



POSITIVE PREGNANCY, BIRTH & EARLY PARENTING

Your guide to
Maternity Care at
Swan Hill District
Health



Swan Hill
District Health
Connected Care. Best Experience.

May 2023



SWAN HILL DISTRICT HEALTH

Swan Hill District Health provides a comprehensive and quality service for pregnancy, birth and early parenthood.

LABOUR AND BIRTH AT SWAN HILL

The Maternity team of Registered Midwives, Specialist Obstetricians and GP Obstetricians work together to guide you on your journey.

- Experienced Midwives support women and families during labour and birth providing woman-centred care and promoting safety, with a high natural birth rate.
- SHDH Obstetricians are available 24 hours a day to consult and manage should concerns arising during labour and birth.
- SHDH Anaesthetists are available for epidural, and a 24 hour theatre team for Emergency Caesarean if required.
- Complete service for planned Caesareans.

PREGNANCY AND ANTENATAL CARE

- Swan Hill District Health credentialed is to provide complete care during pregnancy.
- Phone the Midwifery Department on 03 50339269 to schedule your Booking In as soon as your pregnancy is confirmed. It is best to have the first appointment at Swan Hill between 12 and 15 weeks. There can be a waiting list, so it is preferable to call as early as possible.
- Your GP will usually provide the first appointment between 6 and 10 weeks. The first round of blood tests and ultrasounds will be ordered reviewed at your first appointment at SHDH.
- Care during pregnancy is provided at the Midwife Clinic
- Care for women with higher risk pregnancies led by SHDH Obstetric team, with regular Midwife appointments.



COMMENCING CARE WITH SHDH - 'BOOKING IN'

It is recommended that all women pregnant in the Swan Hill region, have a 'Booking In' consultation at SHDH Midwifery between 12 and 16 weeks. For women birthing at Swan Hill this is important so that any early treatment can be commenced.

This appointment at SHDH will be a long consultation with a Midwife. This ensure the Maternity team have the information they need about you to help you have the best care. During this consultation you will have the opportunity to discuss your birthing options and plans, and the Midwife will identify any further needs, such as physiotherapy, counselling, dental or dietetics support. You will receive relevant information to your upcoming birth and be able to organise birth classes.

If you are birthing outside the region it is highly recommended that you still 'Book In' with Swan Hill District Health Midwifery Services. Swan Hill Midwifery Department will continue to be your closest centre for assessment, support, and emergency maternity care. We are able to provide the best care when we have access to your pregnancy information and health history.

MIDWIFE CLINIC

The **Midwife Clinic** has 30 min appointments to ensure you are able to ask any questions you may have and also ensure you and your baby are coping well throughout the pregnancy.

Standardised antenatal care is provided according to national guidelines including: physical checks, pathology, baby's growth, organising ultrasounds and emotional psychosocial care. Getting to know your midwives during pregnancy ensures you have some familiar faces when the time comes to birth your baby and helps prepare you for labour and birth.

There is no direct cost to women for the Midwife Clinic service.

Contact: **Phone: 5033 9269**



OBSTETRIC ANTENATAL CLINIC

An Obstetrician is a Doctor who specialises in pregnancy, birthing, postnatal and gynecological care. During your pregnancy you will see the obstetrician as part of your routine antenatal care at least once, or more if required.

If any concerns are identified during pregnancy you will be referred to our obstetrician to be reviewed in the Midwifery Unit at Swan Hill District Health. Should complications be identified or increased monitoring be required, care will be managed by the Obstetric team in conjunction with your midwife from thereon.

There is no direct cost to women for seeing the Obstetrician.

SHARED CARE - BIRTHING OUTSIDE THE REGION

SHDH Maternity Services will continue to be part of your 'Care Team'.

SHDH Maternity works in collaboration with Bendigo Health and other Metropolitan services. If it is recommended that you birth outside this region, our Obstetricians and Midwives will liaise with your birthing service. Your care will now be provided by a team, with the goal of providing the safest possible care for you and your baby, and as much of your antenatal and postnatal care, as close to home as possible.

Swan Hill will continue to be your closest Maternity service, and will be available to you 24 hours a day for advice, assessment and urgent treatment. We continue to be committed to you and your baby's wellbeing.

The contact for 24 hour advice and pregnancy assessment is: 03 50 339 269

Transferring back to Swan Hill District Health for Postnatal Care

SHDH Midwifery Department is renowned for the quality of our postnatal care. If you have birthed at a service outside the region, you are encouraged to transfer back to SHDH Midwifery to complete your recovery and have early parenting and breastfeeding support.

KOORI MATERNITY SERVICES

The **Mallee District Aboriginal Services Koori Maternity Program** provides culturally appropriate maternity care and support for Koori and Torres Strait Islander women.

The aim of the program is to increase access to antenatal care, postnatal support and hospital liaison to improve the health and wellbeing outcomes for Koori and Torres Strait Islander women and their babies. Services provided include:

- Family planning and contraceptive advice;
- Support for women during their pregnancy;
- Referrals into other relevant programs;
- Antenatal and postnatal education and care;
- Liaison with other health care providers;
- Breastfeeding information and support.

Contact: Mallee District Aboriginal Service (70 Nyah Road, Swan Hill) **Phone: 5032 8600**

ANTENATAL CLASSES

Childbirth Education Class (full day)

Childbirth Education Classes are offered to pregnant women and their partner or support person. Facilitated by a midwife, the class focuses on late pregnancy, labour, breastfeeding and early parenting. If you are planning to attend a class you will be booked in by your midwife at your Booking In appointment.

The class is held on the third Sunday of each month from 9am until 4pm, at the SHDH Education Centre (62 McCrae Street).

There is no cost for the class.

To gain further information, contact Midwifery: 5033 9269

ENHANCED ACCESS TO ALLIED HEALTH SERVICES

Dietetics

Good nutrition during pregnancy is critical, both for the developing baby and mum. Nutritional advice from a Dietitian has been shown to improve health outcomes for newborns and mothers. While you are pregnant is a great time to improve your food habits, which can set you and your growing family up with good nutrition for life. A Dietitian can provide nutrition and dietary advice to help meet the extra demands of pregnancy to help give your baby the best start. We can also help manage pregnancy discomforts such as nausea and constipation and ensure the food you eat is safe for you and your growing baby. Pregnant women have a higher risk of developing a food borne illness, so pregnant mothers need to be more cautious about their food choices to keep their baby safe.

You can see a Dietitian at any point throughout your pregnancy. We offer 1-on-1 consultations from Community Health Monday to Friday, and you do not need a referral.

Phone Community Health on 5033 9337 for an appointment

Dental

All pregnant women are eligible for a free initial visit with Swan Hill District Health Dental Services via a referral from a midwife. Poor oral health is not an unavoidable side effect of pregnancy. Maintaining good oral health during pregnancy is important for you and your baby. The hormones that help your pregnancy can affect your gums and teeth. Severe gum disease has been linked to babies being born too early and too small. It's also vital to treat tooth decay in pregnancy to reduce the decay-causing bacteria you can pass onto your baby. Coming in early to get help and advice is the best way to prevent issues. It is safe to visit the dentist while pregnant.

For more information contact SHDH Dental Services on 5033 9336 or speak with your midwife.

ENHANCED ACCESS TO ALLIED HEALTH SERVICES

Physiotherapy

During Pregnancy, women can experience minor or significant musculoskeletal discomfort including back, pelvis and hip pain.

Physiotherapy can help to assess and improve this discomfort.

Labour TENS machines, a drug free pain relief method that can be used during labour are available for hire from 37 weeks of pregnancy. Specialised continence Physiotherapists can also help with any issues you may have with your continence and pelvic floor muscles during the ante and post natal periods. Appointments are available in the outpatient Physiotherapy department and Continence Clinic.

Exercise Physiology

Regular physical activity during pregnancy has numerous potential health benefits. These may include reducing pregnancy related complications such as pre-eclampsia, hypertension and gestational diabetes. It can also assist in minimising excessive weight gain, improving fatigue and stress levels. Our Exercise Physiologist will provide you with education regarding the best form of exercise for you. They can also set you up with an appropriate and safe home exercise program to keep you active throughout your pregnancy.

Phone Allied Health on 5033 9390 for Physiotherapy and Exercise Physiology appointments

BREASTFEEDING

Exclusively breastfeeding for the first 6 months is the best start you can give your baby and is recommended by the World Health Organisation and the National Health and Medical Research Council, the peak body for evidence-based guidelines in Australia. At around 6 months, with the introduction of solids, breastfeeding is recommended to be continued for up to two years of age and beyond.

Breastfeeding can be challenging at any stage but especially in the first few weeks. You need to make up your mind during pregnancy as to how you will feed your child. The vast majority of women, **provided with adequate support**, are able to breastfeed.

There are many benefits of breastfeeding, these include (among others):

- nutritionally correct and adapts to your growing baby
- protection from infection and disease
- convenient
- time saving
- right temperature
- reduction of breast & ovarian cancer risk for mother
- helps in returning to pre-baby weight for mother
- free!

Your midwife will discuss breastfeeding at your Booking In Appointment. You will receive help and support to establish breastfeeding while in hospital and can continue to access breastfeeding support from **Midwifery** up to 6 weeks post birth. You can also access outpatient breastfeeding care from skilled Midwives including a qualified Lactation Consultant at the **Swan Hill District Health Breastfeeding Support Service** - 125 Campbell Street, Swan Hill (home visits also available). Phone 5033 9337 for an appointment. The **Australian Breastfeeding Association** has a 24-Hour Hotline 1800 686 268, and can be contacted for breastfeeding support.

Further Reading:

www.betterhealth.vic.gov.au/health/healthyliving/breastfeeding

www.raisingchildren.net.au/breastfeeding

www.breastfeeding.asn.au

www.bfhi.org.au

Loddon Mallee Region Pregnancy Journey Map

Week 4-6
Missed period,
home pregnancy test.

Week 6-8

GP appointment to confirm pregnancy via urine test. Referral for blood test and if required ultrasound.

Pregnancy and antenatal options discussed, pregnancy counselling available. Discuss possible supplements to support your wellbeing.



Week 12

Ultrasound to confirm due date and early development.

Discussion for screening for genetic conditions.

GP referral to hospital/make appointment to book into hospital.



Week 15-17

Consider antenatal classes if interested, book early to attend.

Initial hospital visit.

Referral for ultrasound at 19-20 weeks



Week 31-32

Education around labour, birth and early parenting.

Week 26-28
Blood test for gestational diabetes - test for 10-12 hours.

First of two doses of Anti D given if RH Negative blood group.

Recommended for third trimester onwards that mother sleeps on her side.



Week 22

Visit to review your ultrasound, baby's heart rate and blood pressure.

Flu and Whooping Cough Vaccines.

Request for the blood test to be done between 26-28 weeks.

Your antenatal pathway may vary depending on your needs.



Week 20

Ultrasound to check all is going well and you may be able to find out the sex of the baby.

Movement Matters website: www.movementmatters.org.au



Week 24

Second Anti D given if RH Negative blood group.

Referral for Ultrasound if having a growth scan at 36 weeks.

Education on perinatal care, GBS swab and tests for your baby.



Week 36

Group B Streptococcus swab (GBS).

Check baby's position is presenting head down.

Ultrasound/Growth if applicable.

Discussion regarding your wishes around the birth and third stage, early parenting time and options to feed your baby.



Week 37

The visits in the last weeks of the pregnancy are tailored to your needs.

Obtain GBS Results.



Week 38-39

Nearly there!



After Baby's Arrival

Day 3-10
Home visit from Midwife.

Day 6-12
Home visit from Maternal and Child Health Service.

6 Week Postnatal
Mother and baby check-up. Blood test.

Week 37-42

Antenatal visits and plan for delivery with your maternity care provider.

Arrival of your baby.



BABY FRIENDLY HEALTH INITIATIVE (BFHI)

Swan Hill District Health is dedicated to becoming a Baby Friendly Health Initiative (BFHI) accredited health service. BFHI is about improving healthcare for babies, their mothers and families. The role of

BFHI is to protect, promote and support breastfeeding based on the 10 Steps to Successful Breastfeeding. These standards ensure all mothers and babies receive appropriate support and up-to-date information during both the antenatal and postnatal period, regarding infant care and feeding.

At SHDH we support all feeding choices.

The TEN STEPS to Successful Breastfeeding

2 STAFF COMPETENCY

Hospitals support mothers to be breastfed by...



3 ANTENATAL CARE

Hospitals support mothers to be breastfed by...



1 HOSPITAL POLICIES

Hospitals support mothers to be breastfed by...



4 CARE RIGHT AFTER BIRTH

Hospitals support mothers to be breastfed by...



5 SUPPORT MOTHERS WITH BREASTFEEDING

Hospitals support mothers to be breastfed by...



6 SUPPLEMENTING

Hospitals support mothers to be breastfed by...



7 ROOMING-IN

Hospitals support mothers to be breastfed by...



8 RESPONSIVE FEEDING

Hospitals support mothers to be breastfed by...



9 BOTTLES, TEATS AND PACIFIERS

Hospitals support mothers to be breastfed by...



10 DISCHARGE

Hospitals support mothers to be breastfed by...





Early Years Online Hub

Early Years Online Hub

Access early years' information and services
within the Swan Hill Local Government Area.

The Early Years Online Hub covers just about everything parents and carers
need to know about raising children.

- 🌸 Early childhood services
- 🌸 Resources and information for families
- 🌸 Playgrounds & family friendly walks
- 🌸 Breast feeding & changing facilities
- 🌸 Services specific to your town
- 🌸 Event listings for young children



www.earlyyearsonlinehub.org.au

A Brief Guide: Digital Mental Health Resources for New and Expecting Parents

HOW CAN DIGITAL MENTAL HEALTH HELP?

Taking care of yourself while parenting during the early years also benefits the wellbeing and emotional adjustment of your baby. While you may be time-poor and lacking a routine, Digital Mental Health services can offer information and support when you need it.

Digital mental health services are programs, tools or applications delivered online or over the phone. These are designed to help Australians of all ages with mild to moderate mental health symptoms. Some services can be used in crisis or as an 'in-the-moment' coping tool, while others are designed as full treatment interventions, with modules to complete over weeks or months. They may be self-driven or practitioner guided and can be used alone or in combination with face-to-face therapy.



DIGITAL MENTAL HEALTH CAN HELP YOU:

For Parents

- Cope with low moods, anxiety, or everyday stress.
- Manage your changing roles, relationships, and identity.
- Access mental health support specifically developed for fathers.
- Cut back or quit smoking, drugs, and/or alcohol.

Also see *A Brief Guide to Digital Mental Health Programs and Resources Brochure*

Parenting Tools

- Build confidence in coping with pregnancy, the birth, and parenting.
- Find parenting tips to assist you in caring for your baby.
- Learn how to work together with your partner as parents.

Crisis Support



Suicide Call Back Service
National 24/7 professional telephone and online counselling for anyone affected by suicide.
suicidecallbackservice.org.au
1300 659 467 (24hrs)



Beyond Blue Support Service
Telephone, online and email counselling for people going through a tough time.
1300 224 636 (24hrs)



Lifeline
24/7 phone counselling, and online crisis support chat available each evening.
13 11 14



1800RESPECT
Phone and online counselling for people seeking help for themselves or someone else in domestic violence situations.
1800respect.org.au
1800 737 732 (24hrs)