



HUTTmaternity

Hutt Valley Maternity Care

**Combined Antenatal Diabetes &
Secondary Care Obstetrics Team
HVDHB**

Information for women

Introduction

Welcome to the Hutt Valley District Health Board (HVDHB) Combined Antenatal Diabetes and Secondary Care Obstetric Team (AND). This service has been set up to meet the needs of women with pre-existing and gestational diabetes, who are recognised as needing specialist Obstetric and Diabetes management. Your Lead Maternity Carer (LMC) or General Practitioner (GP) has referred you to our service.

The Team

Our team consists of a Specialist Obstetrician who is supported by Registrars and a Midwife employed at HVDHB, an Endocrinologist, or specialist in diabetes care, Diabetes Nurses, and Dietician. We may also use the support of the hospital social workers, physiotherapist and lactation consultants.

Your pregnancy care may in some instances be transferred to the Combined AND/Secondary care Team. They will become your LMC and have clinical responsibility for your pregnancy, labour and postnatal period. This would be the case if you have Pre-existing Diabetes (Type 1 or Type 2) or if you have Gestational Diabetes and are being treated with insulin. If you already have an LMC midwife, and it is recommended that your care be transferred to the AND/Secondary Care Team, there should be a discussion between

yourself, the midwife and the team as to whether your midwife continues to provide midwifery care under the guidance of the Team.

If you develop Gestational Diabetes (diabetes diagnosed in pregnancy) and this is able to be managed with dietary measures and exercise, the responsibility for your pregnancy care will remain with your LMC midwife who can refer to the Secondary Care Obstetric team if there are any concerns. You will be seen regularly by the AND team regarding your diabetes control.

If you have a Private Specialist Obstetrician as your LMC they will continue to be your LMC supported by the Antenatal Diabetes Team, but you will not need to see the Secondary Care Obstetric Team.

Midwifery Care for those women booked under Secondary Care Team

There is a HVDHB employed midwife attached to the Combined AND/Secondary Care team. She is responsible for coordinating your clinic appointments and is available to answer any questions you may have. However since time for midwifery input is limited within the clinic, the hospital Primary Midwife team can provide home visits during pregnancy to discuss your labour and birth options plus other important issues including feeding.

One midwife will see you regularly to monitor both you and your baby at home and support you to make informed choices and discuss nutrition, healthy lifestyle choices, smoking cessation and also help you prepare for your labour and birth, and life with a new baby. The midwife will discuss all your options for birth depending on your individual needs. As far as possible we try to offer continuity of care throughout your pregnancy with this midwife

Clinics

These are held in Suite 2 Outpatients on the Ground floor near the main entrance on a Thursday morning. You will usually be seen by the endocrinologist regarding your diabetes, then if appropriate, also the Secondary Care Obstetrician or registrar.

If you are **unable to attend** your clinic appointment we would appreciate you call **570 9282** Mon-Fri 9am – 3pm.

Contacting Delivery Suite

Don't hesitate to contact the Delivery Suite on **569 7535** if

- You are in labour
- You have any bleeding
- The baby is not moving, or you have noticed reduced or changed movements
- Your waters have broken

- Any other health concerns with your pregnancy

Please let the Delivery Suite Midwife know that you are under the care of the Antenatal Diabetes Team.

For any other general enquiries please call the Maternity Enquiries Team on 5666 6999 ext. 8163 or 8164.

Labour

When you are in labour you will either be cared for by your LMC midwife, or by the HVDHB midwives, who work 8 hour shifts. At the end of the shift there will be a change in midwives. The midwives work in partnership with you and the Specialist Obstetrician of the day to ensure that the best possible outcome for you and your baby is achieved.

How long will I stay in Hospital?

Your hospital stay is individual and will be according to your clinical needs. Discharge planning, including who will be providing your postnatal home care, will be discussed with you. Most mothers leave hospital within 48 hours of birth, or 4-5 days if they have had a caesarean section.

Follow up at home

Your follow up postnatal care can be done by your original LMC midwife or by one of our community midwives. Please ensure you know who will be following you up, and how to contact them, before you leave the hospital.

The HVDHB Community Midwives can be contacted on a paging system through our hospital telephone operator on 5666 6999. Please specify that you wish to page the Community Midwife.

Postnatal Six Week Check

This is generally done by your General Practitioner (GP). You will need to ring your GP practice and make this appointment for yourself and your baby. A discharge letter will be sent to your GP once you leave hospital.

You will also be given an appointment with the Endocrinologist (Diabetes doctor) 4-6 weeks after birth. If you have had Gestational Diabetes you will be given a form for a fasting glucose blood test to do a week before this appointment. This will show whether or not the diabetes has gone. The endocrinologist will discuss with you what follow up may be necessary.