



**HUTT maternity**

Hutt Valley Maternity Care

# Secondary Care Obstetric Team

Information for women



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## **Introduction**

Welcome to the Hutt Valley District Health Board (HVDHB) Secondary Obstetric Care Team.

This service has been set up to meet the needs of women with pregnancy related conditions that have been highlighted by the Regional Health Authority as requiring Specialist Obstetric management.

Your Lead Maternity Carer (LMC) or General Practitioner (GP) has referred you to our Specialist Obstetricians. This is because your obstetric or medical history has fallen into this category. It has therefore been recommended that you be cared for, under our Secondary Obstetric Care Team – making them your LMC.

## **The Team**

The Team consists of several Specialist Obstetricians who are supported by Registrars and the Midwives employed at HVDHB. The midwives have an interest, and experience, in caring for women with high risk conditions, and they work closely with the obstetric team of the day, to ensure that your care is of a high standard, during labour and birth.

## **Clinics**

These are held in the Maternity Assessment Unit (MAU) in the main foyer on the Ground Floor. On average you are seen monthly until 28 week, fortnightly from 28 to 36 weeks and then weekly until delivery. This may change depending on your clinical situation.

## The Co-ordinator of Secondary Care Obstetric Clinic

We have an experienced midwife, who is responsible for co-ordinating your clinic appointments. The midwife will see you at each clinic appointment, as well as a Doctor, and is available to answer any questions you may have.

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

## Community Midwives

If you do not have an LMC midwife, you will be offered involvement from our community midwives. 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.

## Contacting Delivery Suite

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

- You are in labour
- You have any bleeding
- The baby is not moving or you have noticed reduced 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 **Secondary Care Obstetric Team**.

For any other general enquiries please call the Maternity Enquires Team on 566 6999, ext 8163 or 8164

## **Labour**

When you are in labour you will be cared for by HVDHB midwives, alongside your LMC midwife if appropriate, who work eight 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 stay in hospital 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 and the Secondary Care Team. 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 postnatally can be done by your original LMC/Midwife if you had one, or by one of our community midwives. Please ensure you know who will be following you up, and how to contact them, before you are discharged from hospital. The HVDHB Community Midwives can be contacted on a paging system through our hospital telephone operator on 566 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 baby. A discharge letter will be sent to your GP once you leave hospital.