

MATERNITY
UNIT
PRENATAL
INFORMATION



Cabrini Health

CABRINI'S MIDWIVES ARE EXPERIENCED AND SKILLED, APPROACHABLE AND KIND. THEIR PHILOSOPHY IS TO FACILITATE EVIDENCE-BASED CARE FOR ALL CLIENTS OF THE MATERNITY UNIT.

The midwives work closely with your obstetrician, paediatrician and other health care professionals to provide you and your partner with midwifery care around the time of birth and during your stay in Hospital.

PRENATAL OFFICE

Your initial contact will be with a Cabrini midwife. They offer you pregnancy health advice and information, a booking for childbirth education classes and information or referral to allied health services available at Cabrini.

Tours of the facility are available by appointment.

CHILDBIRTH EDUCATION

Midwives and physiotherapists conduct childbirth education classes at Cabrini. Classes are available evenings and weekends. Bookings can be made through the prenatal office.

LABOUR AND BIRTHING ROOMS

When the decision is made to go to hospital, for your greater convenience and easier access, please park at the front entrance to hospital and report to the reception desk in the main foyer.

Cabrini's midwives encourage active birth and provide one-on-one care during established labour and birth. Birth balls and floor mats are available to help you remain upright and active during labour.

All rooms have an ensuite bathroom with shower facilities.

Cabrini provides 24-hour medical cover, pathology services and, if required, access to adult intensive care, operating theatres and medical imaging.

If you come into premature labour, and are less than 34 weeks, you will be transferred to a tertiary hospital for care and delivery. (Your obstetrician will attend to these arrangements for you).

NEWBORN SPECIAL CARE NURSERY

Experienced consultant paediatricians and midwives staff a Level Two Newborn Nursery for sick or premature babies. If your baby is unexpectedly very sick or premature, the Unit liaises with the Victorian Newborn Emergency Transport Service (NETS) to transfer your baby to a Level Three Newborn Nursery (an intensive care nursery).

Visitors to the nursery are to be immediate family only, with only 1–2 family members visiting at a time. All visitors are asked to observe the privacy of other parents and their babies who may be in the nursery at the time.

POSTNATAL AREA

Those mothers and babies in good health are encouraged to room in. This means that you and your baby are not separated unnecessarily, and allows you the opportunity to care for your baby with full midwifery support. Our nursery is for the sick or premature infant and is not available as a babysitting service for the healthy term infant.

Depending on availability, most women are able to have a private room with ensuite shower and toilet, fridge, lounge chairs, telephone and television. The Unit is equipped with 19 private rooms, all with electric double beds. However demand may be such that, while still in the care of Maternity, you may be accommodated in a shared room in another Unit.

A call service is available in all rooms to inform the midwife caring for you that you need assistance. It is important to remember that staff attempt to answer all calls promptly, however, delays can sometimes occur. Please communicate your needs to the midwife caring for you and your baby so that your postnatal stay is both a happy and fulfilling experience.

FATHERS

Fathers are welcome to stay overnight provided private accommodation is available. However, we do request that fathers wear appropriate day and night attire out of respect for both patients and staff. Keep in mind, too, that there may be interruptions during the night to allow staff to care for mother and baby.

We encourage fathers' participation and involvement in their baby's care during the postnatal stay.

MEALS

A wide variety of high quality meals, to suit most dietary preferences, are delivered to each room. If you have any special dietary needs or requests please feel free to contact the Hospital's dieticians. Ask your obstetrician/midwife for referral.

Your partner may have meals delivered to your room at a small extra cost. Menus are available in the postnatal area.

VISITING HOURS

There are no visiting restrictions for your partner. However, the postnatal area is kept quiet with no visitors between 1.00 pm and 3.00 pm to allow new mothers to rest. Telephone calls are not put through to rooms during this time.

Your older children are encouraged to visit to get to know the new baby, however, the babies and children of other family members and friends are discouraged from visiting to protect your baby from infection.

General visiting hours are 3.00 pm – 4.00 pm and 7.00 pm – 8.00 pm.

New parents are often overwhelmed and stressed by too many visitors, so try to stagger visitors or invite them for short visits only. Many new parents reduce their visitors to hospital by announcing the birth a day or so later, or by inviting non-family members to visit following discharge from hospital.

PHOTOGRAPHY POLICY

In the interest of patient safety, clinical teamwork and privacy of staff members and medical personnel at Cabrini, we ask that you do not use any piece of equipment in the video and sound mode to record visual images or sound during labour, birth, or during caesarean births. This equipment includes camcorders, digital cameras and mobile telephones.

You may use a single shot device, or single shot function of a digital camera if the care team members are in agreement.

You are welcome to use film and sound in the privacy of your own postnatal room providing this does not encroach on the privacy of other patients or staff members.

Your midwife is more than happy to take photographs when appropriate.

MATERNITY COSTS

Cabrini has a provider agreement with most health funds. To facilitate accurate explanation of costs at Cabrini, please ensure that:

- You have served the qualifying periods with your health fund
- Your health cover is financial
- Your baby (if admitted) will be covered by your health fund
- You are aware that all costs for yourself and your baby not covered by your health fund are **your** responsibility.

For any further enquiries regarding your out-of-pocket expenses, please contact Cabrini's Credit Department on Tel: (03) 9508 1222.

Should you have a change of address prior to admission, please notify Cabrini's Patient Services Department on Tel: (03) 9508 1466.

DOMICILIARY MIDWIFERY SERVICES (HOMECARE)

All mothers are contacted after they leave hospital. If required, an experienced midwife will visit you at home – within a nominated km radius of the hospital.

A 4-night stay is standard following normal birth (discharge on Day 5) with 5-night standard following a caesarean birth (discharge on Day 6). If you are well, you may choose to leave hospital earlier than the expected length of stay.

Our homecare team will follow through your care with home visits, to ensure you and your baby are progressing well. If a medical condition arises that prevents your discharge, your obstetrician and midwifery team will assess this at the time.

We request that you be organised to vacate your room on the morning of discharge between 9.30 am – 10.00 am strictly.

BREASTFEEDING CLINIC

During your stay the midwifery staff will assist you as you learn to breastfeed your baby. Some women need longer to learn to breastfeed or have difficulties with breastfeeding. An outpatient breastfeeding clinic is held on Tuesday and Friday each week, staffed by midwives who are lactation specialists.

All mothers are encouraged to contact the Australian Breastfeeding Association (formerly Nursing Mothers' Association of Australia) before giving birth Tel: (03) 9885 0855 Website: www.breastfeeding.asn.au

BOTTLE-FEEDING

If you have decided that you wish to bottle-feed your baby, the Maternity Unit will support you in your decision. We advise you to discuss your decision to bottle-feed with either your family doctor, paediatrician or midwife.

The Maternity Unit will provide single use sterile bottles and teats during your stay. Formula (Karicare & or S26) will be provided during your stay. Cabrini's midwives will offer you full education and supervision to prepare your baby's formula so that you are confident to make formula safely at home.

If you are unwell after the birth (for example, following a caesarean birth) your midwife will prepare your baby's feeds or, if you wish, help your partner to do so until you are well enough. If your baby is sick and needs to be admitted to Special Care Nursery, we will provide formula, or assist you with milk expressing until your baby is well enough to be in your care.

MATERNAL CHILD HEALTH NURSES

Your maternal child health nurse will be notified at the time of your discharge from hospital. The nurse will usually telephone or visit you during the first week at home.

Your nurse is required by law to contact you to ensure that you and your baby are well. She will also advise how to access your local clinics.

IMPORTANT INFORMATION FOR PARENTS

Following birth, you will have many decisions about your baby's health care. To enable you to make informed choices, to have time to ask questions, discuss issues, and make decisions before and after birth, the following information leaflets are provided:

- Australian Breastfeeding Association – Information Leaflet
- NHMRC Hepatitis B Immunisation information
- NHMRC Vitamin K for the Newborn. Guidelines for Parents
- Genetic Health Services Victoria – Newborn Screening Program – Parent Information.

Please read the above leaflets and keep them with your Cabrini wallet so that you will not forget to bring them with you into hospital. You may want to refer to them when seeing your doctor or midwife.

SUGGESTED ITEMS TO BRING INTO HOSPITAL

- Pregnancy records and printed information in your Cabrini wallet
- Toiletries including soap/tissues
- 3 packets of maternity sanitary pads
- Comfortable, casual loose-fitting clothes
- Night wear
- Nursing bra of your choice (at least two)
- Nursing pads
- Eyepads and earplugs for sleeping
- Large hot/cold pack (not wheat bag). This may be bought from the Specialist Centre Pharmacy at Cabrini
- Small amounts of cash for newspapers/magazines
- Camera.

FOR YOUR BABY

- A digital thermometer is required and can be purchased at pharmacies
- Baby clothes – we encourage you to bring your own baby clothes (for example, singlets, nighties and or growth suits, baby wraps). Hospital issue clothes are available if required.
- Baby cotton mittens and hat
- Cloth nappies are available. You will need to provide plastic pants (pilchers) or a packet of snibs
- Disposable nappies if you prefer (rather than the cloth) – 2 packets
- A set of clothes for going home (if using hospital issue clothes during your stay).

Before going home you must have an approved and correctly fitted baby car restraint. It is illegal and dangerous for your baby to travel without correct restraint. You must understand how to operate and adjust your baby car restraint before your baby leaves hospital. Baby car restraints can be fitted at approved RACV fitting stations for a small fee.

SUGGESTED FURTHER READING

As well as attending education classes to learn about birth and parenting, many parents seek further information. Listed below are some websites which other new parents have found useful. These sites specialise in books, education and resources for parents in Australia:

- www.capersbookstore.com.au
- www.acegraphics.com.au

BREASTFEEDING RESOURCES

- www.breastfeeding.asn.au
- www.breastfeedingonline.com
- www.nhmrc.gov.au/publications – go to 'Infant Feeding Guidelines'

PREGNANCY AND CHILDBIRTH

- www.maternitycoalition.org.au
- www.cochrane.org.au

Cabrini Maternity Unit

2nd Floor, South Wing (2 South)
Cabrini Hospital, 183 Wattletree Road, Malvern 3144

Prenatal Office: (03) 9508 1724
Maternity Unit Receptionist: (03) 9508 1259
Birth Suite: (03) 9508 1261

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www.cabrini.com.au



Sharing the healing mission of the
Missionary Sisters of the Sacred Heart of Jesus