



HUTTmaternity

Hutt Valley Maternity Care

September 2018

Welcome to the spring edition of the HuttMaternity newsletter. The aim is to update our stakeholders on happenings at Hutt Maternity. Many items can be further viewed on our website www.huttmaternity.org.nz where you can also find lots of maternity advice. Don't forget to like us on [Facebook.com/HuttMaternity](https://www.facebook.com/HuttMaternity)

New Obstetrician for the Maternity Unit



Dr Ed Hyde is the new obstetrics and gynaecology consultant at Hutt Hospital. He is British by birth but a New Zealander by choice. He studied medicine at the University of Bristol in the UK, before emigrating to New Zealand in 2007. His specialist training took him to a wide variety of hospitals across New Zealand, from Whangarei to Invercargill, in a variety of secondary and tertiary hospitals. He then worked for six months at the Wellington Hospital Maternal Fetal Medicine unit.

He has been working as a consultant since 2017, locuming across New Zealand, though predominantly in Whakatāne. He has a special interest in maternity care, particularly periconceptual health, and antenatal, labour and birth care. He is looking to develop his skills in quality improvement. He is looking forward to settling back into life in the Wellington and Hutt region and working at Hutt Hospital. He is married to a Kiwi and they have one son.

“Mamas Matter”

You may have seen posters around as a result of a joint campaign with Wairarapa DHB and Capital and Coast DHB. The purpose is to alert women and their whānau /support to speak up if mothers are feeling down, feeling anxious, stressed or not enjoying their pregnancy or baby. Support details are given.

See enclosed “Mamas Matter” posters



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Whānau Room

Our Hutt Maternity Whānau Room has had an upgrade...

Our 3 lovely consumers from our Maternity Clinical Governance Group (MCGG), were given the go ahead to do a low budget “make-over” of the Maternity Unit’s Whānau Room. This room was in dire need of some attention, to make it a friendly, usable and comfortable space for whānau. With some simple new furniture and a fresh paint we have created this lovely new space for everyone to enjoy. The rest of the unit is top of the list for a refurbishment, so watch this space!



Liz

We would like to say a huge thank you to Elizabeth Train who has worked for the Maternity Unit as an Administration officer for 28 years. Liz is retiring and will be spending more time traveling to Australia to spend time with her daughter and new Granddaughter. Liz has been a valued member of the Hutt Maternity team and will be very missed.

Welcome to Rachel... who has started in Liz’s position as Administration Officer.

Birthing Centre

Melling birthing Centre (Te Awakairangi) opened in July and has been welcomed by the community and staff at Hutt Maternity. At the date of this publication, 21 babies have been born here.

Please see our website www.huttmaternity.org.nz for information of place of birth choices for women in the Hutt Valley and a virtual tour of our unit.(under ‘giving birth’).

Mural

Hutt Maternity's new mural was created by Aidan Walbaekken. The mural is focussed on whānau (family). The niho taniwha (teeth of the taniwha) welcomes family and friends. The poutama and pouhine represent the genealogies of the father and mother coming together to create life. The poutama also represents the learnings of parenthood, and how we don't stop learning as a parent. The harakeke (flax) is special. The rito (baby inner flax) is protected by the awhi rito (parents) and then the tupuna (grandparents – outer flax). A symbol of whānau support. The tall Tui is the father watching over his family. The shorter Tui watches over her babies, nurturing them, she holds a special bond as the mother. And the eggs represent the babies. A special dedication of this taonga was held the on 14th September.

See mural image below on the last page



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Acupuncture Clinic at Hutt

We have had a clinic since 2008 offering free pre and postnatal acupuncture. The hospital provides the space and students from the NZ School of Acupuncture and Chinese Medicine are supervised by qualified practitioners to administer acupuncture to pregnant and new mums wishing to take up this service. The students get valuable experience and we are able to offer acupuncture as an option for many pregnancy related complaints. Midwives at Hutt lead the way in use of acupuncture and acupressure for pregnancy and childbirth, says Debra Betts, Registered Acupuncturist. Debra has been teaching acupuncture courses for midwives for more than 20 years. Many Hutt midwives have had this education. Debra also lectures internationally and has written a text book. Her free downloadable Abby Hewitt, Primary Maternity Team Midwife at Hapū Ora acupressure guide is available on <https://acupuncture.rhizome.net.nz/download-booklet/>. Pictured here is Registered Midwife Xiaoli Liu treating Lusi Heath.



Hapū Ora

Our Primary Midwives Team has established a drop-in clinic based at a Waiwhetu marae. This has now been operation for a year and is a collaboration with Te Runganganui o Te Atiawa with the primary aim to increase engagement with a lead maternity carer in the first trimester. Early engagement is known to help reduce inequalities in maternity care. As well as giving early pregnancy advice and connecting women with a Lead Maternity Carer, women can be easily linked with such services as smoking cessation or breastfeeding support and Well Child Tamariki ora in the postnatal period. Every Thursday 9.30-12.30 Kōkiri Puketapu Whānau Ora Centre 148 Whites Line East, Waiwhetu. At the back of the medical centre, next to Tamariki Ora.

