

# **OSBORNE PARK HOSPITAL INFORMATION GUIDE FOR MATERNITY PATIENTS**

Osborne Park Hospital  
Osborne Place, Stirling WA 6021  
Phone Maternity Ward:  
6 am - 10 pm: 9346 8000  
10 pm - 6 am: 9346 8020

## **INDEX**

### **WELCOME**

Your appointments

### **ANTENATAL SERVICES**

Antenatal medical care

Maternity unit tours

Educational classes

Dietitian

Social work

Pregnancy ultrasound

Negative blood group

### **WHEN YOU GO TO HOSPITAL**

What to bring

When to come into hospital

Admission to hospital

Booked admission

Birth Suite

### **DURING YOUR HOSPITAL STAY**

Feeding your baby

Baby identification

Vitamin K administration

Rooming in

Newborn screening test

Immunisation

Dummies

Birth registration

Visiting hours

### **HOSPITAL SERVICES**

Accommodation

Baby photograph service

Buffet breakfast

Feedback

Kiosk

Mail/Flowers

Photographs

Snoezelen room

Telephones

Television

### **GOING HOME**

Home visiting program

The day you go home

Coffee mornings

Community nurses

## WELCOME

Thank you for choosing Osborne Park Hospital to care for you during your pregnancy/childbirth. This booklet gives details of our services. If you need more information, please phone the hospital on 9346 8000 at any time.

## Your appointments

You will be attending the Antenatal Clinic in the Outpatient Clinic/Block A at Osborne Park Hospital, Osborne Place, Stirling WA 6021 (phone 9346 8010) - see Map.

Please bring this booklet to each appointment. If you require medical attention before your first booking appointment please see your GP or you may attend KEMH emergency department.

Appointments may take from 1 to 3 hours. 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 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.
- Bring a urine specimen with you every time you come to clinic. Urine can be collected in a clean screw top jar. Jar can be purchased from chemist.
- Please notify the receptionist of any change of address, telephone numbers or name changes.

## ANTENATAL SERVICES

### Antenatal Medical Care

Osborne Park Hospital is a public hospital with male and female medical staff. A consultant, registrar, resident doctors and midwives provide patient care in the clinic. Clients are seen according to medical need. While every effort is made to accommodate requests for female caregivers, we cannot guarantee their availability. **Unless you are a private patient, there is NO choice of doctor.**

### 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 bookings required.

### Educational Classes

A range of classes is available. Most of the classes are held in the OPH Rehabilitation Unit, Block F Activities Room (see map).

#### ANTENATAL CLASSES

Please book early through the antenatal clinic receptionist (telephone 9346 8010) as classes fill quickly. Please bring this information booklet to classes. We also recommend that you bring a drink and snack with you.

**Earlybird class from 12-20 weeks of pregnancy** is held once a month. A midwife, dietitian and physiotherapist provide information on early pregnancy, diet, back care and exercise.

**From 30 weeks of pregnancy**, classes are available with a midwife and physiotherapist. The physiotherapist offers suggestions regarding relaxation, breathing techniques and partner support. Classes are held Monday and Wednesday evenings from 6.15pm to 8.30pm or Saturday mornings 9.00am to midday.

CLASS ONE - Pregnancy, antenatal care and the first stage of labour.

CLASS TWO - 2nd and 3rd stage of labour. Pain relief and labour.

CLASS THREE - Different deliveries, breastfeeding and diet.

CLASS FOUR - A conducted tour of the maternity ward and birth suite, and introduction to research and other programs conducted in our maternity unit.

**Refresher Class:** If you have attended the antenatal classes during your first pregnancy an update two-hour class is available. It is held in the Rehabilitation Unit Block F. A physiotherapist and a midwife conduct the class, which includes a maternity unit tour.

### **PREPARATION FOR PARENTHOOD CLASSES**

A community health nurse conducts a set of 4 classes on Tuesday evenings 7pm to 8.30pm in the Rehabilitation Unit Block F. Topics include: nursery needs; safety; baby development; baby behavioural patterns; and parent resources. **NO BOOKINGS REQUIRED.** Calendar dates for classes are available in antenatal clinic.

### **BREASTFEEDING CLASS**

A Lactation Consultant conducts a class on breastfeeding in the Outpatient Clinic Block A for pregnant women. **Bookings are essential at 36 weeks.** Phone Greenwood Community Health centre on 9447 9482 for the class dates and time.

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 Telephone book for numbers.

## **Physiotherapy**

The physiotherapy department at Osborne Park Hospital offers you a comprehensive service throughout your pregnancy and postnatal period.

**Healthy pregnancy exercise classes:** held in the physiotherapy department in the Rehabilitation Unit Block F every Tuesday 3.30pm to 4.30pm and includes time for relaxation. **NO BOOKING REQUIRED.** Classes commence after 14 weeks of pregnancy. Your doctor needs to complete a consent form, available in the antenatal clinic, before classes commence.

**Transcutaneous Electrical Nerve Stimulation (T.E.N.S.) class:** T.E.N.S. is a low voltage electrical pulse machine that can be used to ease pain. See calendar in antenatal clinic for class dates. Class held in Outpatient clinic Block A.

**Postnatal Exercise Class:** held every Thursday 3.30 pm to 4.30 pm and may be followed by an educational talk or baby massage. Class held in Rehabilitation unit Block F.

**Advice and treatment:** After your baby is born the women's health physiotherapist will give you advice on exercise and back care in the maternity ward. Some women find that they need extra care for engorged breasts, pelvic floor weakness and perineal discomfort. The women's health physiotherapist is available for individual treatment - telephone 9346 8059 for an appointment. If treatment is required after six weeks post delivery a referral is required. If you are unable to keep your appointment please notify the physiotherapist, as there is a waiting list of patients.

## **Dietitian**

Dietetic services are available for nutritional counselling to women throughout pregnancy and the postnatal period. You can contact the dietitian directly on 9346 8128 or make an appointment through your antenatal clinic midwife. If you are above the healthy weight range

for your height an appointment to the dietitian will be organised for you by the clinic Midwife. OPH has a weight restriction for accepting women for maternity care. Women who weigh 120 kg or more are not accepted for care.

## **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. To have contact with a social worker, you can request a referral through your doctor or the Antenatal Clinic, or contact the social workers directly on 9346 8000 to arrange an appointment. Social workers are able to provide support and counselling regarding:

- Adjustment to pregnancy and childbirth.
- Information about community resources.
- Relationship difficulties with either your partner, parents, children or others.
- Substance abuse issues.
- Information to assist with practical, financial and legal issues.
- Options for assistance after the baby/babies is born.

## **Pregnancy ultrasound**

At Osborne Park Hospital an anatomy ultrasound is done at 19 weeks of pregnancy. All other ultrasounds are on a needs basis and would be discussed with you at the time of request. Ultrasounds are not done to determine the sex of the baby or videotaped. A request form will be given to you to attend SKG Radiology Department at Osborne Park Hospital Block B with instructions to follow for your appointment. The antenatal clinic staff can make the appointment for you, or you can ring SKG Radiology on 9346 8150 or 9346 8236 to make your appointment.

## **Negative blood group**

If your blood group is Rhesus negative you will be required to have blood tests during your pregnancy to check for antibodies. After the birth of your baby, cord and maternal blood is collected for testing. Ask your doctor or midwife if you require further information. If your baby has a positive blood group you will require an injection of Anti D. For women having their first baby an injection of Anti D is given at 28 and 34 weeks of pregnancy.

## **WHEN YOU GO TO HOSPITAL**

### **What to bring to hospital**

#### **FOR YOURSELF:**

- A Nightie/T-Shirt or similar to wear in labour
- CDs/Tapes for use in birth suite. CD/Tape player/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, briefs.
- Nursing bras and breast pads.
- Dressing gown and slippers
- Toilet articles i.e. soap, toothbrush, toothpaste, comb etc.
- 3 packets of sanitary pads (**large ones**), no tampons.
- Tissues, biro/pen.
- Change for telephone or a phone card.
- Mobile phones can be used in certain areas as sign posted. PLEASE consider others and use vibration mode instead of ring tone.
- Coffee mug for our cafe bar.

#### **FOR YOUR BABY:**

- Soap and soap container or baby bath solution.

- 2 packets of cotton wool balls or baby wipes. If using cotton wool, bring a small container to hold water.
- 1 packet of cotton buds.
- Bring in your own clothes for your baby to wear in hospital if you wish. You are responsible for your own clothing items.
- If you plan to formula feed, you must bring in your own bottles and formula - ensure this is for a newborn.
- **Please bring in clothes for your baby to wear home.**
- Your car will need to have an approved car seat or capsule fitted for your journey home.

#### **WHAT THE HOSPITAL SUPPLIES :**

- Clothing for your baby and a towel 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 to come into hospital**

Please telephone 9346 8000 (6am to 10pm) or 9346 8020 (10pm to 6am) if you think you might be in labour or that you should come into hospital. **A midwife is always available if you have any questions or concerns.**

#### **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 do have this loss but you are not having any contractions, then you are NOT in labour.

**In true labour** contractions are regular, 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 closer - 5 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.

**If you have any blood loss from your vaginal area, or your membranes/water breaks, PLEASE telephone the hospital immediately for advice.**

### **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 either the birth suite or maternity ward.

### **Booked admission**

Admission to the maternity unit for induction of labour is between 6.30am and 7am on the day of induction. Please have a light breakfast, eg. coffee/tea and toast before you come in.

For prostins/cervidil induction: you will be advised of admission time.

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

### **Birth suite**

#### **SUPPORT PEOPLE**

You choose the support people you would like to share your birthing with. Please keep the number of people within reason.

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 birth suite, if your support person wishes to purchase a hospital meal, tickets can be purchased from front reception/cashier. The order must be placed by 10am for lunch and 3pm for an evening meal. Please ask your midwife for ordering details.

## **CAMERAS**

Cameras (non-video) may be used in birth suite and theatre. Video cameras are NOT permitted in birth suite or operating theatre during labour. They may be used in the birth suite after the birth.

## **DURING YOUR HOSPITAL STAY**

### **Feeding your baby**

**Staff at Osborne Park Hospital promote breastfeeding.**

Breastfeeding should ideally be initiated in the first half hour of life; your midwife will assist you soon after birth. Correct positioning is the key to successful breastfeeding.

Your baby's stomach is about the size of a date and the colostrum you produce in the first few days is adequate. Colostrum is high in antibodies and calories and beneficial to your baby's health.

Breastfeeding works on a supply and demand basis, so 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 one-two hourly, 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 and bottles 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. Ask your midwife for further information.

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 wear YELLOW

identification name tags. Please do not allow anybody to take your baby if they are not wearing the correct ID tag.

A computer generated baby tracking system operates in our maternity unit. **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.**

## **Vitamin K administration**

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

## **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**

Your baby/babies will remain in your room. Should you wish to leave your baby/babies in the nursery for a short time, please arrange this with your midwife.

## **Dummies**

**We do not supply dummies at Osborne Park Hospital.**

If you choose for your baby/babies to have a dummy, you need to sign a consent form.

Note that if you plan to breastfeed, it is advisable not to give a baby a dummy in the first 48 hours. The sucking action on the breast and dummy is different and can cause confusion for your baby. Also, while a baby is sucking at the breast, more milk is being produced. Your milk supply may be reduced when your baby sucks a dummy for long periods.

Dummies should be cleaned between use, 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.

Always check that the rubber is not broken or cracked as this can lead to choking. **Prolonged sucking on a dummy or teat may cause orthodontic problems.**

## **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.

Send 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.

## **Visiting Hours**

Visiting hours for maternity patients are 8.00 am - 1.00 pm and 3.00 pm - 8.00pm.  
Rest period between 1.00pm to 3.00pm Please **No** visitors.

## **HOSPITAL SERVICES**

### **Accommodation**

Following the birth of your baby/babies you will be transferred to the postnatal ward. There is **NO** accommodation available for your husband/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 lounge area of ward between 7.00am and 9.00am every morning.

### **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. Bedside questionnaires are regularly distributed to gather information.

### **Kiosk**

A kiosk staffed by volunteers is located on the ground floor. It provides snacks, tea and coffee, confectionery, ice creams, toiletries, nursery supplies, newspapers and magazines. Trading hours are posted on the kiosk door. Monday-Friday volunteers tour the wards with a kiosk trolley offering a limited selection of goods.

### **Mail/flowers**

Mail and flowers are delivered to your room.

### **Snoezelen room**

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

### **Telephones**

Public telephones are situated in the corridor of the maternity unit/ward one and front reception/main entrance

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.

If you are in a private room and use a hospital phone, an account will be generated for calls made. There is no hire fee.

## Television

A bedside television can be hired. A representative of the TV company visits the wards each day to arrange rental. Two channels, F1 with general hospital information and F2 educational video channel, are available free of charge.

## GOING HOME

### Home visiting program

You will meet our home-visiting midwives at the antenatal clinic at 36 weeks of pregnancy. Following your baby's birth you will be encouraged to join our home care midwifery program which ensures you receive professional care and support from visiting hospital midwives in your own home. If you live outside our visiting area you will be given information for follow up care when discharged from hospital.

Providing you and your baby are well you will leave hospital within 3 days, or 4 days following caesarean section. You will be visited at home the next day regardless of the time you go home. Home care midwives will visit you for two consecutive days and then advise you if further visits are required.

### The day you go home

If possible arrange to leave the maternity unit between 10 am -11 am. Should you be unable to leave hospital by 11 am 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 the restraint.

## 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 one

WHEN: 1st Friday of each month

TIME: 9.30am-11.30am

You'll meet guest speakers, midwives and social workers. For further information phone 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 January 2006 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.*

**ANTENATAL CLASSES**

**VENUE: Rehabilitation Unit Block F, Physiotherapy Activities Room**

**EARLY BIRD CLASS**

DATE..... TIME.....

**ANTENATAL CLASSES**

DAY	DATE	TIME
1. ....		
2. ....		
3. ....		
4. ....		
OTHER.....		

**REFRESHER CLASS**

DATE..... TIME.....

**APPOINTMENTS**

**DIETITIAN**

DATE..... TIME.....

**PHYSIOTHERAPIST**

DATE..... TIME.....

**DIABETES EDUCATION**

DATE ..... TIME.....

**OTHER:**

## **ANTENATAL CLINIC APPOINTMENTS**

**VENUE: Outpatient Clinic Block A at Osborne Park Hospital**

**Telephone: 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.

**DAY                      DATE                      TIME                      WEIGHT                      URINALYSIS**

**ID Label**

This booklet is available in other formats on request.

(Dept of Health logo)

(OPH logo)

**Printed March 2006**