



Clutha Health First Midwifery and Maternity Services



Clutha Health First
3-7 Charlotte Street, Balclutha, 9230
PO Box 46, Balclutha 9240

Telephone 03 419 0500 Fax 03 419 0501
www.cluthahealth.co.nz

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What is a Midwife?

Midwives are specialists in pregnancy, birth and early parenting. They complete a three year degree known as the 'Bachelor of Midwifery' in order to gain the knowledge, skills and experience they need to provide safe and professional midwifery care.

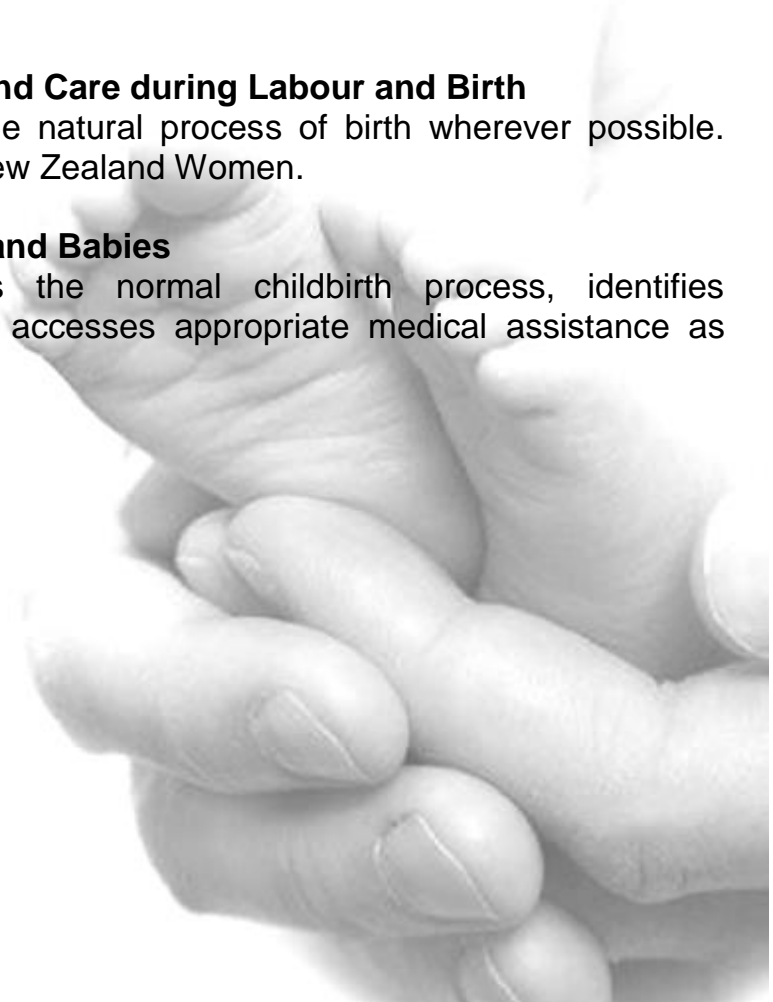
Midwives work in the community and hospitals. Maternity care is provided to all women in New Zealand and over 80% of women today have a midwife as their Lead Maternity Carer (LMC).

Midwife means 'With Women'

Midwifery care is the provision of knowledge, advice, care and support in partnership with women and their families during pregnancy, labour and birth and the early weeks following birth.

The service Midwives provide includes:

- **Providing Continuity of Care**
Midwives work with women and families throughout the entire childbirth experience, from conception to 6 weeks after the baby is born.
- **Enabling Women to make Informed Decisions**
Midwives offer a range of information which enables women to make decisions that are right for her and her family.
- **There to provide one to one Support and Care during Labour and Birth**
Midwives provide care that facilitates the natural process of birth wherever possible. Midwives are the LMC for over 80% of New Zealand Women.
- **Providing Safe Outcomes for Women and Babies**
The Midwife promotes and supports the normal childbirth process, identifies complications in mother and baby and accesses appropriate medical assistance as necessary.



Clutha Team Midwives

Here at Clutha Health First we believe pregnancy and childbirth are significant life events, and are delighted to be able to provide your Midwifery Care (Lead Maternity Care). Clutha Health First Midwives have a philosophy that focuses on promoting safe and effective care throughout your pregnancy, birth and postnatal experience. Our approach is holistic and aims to meet the individual needs of you and your family.

Jen, Megan, Michelle and Christy will provide the majority of your care, from your first initial booking, until 6 weeks after your baby's birth. One of these Midwives will be with you during your labour and birth. We offer care for women birthing at Clutha Health First at home or at Queen Mary in Dunedin (regardless whether it be for clinical reasons or by your own choice).

As your Midwives, we aim to establish a partnership with you and your family, where your unique values and beliefs are respected. We provide you with individualised advice and information so that you can make informed decisions during your pregnancy, labour and birth and postnatal period. We would encourage you to undertake your own research.

We look forward to sharing this child birth experience with you and your family. Please feel free to discuss any concerns or questions with us.



Our Team and how to Contact us:



Christy Cleverley
Cellphone: 027 201 8022
Pager: 086 500 028



Jennifer Davidson
Cellphone: 027 201 8137
Pager: 086 500 027



Megan Pigou
Cellphone: 027 201 8131
Pager: 086 500 029



Michelle Thomson
Cellphone: 027 201 8076
Pager: 086 507 739

Visits from Your Midwife

Midwife Visits During Pregnancy:

- Monthly from booking until 28 weeks gestation,
- Fortnightly from 28-36 weeks gestation.
- Weekly from 36 weeks gestation until birth.
- We will see you at our Clinics at Clutha Health First Outpatient Department or your home. You will be advised where your visit is.

Midwife Visits after Birth:

- We will visit you at Clutha Health First Maternity daily when your baby is born, and then at home as determined by clinical individual need.
- We will visit you 1-2 times in the second week.
- We will visit you weekly from 1-6 weeks, at which time you will be discharged from Midwifery care. A referral to a Well Child Provider (i.e Plunket or GP) will be offered.

If you are Sick

If you are sick and have an illness such as diarrhoea, vomiting, influenza we ask that you phone your LMC before your appointment.

We try our very best to be punctual to all our visits, however this is a job that requires flexibility and there are times when our clients require more time than we have expected. We appreciate your understanding and will endeavour to let you know if we are running behind.

Midwife Availability

We are available at any time between the hours of 9.00 am – 5.00 pm Monday to Friday to discuss any issue relating to you and your baby. Should you have urgent concerns regarding you or your baby's health, please don't hesitate to call outside of these hours; keeping in mind it may not be your Midwife who is available at that time. Please note that pagers are for urgent situations that require immediate contact with your Midwife.

While continuity of care is our aim, holidays and sickness may interrupt this ideal. In these situations your care will be provided by a locum Midwife. From time to time we may have a Midwifery student working with us. Your consent will be sought to have a student involved in your care.

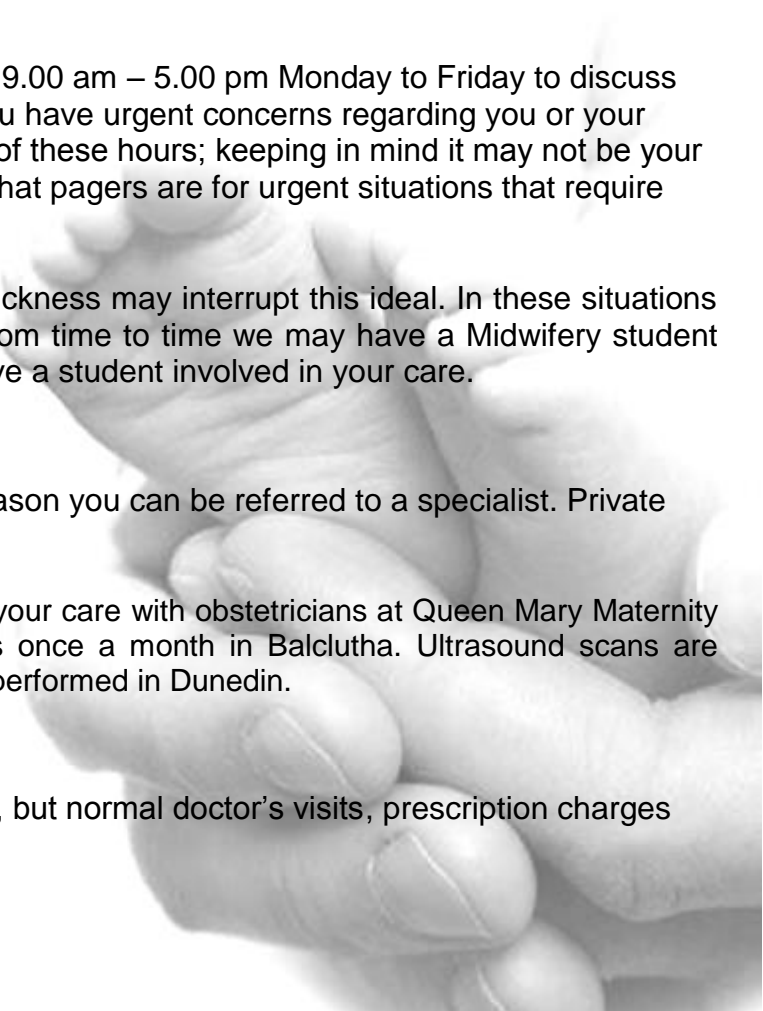
Referrals

If your pregnancy becomes complicated for any reason you can be referred to a specialist. Private specialists may involve costs to you.

In the event of complications, Midwives co-ordinate your care with obstetricians at Queen Mary Maternity Centre at Dunedin Hospital. A specialist also visits once a month in Balclutha. Ultrasound scans are usually held in Balclutha, but sometimes need to be performed in Dunedin.

Costs

Maternity care by Midwives is free in New Zealand, but normal doctor's visits, prescription charges and scan surcharges still apply.



Queen Mary Maternity Centre

Queen Mary is our tertiary provider for specialist services. Parking is difficult – you are best to use one of the parking centres either on Frederick Street or Great King Street during working hours.

There are no facilities for your partner to stay overnight, so if you are from out of town it pays to plan ahead. There are a range of hotels/motels around the hospital. If you require a list please let your Midwife know.

Postnatal stays at Queen Mary vary from going home from delivery suite 2 hours after birth to 3-5 days if you have a problem or delivered by caesarean.

If delivering in Dunedin, Clutha Health First encourages you to return to us from Queen Mary as soon as possible to get the full benefit of our skilled postnatal care in our Maternity Ward.

When in Clutha Health First or Queen Mary you need to bring with you:

For You

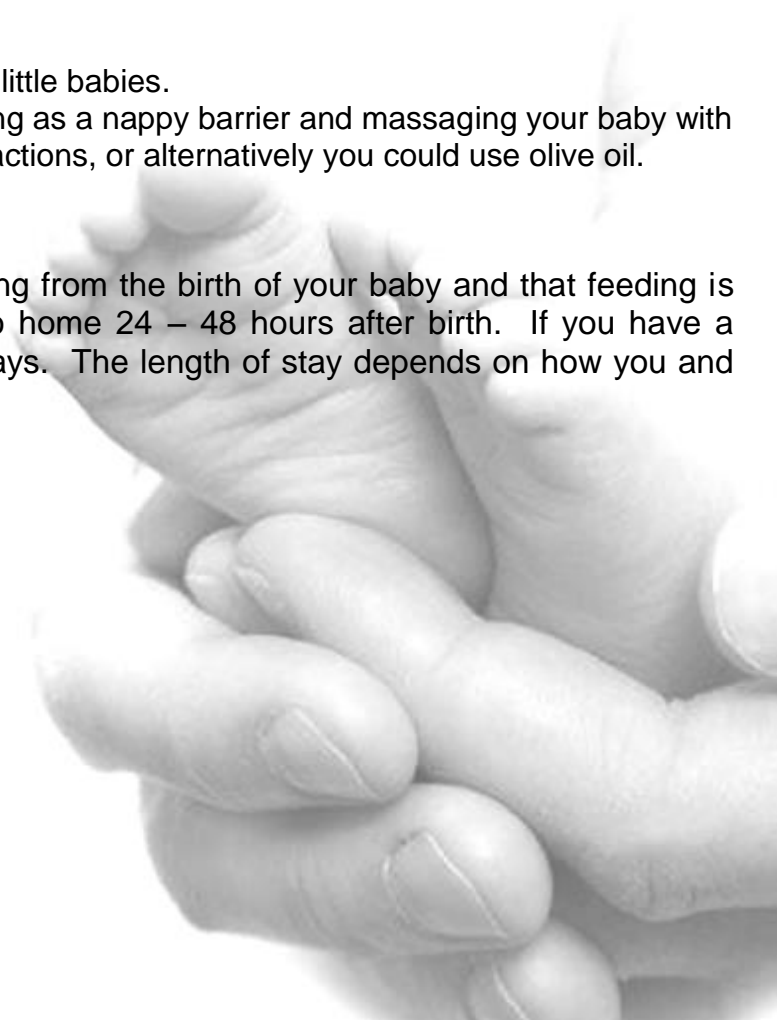
- Day clothes (for 1-5 days), open shoes or jandals.
- Night wear (for 1-5 days), dressing gown, slippers.
- Toilet gear, including 3 packets of sanitary pads.
- Breast pads and a well fitting bra (36 weeks is a good time to buy a bra).
- Your own pillow (for a better sleep), mug, treats, tissues and a pen.
- Something light to read or do.
- Coins for papers etc.
- Cellphones are restricted to areas without medical equipment (so please ask before using) or you can use our patient phone.

For your baby:

- Clothes to take your baby home in.
- Have your baby's car seat available.
- Woolen singlet's – Hospitals can be cold for little babies.
- We recommend Almond oil for washing, using as a nappy barrier and massaging your baby with over the first 3 weeks, it causes the least reactions, or alternatively you could use olive oil.

Following Birth at Clutha Health First

Following birth, providing that you are recovering from the birth of your baby and that feeding is going well, it will be expected that you can go home 24 – 48 hours after birth. If you have a caesarean section, the average stay is 3 - 4 days. The length of stay depends on how you and your baby are doing.

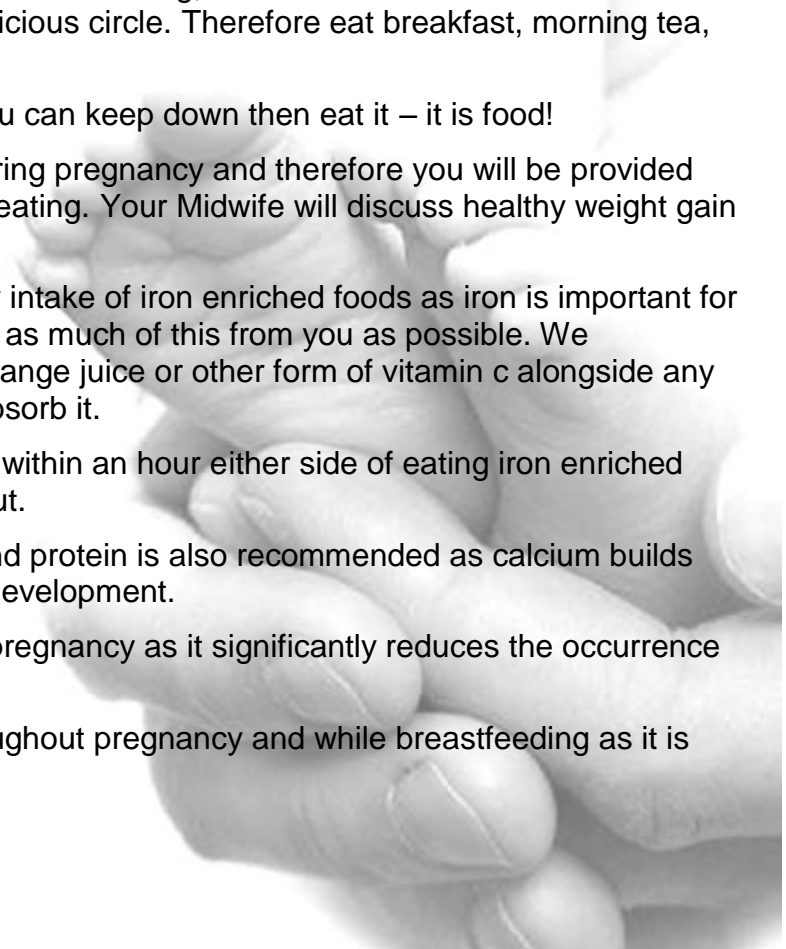


Self Care in Pregnancy

- Continue with normal daily routines if and when possible.
- Rest and take a nap if you need to. Tiredness in early pregnancy is very normal as your baby is developing rapidly at this time.
- Exercise is important, however in early pregnancy women don't often feel very energetic so save energy and only do what you are able.
- One hour moderate walking is beneficial so walk if you can.
- You may continue to do any exercise that you have been participating in prior to becoming pregnant, however don't suddenly decide to start running marathons or go rock climbing as your body just will not be used to it.

Nutrition in Pregnancy

- Most importantly – water, water, water! At least 8 glasses a day.
- In early pregnancy it is common for women to experience nausea and vomiting. However if you are unable to hold down food or fluids over an extended period of time then you should contact your Midwife immediately as you may require medical input.
- Our best advice to you in early pregnancy is that you eat little and often, to maintain a steady blood sugar level. If you become hungry your blood sugar level lowers, which then increases your nausea, which in turn makes you feel less like eating, which of course continues to make you more nauseated, and so it becomes a vicious circle. Therefore eat breakfast, morning tea, lunch, afternoon tea, dinner and supper.
- If a chocolate bar is all you desire and all you can keep down then eat it – it is food!
- A healthy well balanced diet is important during pregnancy and therefore you will be provided with information on food safety and healthy eating. Your Midwife will discuss healthy weight gain in pregnancy with you.
- We recommend that you increase your daily intake of iron enriched foods as iron is important for giving you energy, and baby will want to get as much of this from you as possible. We recommend that you try having a glass of orange juice or other form of vitamin c alongside any iron enriched foods as this helps your gut absorb it.
- No tea/coffee or Coke should be consumed within an hour either side of eating iron enriched foods, as this decreases its uptake by the gut.
- Increasing your dietary uptake of calcium and protein is also recommended as calcium builds bones and protein is good for babies brain development.
- Folic acid is always recommended in early pregnancy as it significantly reduces the occurrence of neural tube defects such as spina bifida.
- Iodine supplements are recommended throughout pregnancy and while breastfeeding as it is good for baby's brain development.



Smoking

Smoking is not recommended in pregnancy and if you wish, your Midwife is able to prescribe nicotine replacement therapy (i.e patches, gum, lozenges) for use during pregnancy, please discuss what support is available with your Midwife.

Alcohol

No alcohol at all is recommended during pregnancy as consumption can lead to Fetal Alcohol Syndrome which has life long effects on your baby.

Birth Plan

Your Midwife will discuss with you a birth plan and give you information about this. Your Midwife will also prompt you with some of the decisions you will have to make in the months ahead.

Time will be set aside to discuss this with you prior to the birth of your baby.

Common Pregnancy Complaints and Suggestions for Relief

Nausea and Vomiting

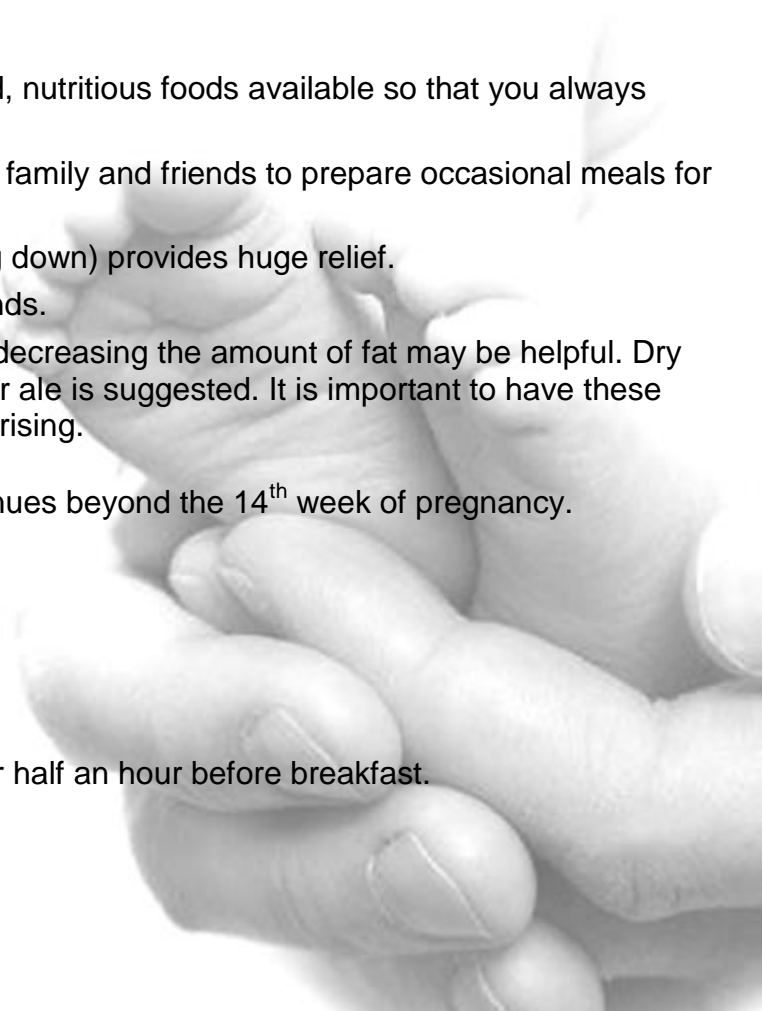
- Try and keep a good range of easily prepared, nutritious foods available so that you always have something to tempt yourself with.
- Preparing food often includes nausea, so ask family and friends to prepare occasional meals for you or invite you to a meal.
- Most women find that resting (preferably lying down) provides huge relief.
- Try acupuncture or seasickness pressure bands.
- Increasing the amount of carbohydrates and decreasing the amount of fat may be helpful. Dry crackers, unbuttered toast and non diet ginger ale is suggested. It is important to have these small snacks first thing in the morning before rising.

Consult your doctor if vomiting is severe or it continues beyond the 14th week of pregnancy.

Constipation

Prevention and treatment could include:

- Eat plenty of fruit.
- Drink several glasses of water daily.
- Try hot prune juice or lemon juice in hot water half an hour before breakfast.



Haemorrhoids

- Avoid constipation by increasing your intake of raw fruit and vegetables.
- Sit in a warm bath up to the hips for 10-15 minutes at least twice a day. If there is minor bleeding after stool and considerable pain, Epsom salts may be added to the water.

Insomnia

- Some women find that sleeping on their side is more comfortable with the upper knee drawn up and supported by a pillow.
- Try a warm bath before bed.
- A drink at bedtime can have a soothing effect: try warm milk or chamomile tea.
- Tart cherry syrup from the Pharmacy/Health shop could be beneficial.

Backache

- Massage.
- Consult a maternity physiotherapist at your local hospital.
- Rest and put a cushion in the small of your back when sitting.
- Join a pregnancy exercise class.
- Try to maintain a good posture with your bottom tucked in and shoulders back.
- Rocking the pelvis whilst on hands and knees or resting leaning over a bean bag will ease the ache.

Lower Abdomen and Groin Pain

- Draw your knees up to protect the ligaments before turning in bed.
- Bend forward from the hip before coughing, sneezing or laughing.
- Avoid sudden jerky movements.

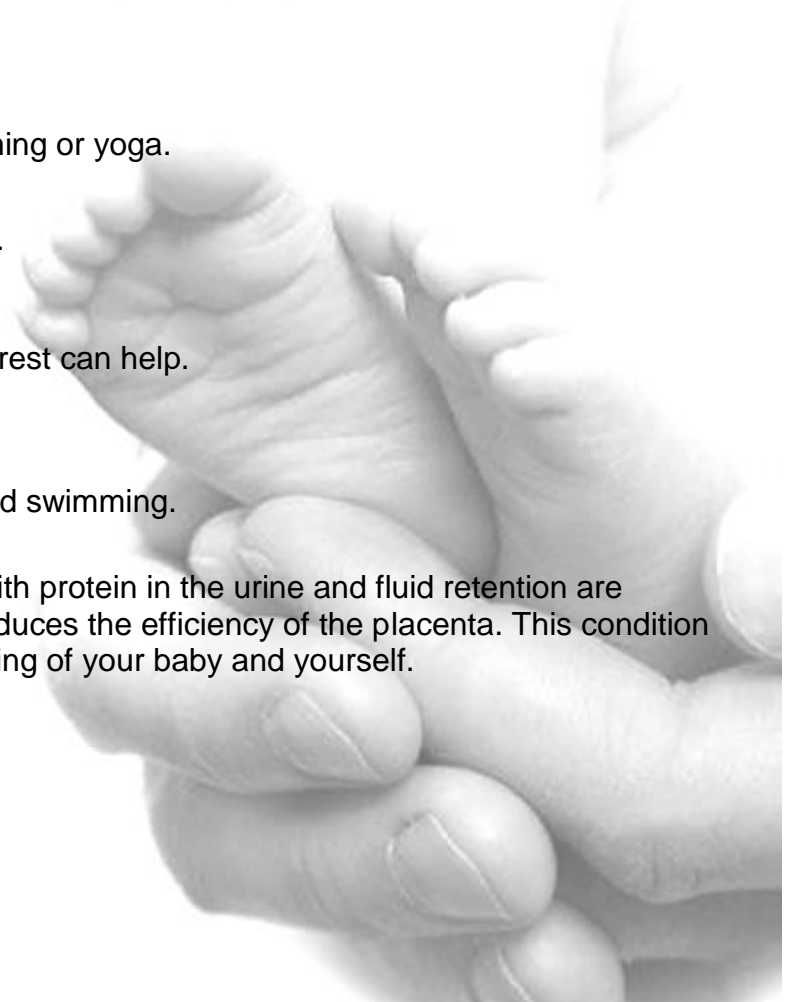
Oedema (Swelling)

- Continue moderate exercise such as swimming or yoga.
- Do not reduce intake of fluids.
- Elevate your legs and feet whenever you sit.

High Blood Pressure

- If the blood pressure is only mildly elevated rest can help.
- Avoid tea, coffee and alcohol.
- Rest lying on your left side.
- Take moderate exercise such as walking and swimming.

Persistently elevated blood pressure combined with protein in the urine and fluid retention are symptoms of pre-eclampsia, a condition which reduces the efficiency of the placenta. This condition needs to be treated to ensure the ongoing wellbeing of your baby and yourself.



Cramp

- Ensure a good level of calcium absorption by exercising regularly.
- Try hot foot baths with a little lavender oil or marjoram oil added.
- Increase intake of calcium rich foods.
- Avoid coffee, tea, chocolate, rhubarb, silver beet and brewers yeast, all of which interfere with the absorption of calcium.
- Crampeze spray from the Pharmacy may be beneficial.

Heartburn

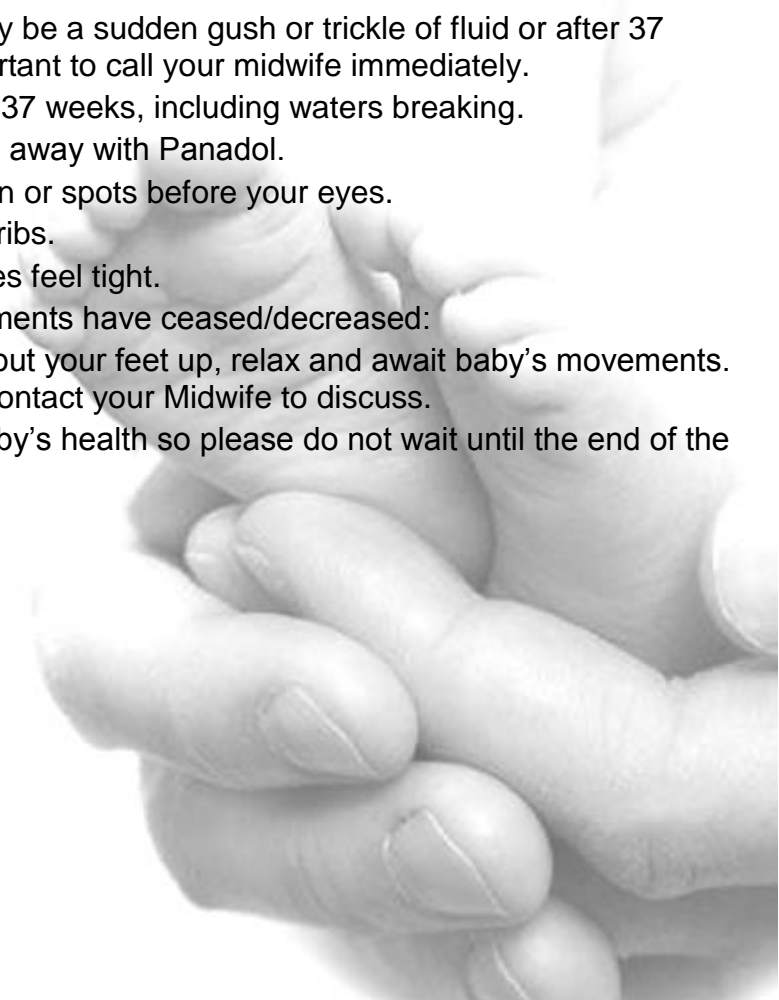
- Eat frequent small meals.
- Decrease intake of yeast containing foods (e.g bread)
- Before going to bed, slowly sip a glass of warm milk or a small amount of natural unsweetened yoghurt.
- Sleep with the upper body slightly elevated.
- Please consult your Midwife if you are unable to relieve your heartburn.

Indigestion and Flatulence

- Avoid spicy or oily foods.
- Avoid large meals, especially before going to bed. .
- Avoid alcohol.
- Camomile tea can be settling and soothing.

Call your Midwife urgently if:

- You have any vaginal bleeding.
- Your waters break before 37 weeks, this may be a sudden gush or trickle of fluid or after 37 weeks and the fluid is red or green it is important to call your midwife immediately.
- You are experiencing signs of labour before 37 weeks, including waters breaking.
- If you have a severe headache that won't go away with Panadol.
- You are experiencing dizziness blurred vision or spots before your eyes.
- You have upper abdominal pain under your ribs.
- You have sudden swelling i.e rings and shoes feel tight.
- If you are concerned that your baby's movements have ceased/decreased:
 - If you have concerns please sit down, put your feet up, relax and await baby's movements. If no movement in 30 minutes please contact your Midwife to discuss.
 - Movements are an indicator of your baby's health so please do not wait until the end of the day to call.



Pregnancy and Parenting Classes

Pregnant? Congratulations!

Parenting is the most important job you will ever do.

The focus of this programme is to support first time parents by providing a range of information and facilitation of discussions around pregnancy and childbirth, and parenting of their newborn baby.

We encourage enrolment for a course as soon as your pregnancy has been confirmed.

We encourage expectant mothers to bring their partners or another support person with them if possible, however if this is not possible you are warmly welcome to come on your own.

These classes are run by Plunket and are **FREE OF CHARGE**. They are timetabled throughout the year to meet your needs.

To enrol or for further information on Antenatal classes, contact:

Email: ppe@plunket.org.nz
Phone: 0800 291 658
Phone or Text: 027 275 8477
Fax: 03 366 0767



Clutha Health First Maternity Centre

Clutha Health First Maternity Centre is a primary birthing facility that provides a holistic birthing environment for low risk women, offering a peaceful, safe and friendly atmosphere in which to begin your parenting journey.

Our facility has all the necessary equipment and expertise required to deliver safe care to women experiencing a low risk pregnancy and anticipating a normal birth. Talk to your Midwife about your place of birth options and arranging a tour of our centre.



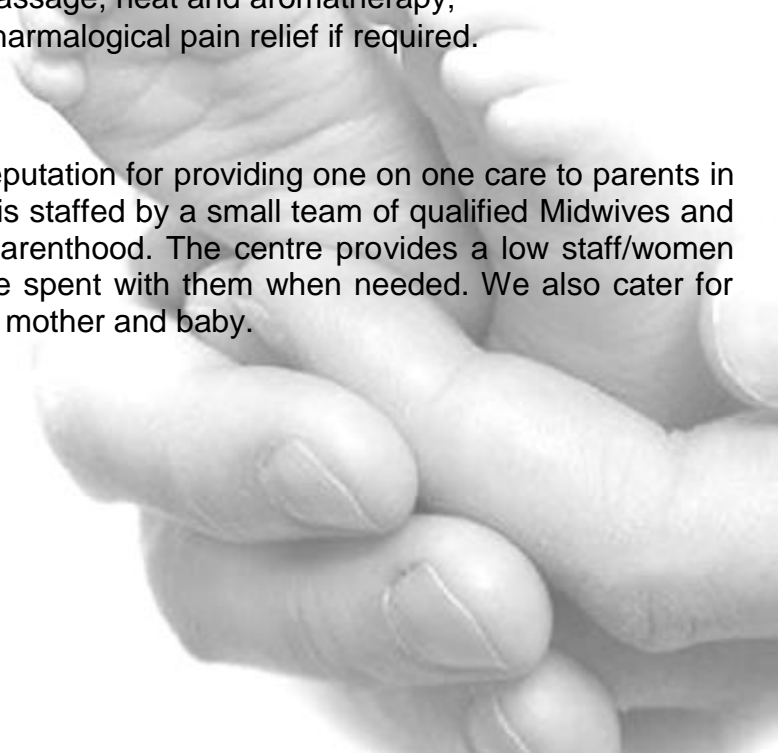
At Clutha Health First Maternity we promote birth as a physiological process and aim to support you and your Midwife to achieve the best outcome for you and your baby. Research shows that women are most likely to labour best in a place where they feel free, safe and private, with Midwives whom they know and trust. Giving birth in a primary unit increases your chances of having a normal birth without unnecessary interventions.

We offer a range of complementary therapies to help you manage your labour, including:

- Equipment for positional techniques that enhance the descent of the baby;
- Labour and birth pool. Labouring in water is a very effective way of managing contractions;
- Massage, heat and aromatherapy;
- Pharmacological pain relief if required.



The Clutha Health First Maternity Centre has a reputation for providing one on one care to parents in a friendly, relaxed and home like environment. It is staffed by a small team of qualified Midwives and Nurses who will assist you with the journey to parenthood. The centre provides a low staff/women ratio to ensure that women can have quality time spent with them when needed. We also cater for fathers/support persons who wish to stay with the mother and baby.



The Clutha Health First Maternity Centre comprises of:

- Three private bedrooms;
- A birthing room with pool en suite
- A lounge for you to relax in and share with your family/visitors with facilities for refreshments.



Clutha Health First is a Baby Friendly Hospital Initiative accredited facility.



If there are any questions you have, or for any further information we would be only too happy to help you, please feel free to contact us.

Clutha Health First Maternity Centre
Direct Dial – 419 0540



Students

Both Clutha Health First and Queen Mary is a teaching hospital with both Midwifery and Medical Students hoping to have the chance to help and learn. If you would consider a student then please let your Midwife know so that this can be arranged. Students are supervised and work with staff. How hands on they are with you and your care can be negotiated at all times.

The choice to have a student involved in your care is entirely yours and will not influence your treatment in any way.

Feedback and Complaints

Clutha Health First welcomes feedback, both good and bad as it is an opportunity for us to see what we are doing well and how we can improve our service.

If you wish to comment on your experience with any of our services please do so by:

- Filling in a feedback form located throughout the hospital facility;
- Writing to or phoning the Chief Executive Officer (CEO) (03) 419 0500;
- Contacting the Health & Disability Commissioner on 0800 112 233.

Interpreter Service

A telephone interpreting service is available 24 hours a day, 7 days a week.

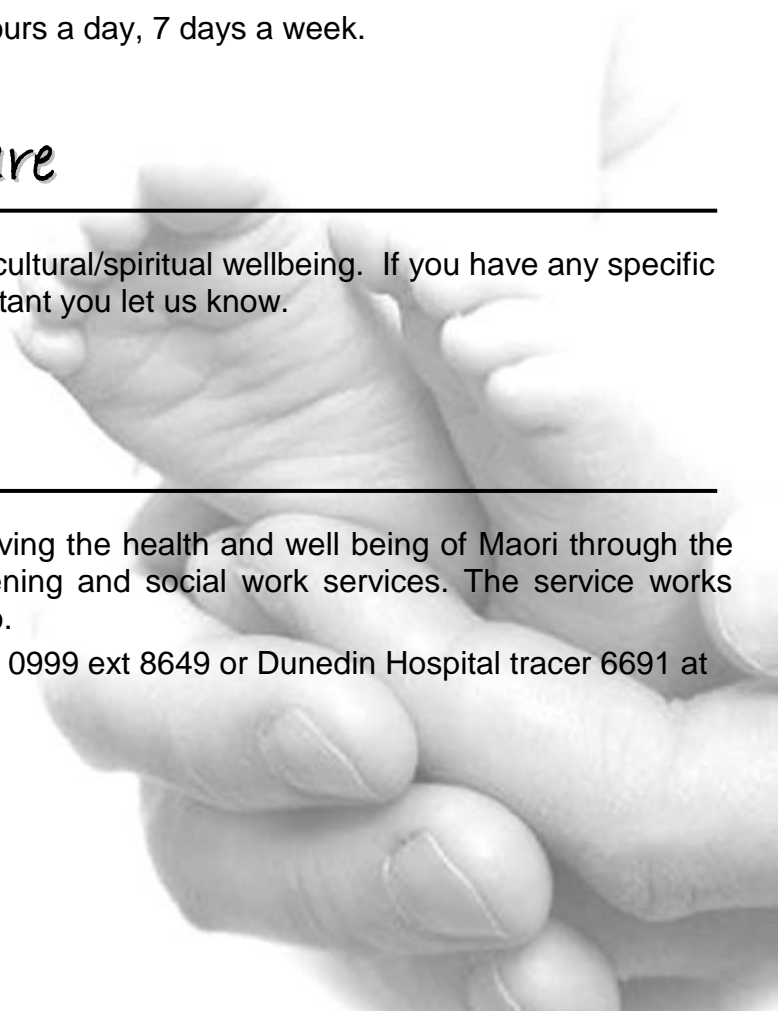
Cultural/Spiritual Welfare

Clutha Health First recognises the importance of cultural/spiritual wellbeing. If you have any specific beliefs or needs we should be aware of it is important you let us know.

Maori Liaison Service

The Maori Liaison Service is committed to improving the health and well being of Maori through the provision of quality health promotion, free screening and social work services. The service works alongside other Maori providers throughout Otago.

The staff can be contacted by telephoning 03 474 0999 ext 8649 or Dunedin Hospital tracer 6691 at any time



Informed Consent

All procedures and cares given require informed consent. This means all procedures should be explained to you in a manner you understand.

It is important to understand your care and it is the right of every patient to refuse treatment. If you require further explanation or clarification please feel free to talk to your Midwife.

Independent Advocacy Service

If you wish to seek independent advice, Advocacy Services South Island (Te Mahi Whakaatu) can be reached by phoning (03) 479 0265 or 0800 377 766.

This is a free and confidential service with pamphlets available throughout the hospital or on request.

Evaluation of Midwifery Care

You will be given an evaluation form, which will go towards your Midwives annual Standards Review with the College of Midwives. This is a process where two midwives and two consumers review your Midwives statistics, maternity records and evaluation forms. The reviewers keep no records and the process is confidential.

Privacy

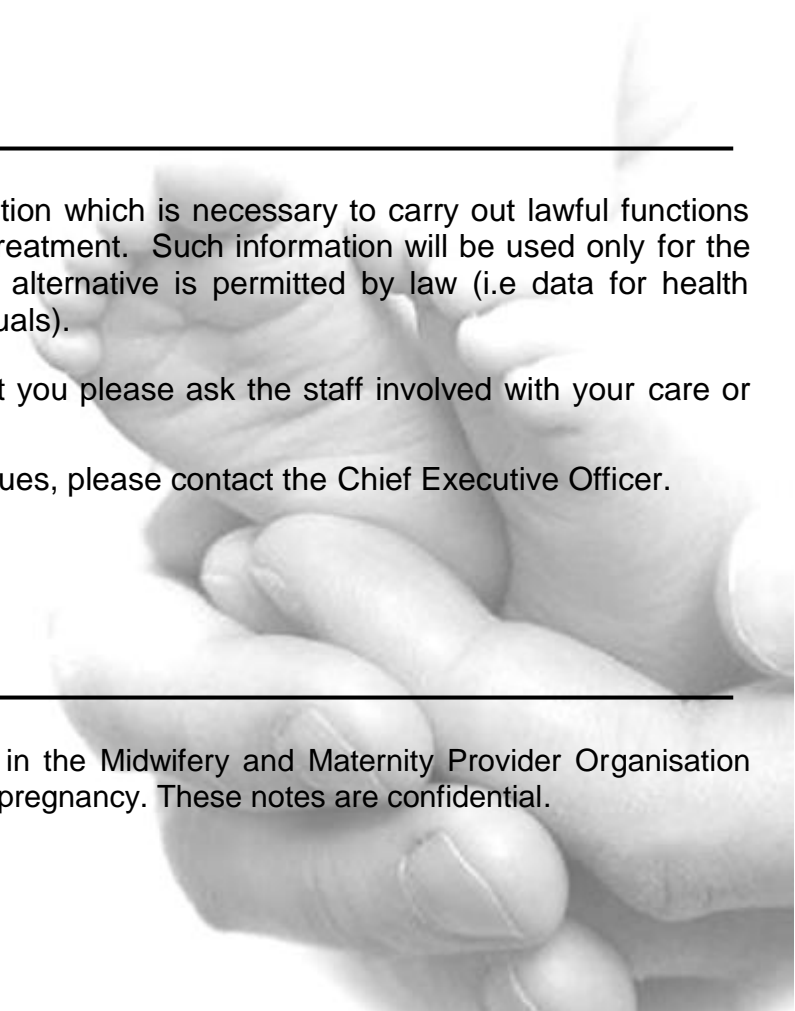
Clutha Health First will collect from you information which is necessary to carry out lawful functions and activities in providing your healthcare and treatment. Such information will be used only for the purposes for which it was collected unless an alternative is permitted by law (i.e data for health statistic purposes which does not identify individuals).

If you wish to access information we hold about you please ask the staff involved with your care or contact our Medical Records Department.

Should you have any concerns about privacy issues, please contact the Chief Executive Officer.

Documentation

The documentation of all your care is contained in the Midwifery and Maternity Provider Organisation (MMPO) booklet, which you keep throughout your pregnancy. These notes are confidential.



Contact Telephone Numbers

Car Seat Rental (Plunket)	418 3980
Catlins Medical Centre – Dr Cook	415 8006
Christy Cleverley – Midwife (Clutha Team Midwives)	027 201 8022
Clutha Health First	419 0500
Clutha Health First General Practice	419 0500
Clutha Health First Maternity Centre – Direct Dial Line	419 0540
Emergency (Ambulance, Fire, Police)	111
Health and Disability Commissioner	0800 11 22 33
Jennifer Davidson – Midwife (Clutha Team Midwives)	027 201 8022
Pregnancy and Parenting Education	0800 291 658 / 027 275 8477
Megan Pigou – Midwife (Clutha Team Midwives)	027 201 8131
Michelle Thomson – Midwife (Clutha Team Midwives).....	027 201 8131
Milton Medical Centre.....	03 417 8226
Plunket (Balclutha)	418 0525
Queen Mary Maternity Centre (Dunedin Hospital)	03 474 0999
Tuapeka Community Health – Dr Dittrich	03 485 9050
West Otago Health	03 204 8668
Yvonne Mosley-Martin – Midwife (Independent Midwife – Postnatal Care)	027 415 3415