Osborne Park Hospital is a Smoke-Free Site

Patients, visitors and staff are not permitted to smoke anywhere in the buildings or grounds.

Staff will help any patients to quit or manage their smoking during their hospital stay.

Contact Us:

Maternity Ward
Osborne Place, Stirling WA 6021

6:00am–10:00pm
Ph: (08) 9346 8000

10:00pm–6:00am
Ph: (08) 9346 8020
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Welcome

Thank you for choosing Osborne Park Hospital to care for you during your pregnancy/birth. This booklet gives details of our services.

For more information, please phone (08) 9346 8000.

Your appointments

You will be attending the Antenatal Clinic in the Outpatient Clinic/Block A at Osborne Park Hospital, Osborne Place, Stirling WA 6021,
Ph: (08) 9346 8010 (see map on page 24).

Please bring this booklet to each appointment (see page 23 for your appointment dates/times). Complete enclosed documents and bring to your first appointment. Please note that the Next of Kin you nominate on the Pre Admission form will be the only person staff can give any details to regarding your well being.

Please remember to:

- Complete enclosed documents and bring them to your first appointment.
- If you have had an ultrasound or blood test prior to attending the clinic, please bring the results to your first clinic appointment.
- Make your next clinic appointment before leaving the clinic or notify the receptionist if one is not required.
- You will need to provide a urine sample at your clinic appt. Urine can be collected in a clean, screw top jar. A jar can be purchased from the chemist.
- Please notify the receptionist of any change of address, phone numbers or name changes.

If you need medical attention before your first appointment, please see your GP or attend KEMH Emergency Department.
Antenatal care

Osborne Park Hospital (OPH) is a public hospital with male and female staff. Clients are seen according to medical need. NOTE: we cannot guarantee the availability of female caregivers.

Clinics are held:

**Tuesday** morning

**Wednesday** morning

**Thursday** morning and afternoon

When attending clinic, you may be seen by either a:

- Consultant
- Registrar
- Resident
- Midwife

Depending on your allocation, you may experience varying waiting times.

*Please note your waiting time in the antenatal clinic may be 1-3 hours*

Clinic Medical staff may have to attend Maternity inpatients. This may affect your waiting time.

Clinic staff will endeavour to notify you if delays are occurring. Although we cannot advise you what time you will be seen, we can check where your chart is in your particular ‘queue’.

Maternity Unit tours

Organised tours of the Maternity Unit/Block B are held each Sunday at 3:00pm, starting from the Main Hospital Reception. No booking required.
Educational and exercise classes

Please book your classes at your first appointment.

A range of classes are available. They are held in the Activities Room, OPH Rehabilitation Unit/Block F (see map) unless otherwise stated.

Most classes require booking. Phone the Antenatal Clinic receptionist on (08) 9346 8010 and please book early as classes fill quickly. Bring your information booklet and preferably a drink and snack to classes.

Early bird class from 12–20 weeks of pregnancy: held once a month. A midwife, dietitian and physiotherapist provide information on early pregnancy, diet, back care and exercise.

Birth preparation classes from 30 weeks of pregnancy:
Monday and Wednesday 4 consecutive evening classes 6.15-8.30pm
Saturdays 2 consecutive morning sessions 9am-12.15pm or 2 consecutive afternoon sessions 1.30-4.30pm available with a midwife and physiotherapist. The physiotherapist content includes relaxation, breathing techniques and partner support.

Class 1  Pregnancy, antenatal care and the first stage of labour and coping strategies.
Class 2  Second and third stage of labour.
Class 3  Breastfeeding, diet and baby massage.
Class 4  Labour rehearsal in birth suite and introduction to our maternity unit’s research and other programs.

Refresher class: a two-hour update class, which includes a Maternity Unit tour, is available (Monday morning once per month 9:00-11:00am) with a physiotherapist and midwife for those who attended antenatal classes during their first pregnancy.
Breastfeeding class: a Lactation Consultant holds a breastfeeding class in the Outpatient Clinic/Block A for pregnant women. Bookings are essential from 34 weeks. Contact Outpatient Clinic on (08) 9346 8010 for class dates and time.

Healthy pregnancy exercise classes: conducted by a physiotherapist every Tuesday 3:30pm–4:30pm to help you enjoy a fit and healthy pregnancy. Classes commence after 14 weeks of pregnancy. You need a consent form (available in the Antenatal Clinic before you start the exercise class) signed by your doctor. NO BOOKING REQUIRED.
Transcutaneous Electrical Nerve Stimulation (T.E.N.S.) class: T.E.N.S. is a low voltage electrical pulse machine used for labour pain. See calendar in Antenatal Clinic for class dates. Physiotherapists hold classes each month on Friday mornings, in the Outpatient Clinic/Block A. Hire details available from physiotherapist. NO BOOKING REQUIRED

Postnatal exercise class: an exercise group run by a physiotherapist for mothers after your six-weekly postnatal check-up, to help you return to normal after the birth of your baby. Bring your baby with you, feed and change as necessary. Phone 93468439 to book as numbers limited

Times and Venues:
Tuesday 9:30–10:30am Hainsworth Leisure Centre
Hainsworth Avenue, Girrawheen
Wednesday 9:15–10:15am Karrinyup Community Centre
and 10:30–11:30am Karrinyup Shopping Centre, Karrinyup

Physiotherapy
In addition to exercise classes during and after pregnancy, physiotherapy treatment is available Monday to Friday in the Maternity Ward/Outpatient departments for these problems after birth:

- Cracked nipples
- Painful episiotomy or tears
- Pain during/after sexual intercourse
- Swollen haemorrhoids (piles)
- Incontinence — bladder or bowel.

After your discharge home, phone (08) 9346 8100/8439 to book an appointment with the Women’s Health Physiotherapist. Patients only accepted for Physiotherapy treatment after 6 weeks who live in within Hospital catchment area. GP referral required.
Dietitian

Nutritional counselling is available to women throughout their pregnancy and the postnatal period. You can contact the dietitian directly on (08) 9346 8128 or make an appointment through your Antenatal Clinic midwife. If you are above the healthy weight range for your height, the clinic midwife will arrange an appointment with the dietician for you. OPH has a weight restriction policy for accepting women for maternity care — you will not be accepted for care if: =>120kgs or BMI=>40. Gestational Diabetes Dietitian only available Thursday afternoon 1.30pm.

Social work

The Social Work department provides a service to patients and their families who attend the Osborne Park Hospital Women’s and Newborn Service. You can request a referral to a social worker through your doctor or the Antenatal Clinic, or contact the social workers directly on (08) 9346 8165 Monday to Friday to arrange an appointment. Social workers provide supportive counselling and/or access to community resources regarding:

- Adjustment to pregnancy and childbirth.
- Relationship difficulties with your partner, parents, children or others.
- Assistance and referral for substance abuse issues.
- Practical, financial and legal issues.
- Options for parenting support after the birth of your baby/babies.
Pregnancy ultrasound

Osborne Park Radiology Service is located in B Block. To make an appointment phone (08) 9346 8150. Anatomy Ultrasounds are ideally performed in the 19th week of pregnancy if you have not had this ultrasound prior to your booking appointment at OPD a request form will be organised for you at this appointment. If your appointment at OPD is after the 19th week please attend your GP to organise the ultrasound. All other ultrasounds are done on a needs basis they are not done to determine the sex of the baby, videotaped or DVD recorded.

Negative blood group

If your blood group is Rhesus negative you will need a blood antibody screen test between 26–28 weeks and Anti D (Rh Immunoglobulin) injections at 28 weeks and 34 weeks of pregnancy. After the birth of your baby, cord and maternal blood is collected for testing. If your baby has a positive blood group you will require an injection of Anti D. For further information, please ask your doctor or midwife.
When You Go To Hospital

What to bring to hospital

For yourself:
- A night gown/t-shirt or similar to wear in labour.
- CD/iPod docking station and radio supplied.
- Aromatherapy oils. We supply burners and a small selection of oils.
- A change of clothes for after the birth and comfortable underwear.
- Comfortable day/night wear e.g. tracksuit, loose clothing and briefs.
- Nursing bras and breast pads.
- Dressing gown and slippers.
- Toilet articles i.e. soap, toothbrush, toothpaste, comb etc.
- Three packets of sanitary pads (large ones), no tampons.
- Tissues, biro/pen and coffee mug for our café bar.
- Hand-held mirror.
- Mobile phones can be used in certain areas as signposted. PLEASE consider others and use vibration mode instead of ring tone.

Hot water bottles are NOT used in the hospital. Hot packs are available.
For your baby:
- Soap and soap container or baby bath solution.
- Two packets of cotton wool balls/squares or baby wipes. If using cotton wool, bring a small container to hold water.
- Bring your own clothes for your baby to wear in hospital if you wish.
- You are responsible for your own clothing items.
- Please bring clothes for your baby to wear home.
- If you plan to formula feed, you must bring in your own bottles, a bottlebrush and formula. Ensure this is newborn formula.
- Your car will need to have an approved car seat or capsule fitted for your journey home. The Antenatal Clinic has information on child car restraint fitting and checking.

What the hospital supplies:
- Clothing for your baby and bath towels for you and your baby.
- A packet of 18 disposable nappies. Cloth nappies are available.
- You must supply nappy pins if you choose cloth nappies.

Hospital linen and equipment must not be taken home.
When You Go To Hospital

When to come into hospital

Please phone before you come into hospital on (08) 9346 8000 (6:00am–10:00pm) or (08) 9346 8020 (10:00pm–6:00am). Midwives are always available to take your call.

Contact us if you have:

- any concerns related to your pregnancy.
- any blood loss from your vaginal area, or your membranes/water breaks.
- a severe headache and/or visual disturbances e.g. blurred vision.
- intense abdominal pain that is not easing.
- noticed your baby is not moving enough. You should have a minimum of 10 movements per day.

If you screen positive for Group B Streptococcus you will need to come into hospital for antibiotic therapy when your labour commences.

Are you in labour?

Labour can begin differently for each woman. Several things may happen to make you think you might be in labour or that you should come in to hospital. You may have a ‘show’ — this is a jelly like loss from the vagina. If you have no contractions you are NOT in labour and do not need to come into hospital.

In true labour, contractions are regular regardless of your position. They get closer together and each contraction becomes longer. For example, they may start 15 minutes apart and last for 20 seconds. As your labour progresses the contractions get close — five minutes apart — and last for 50 seconds. Usually by this time you have been in contact with a hospital midwife who will advise you and may suggest you come into hospital for assessment.

Parking

Free 3-hour parking is provided for all visitors. Should longer parking be required during the labour period, your ‘support person’ can obtain a parking permit from the Clinical Nurse Manager/After Hours Nurse free of charge.
Admission to hospital

When you come into hospital, a midwife and/or doctor will see you to check your progress. If you are in early labour, and you and your baby are well, you may be allowed home; otherwise you will be admitted to a birth suite or to the Maternity Ward.

Booked admission

Admission to the maternity unit for induction of labour is between 6:30am on the day of induction. Please have a light breakfast e.g. coffee/tea and toast before you come in.

Prostin’s/Foley catheter induction: you will be advised of admission time.

Elective caesarean sections: you will be advised of admission time. You are usually admitted on day of surgery.

Birth suite

Support people

Support people are welcome to join you in the birthing suite during your labour. Although please note, space can be limited, admittance will be at the discretion of the staff.

If you are having an epidural caesarean section, ONE support person may go to theatre with you. If you have a general anaesthetic and want a support person to attend, discuss this with the attending doctor/anaesthetist.

Children are not encouraged in the birth suite. However, if your children accompany you, they must have someone dedicated to their care. Nursing staff cannot baby-sit. Bring games/books etc, and a sleeping bag or similar if in the evening.

Meal tickets: While you are in the birth suite, your support person can purchase a hospital meal ticket from the front reception/cashier. The order must be placed by 10:00am for lunch and 3:00pm for an evening meal. Please ask your midwife for ordering details.
Cameras

Cameras (non-video) may be used in the birth suite and theatre. Video cameras are NOT permitted in the birth suite or operating theatre during labour. This includes the use of video features on mobile phones. They may be used in the birth suite after the birth.

Feeding your baby

Osborne Park Hospital staff promote breastfeeding

We will support and respect whatever feeding method you choose. If your choice is to breastfeed, we will assist you using the Ten-Step guidelines endorsed by the World Health Organisation and UNICEF. These are:

1. We have a written breastfeeding policy. You are welcome to read this.
2. All health care staff are trained to implement the policy.
3. We inform pregnant women about the benefits and management of breastfeeding.
4. We help mothers initiate breastfeeding within half an hour of the birth.
5. Mothers are shown how to breastfeed, and how to maintain lactation even if separated from their baby.
6. Newborn babies are given no food or drink other than breast milk, unless medically indicated.
7. The hospital practises rooming-in, allowing mothers and babies to remain together 24 hours a day.
8. We encourage breastfeeding on demand.
9. Breastfeeding infants are not given artificial teats or dummies.
10. We foster breastfeeding support groups and refer mothers to them on discharge from hospital.
Class available with a Lactation consultant (see page 22 for venue and booking details).

Your midwife will assist you to breastfeed soon after your baby’s birth. Correct positioning is the key to successful breastfeeding.

During the first few days your breasts produce colostrum, which is high in antibodies and calories and beneficial to your baby’s health. Your baby’s stomach is about the size of a jelly bean and the colostrum you produce is adequate.

Breastfeeding works on supply and demand. Every time you feed your baby your breasts are stimulated and more milk is produced. Your baby may feed frequently during the first few days after birth. Feeding every one or two hours, particularly during the night, is normal.

Antenatal preparation of the nipples is not necessary. Breastfeeding mothers often experience tender nipples in the first couple of weeks; this is only temporary. We do not advise that you purchase breast pumps or nipple shields, unless you have discussed this with a midwife.

If your baby is given milk formula it will interfere with your milk production and upset the natural healthy bacteria in your baby’s gut. If formula is requested or required you will be asked to complete a consent form.

**Formula feeding**

*Should you choose to formula feed* your baby/babies, please remember to bring the formula, bottles and bottle brush into hospital
with you. The formula must be for a newborn. Currently we use hot water and detergent to clean infant feeding equipment, rather than chemical disinfection.

Remember, experienced midwives are available 24 hours a day to assist you establish the feeding method of your choice. Basic parenting skills will also be discussed as required during your stay.

**Baby identification**

Wrist and ankle bands are used to identify your baby/babies. These are placed on babies after birth and checked at least once each day. Staff working in the maternity ward wears yellow identification nametags. Ask your midwife for further information. Please do not allow anybody to take your baby if they are not wearing the correct ID tag. Please ask your midwife to replace any bands that fall off.

To assist us to maintain a secure environment, please do not carry your baby in your arms or take your baby from the ward area. Ensure you baby is not left unattended at any time.

**Vitamin K administration**

After birth we recommend giving Vitamin K, to help prevent bleeding disorders. This can be given by injection or by mouth. The preferred method is by injection.

**Newborn screening tests**

The Guthrie blood-screening test is conducted on all babies born in Australia to detect for metabolic disorders and cystic fibrosis. Blood is obtained from the baby’s heel. You will only be notified if further testing is required.

A newborn hearing-screening test is conducted on all babies on the second day after birth.
**Immunisation**

Hepatitis B vaccination is available and recommended for all babies as part of the Commonwealth immunisation program.

**Rooming in and co-sleeping**

Your baby/babies will remain in your room, in a cot by your bedside. We strongly discourage babies sleeping in bed with mothers.

**Dummies**

We do not supply dummies at Osborne Park Hospital. It is not advisable to give a baby a dummy while breastfeeding is being established, in the first six weeks. The sucking action on the breast and dummy is different and can cause confusion. Prolonged sucking on a dummy or teat may cause orthodontic problems.

Dummies should be cleaned between uses, preferably with hot water and detergent, to reduce the possibility of thrush and gastroenteritis. Once cleaned, store dummy in the coldest part of the fridge when not in use.
Birth registration

Parents must register the birth of their child within 60 days of birth. The birth information paper and the claim for family assistance/maternity payment form will be given to you within 48 hours of the birth of your baby.

Post the birth information paper to:
Registrar of Births, Deaths and Marriages
PO Box 7720
Cloisters Square
PERTH WA 6850

Your claim for family assistance/maternity payment form may be lodged at any Family Assistance Office. These are located in Medicare and Centrelink offices. Only one copy of this form can be issued.

Visiting Hours

Visiting hours for maternity patients are 8:00am–1:00pm and 3:00–8:00pm.

REST PERIOD IS 1:00–3:00PM. PLEASE, NO VISITORS! THIS INCLUDES PARTNER/SUPPORT PERSON.
Accommodation
Following the birth of your baby/babies you will be transferred to the postnatal ward. There is NO accommodation available for your partner/support person in the postnatal ward.

Baby photograph service
At your request, a professional photographer will take pictures of your baby. You can purchase these from the photographer.

Buffet breakfast
A buffet breakfast for patients is available in the ward lounge area between 7:00–9:00am daily.

Hot drinks
You can help yourself to hot drinks from our Café bar in Ward 1 lounge as desired. Please remember to bring your own mug.

Feedback
Suggestion boxes are available throughout the hospital. For your convenience, there is one in the Antenatal Clinic and one in the Maternity Ward. We look forward to receiving your suggestions. Survey questionnaires are also used, if you receive one please complete, as we welcome any information that will improve our service.

Snoezelen room
A multi-sensory relaxation room is now available for maternity patients. Ask your midwife for further information.
Café and shop

Café Osborne, a café staffed by volunteers is located on the Ground Floor. It is open Monday to Friday 9:00am–4:15pm, Saturday & Sunday 11:30am–3:00pm.

The café provides snacks, tea and coffee, confectionery, ice creams, toiletries, nursery supplies, newspapers and magazines. Monday to Friday, volunteers tour the wards with a trolley offering a limited selection of goods.

Mail/flowers

Mail and flowers are delivered to your room.

Phones

A coin operated Internet Kiosk is available in the Waiting Room Front Reception/Block B.

Bedside phones are available by all beds. You can register to use one. Initial credit is provided and a phone hire representative collects monies owing before you leave hospital.

Mobile phones may be used in the ward area, excluding Rooms 11, 14 and birth suite. Mobile signals may affect electronic equipment. PLEASE respect other women and restrict the use of mobile phones to reasonable hours. If possible use vibration mode if available, especially at night and during rest period.

Television

Wall-mounted televisions for hire are available by all beds. You can make a phone call to activate the service. A TV hire company representative visits the hospital daily regarding payment and queries. One channel with general hospital information is available free of charge.
Home care midwifery program

If you qualify for home visiting regardless of the time you go home, you will be visited at home the next day. Home care midwives will visit you for two consecutive days and then advise you if further visits are required. Please contact the HCMP midwife between 8:15–9:00am on (08) 9346 8000 if you are not available for a visit.

An interview with a midwife at the Antenatal Clinic will explain our home visiting program. We usually see you from 34 weeks if you miss this interview the home care midwife will see you in the maternity ward.

If you live outside our visiting area you will be given information for follow up care when discharged from hospital.

All patients need to discuss with your midwife your plan for going home, as it will need to be organised. You will need to be seen by a midwife and possibly a doctor before leaving. Providing you and your baby are well, you will be expected to go home:

- within three days (vaginal birth)
- within four days (caesarean section).

Going home six hours after birth is also available.

The day you go home

Discharge time is 10am. After 10am you may be asked to wait in the DAY ROOM, if your bed is required.

You will need clothes for yourself and clothes for your baby to wear home. Hospital linen and equipment MUST NOT be taken home. An approved baby car seat must be fitted into your vehicle before baby goes home — this is the law. Please ensure an approved installer has fitted or checked the restraint.
Breastfeeding

If you have any concerns about breastfeeding following the birth of your baby contact your Community Health Nurse, Lactation Consultant or the Australian Breastfeeding Association. See phone book for numbers.

Community Nurses

Community nurses working in child health centres provide ongoing support throughout the different stages of parenting. They have specialised expertise in helping parents to care for babies and young children to school age, monitoring their progress and development.

They offer a link between hospitals and the community, working in cooperation with your family GP and other health professionals if necessary. Group and individual counselling is offered if needed.

The address of your nearest community nurse will be in your child health book.

Coffee mornings

You, your baby and partner are warmly invited to come back to OPH for a cup of coffee and a catch up chat.

WHERE: Lounge Room Maternity Ward 1
WHEN: 1st Friday of each month
TIME: 9:30–11:30am

You’ll meet guest speakers, midwives and social workers. If you require more information phone (08) 9346 8020. A gold coin donation would be greatly appreciated. Please note, no crèche is available for older children.

Information in this booklet was reviewed in June 2010 by: the Women’s and Newborn Services Clinical Nurse Manager, Antenatal Clinic Midwives, Homecare Midwives, Staff Development, Social Workers, Physiotherapist, Public Relations Officer and Community Advisory Committee Members.
Educational/exercise classes

VENUE: Physiotherapy Activities Room, Rehabilitation Unit, Block F (unless otherwise stated). Book your classes with our Reception staff Block A.

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Early bird:

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Antenatal classes:

1. 
2. 
3. 
4. 

Refresher class:

1. 

Breast-feeding class with a Lactation Consultant (Block A OPD)

1. 

Notes:

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Interpreter sticker

ID Label
Antenatal Clinic Appointments

VENUE: Outpatient Clinic/Block A at Osborne Park Hospital
Phone: (08) 9346 8010

- If you cannot keep this appointment PLEASE notify us as soon as possible.
- If the answer machine is on, PLEASE leave your name and number for us to return your call.
- **IMPORTANT** if you give birth at another hospital please notify the Antenatal Clinic OR if you plan to transfer to another hospital to have your baby/babies please notify us.

- Appointment may take 1-3 hours

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Osborne Park Hospital — Facilities

Spacious birth suites

Birth suite ensuite

Birth suite visitor areas

Birth suite nursing station

Relax in OPH’s unique ‘Snoezelen’ room

Relaxation bath suite