
COMPASSION
COMMITMENT
ACCOUNTABILITY
INNOVATION