



# Maternity Services Brochure

The Kilmore and District Hospital



## **24 HOURS A DAY 7 DAYS A WEEK**

UCC is manned 24 hours a day by registered nurses and we provide onsite medical coverage by experienced visiting medical officers.

Doctors are onsite 7 days a week from 10am to 10pm.

### **CONTACT US -**

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Maternity Services  
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The Kilmore and District Hospital  
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# Introduction

**The Kilmore and District Hospital provides pregnancy and birth care to the women of Kilmore, Wallan, Broadford, Seymour and neighbouring areas, with around 200 births per year.**

Having a baby can be one of the most exciting times in your life. Our staff at The Kilmore and District Hospital provide professional, quality care and support for you and your family throughout your pregnancy and birth journey. A range of options for pregnancy care currently exist at The Kilmore and District Hospital to suit your needs.

This brochure outlines the services available to you.

## Primary Maternity Service

The Kilmore and District Hospital is referred to as a Primary Maternity Service. This means that we provide maternity services to women who experience an uncomplicated pregnancy and birth, and who do not need ongoing specialist care.

- Women who develop complications during their pregnancy or birth, or who go into labour before 37 weeks will be advised to receive their care from a larger hospital that has access to specialist obstetric care.
- If at any stage transfer of care to another hospital is required for you or your baby, transport will be arranged by the hospital, and if your baby was to require emergency care, transport will be provided by PIPER (Paediatric Infant Perinatal Emergency Retrieval).
- We encourage all expectant mothers to have a current Ambulance Victoria membership.
- Women and their babies are always welcome to return to The Kilmore and District Hospital to complete their care closer to home.

# Public Antenatal Clinic

Your care will be provided by midwives and the Obstetrician working in the antenatal clinic.

Antenatal clinics run weekly and appointments are available Monday's, Tuesday's, Thursday's and Friday's and offer complete pregnancy care and education.

Your baby's birth will be attended by midwives and the doctor on call for that day.

The Kilmore and District Hospital also run a satellite clinic at Seymour for women from that area who prefer not to travel to Kilmore for their appointments. This clinic is run on Thursday's only, from the Ambulatory Care Centre at Seymour Hospital. There is also a satellite clinic in Wallan at the Nexus Building. These are run weekly on a Friday from 9am - 12pm.

## Shared Care

You may prefer to have your own General Practitioner care for you throughout your pregnancy. Shared care is often a convenient option for women as it enables a "sharing of care" between the antenatal clinic at The Kilmore and District Hospital and your General Practitioner.

Your GP will refer you back to the hospital if needed. Your labour and birth will be attended by midwives and the doctor on call for that day.

At your booking in appointment, the staff will ensure that your GP has credentialing rights with the hospital and if not then this may be arranged.

# The Birth of Your Baby

Support people are always welcomed and encouraged during your labour and birth. We have a variety of pain relief options available to women including -

- Active labour and regular position changes
- Hot and cold packs
- Showers
- Music therapy

The average stay for a normal birth is 1 - 3 days. Some women will prefer to go home to the support of their family and friends soon after the birth, whilst others will need to stay longer according to the mother's/babies needs. The Kilmore and District Hospital will also provide midwifery care in the home once mother and baby are discharged.

## Elective & Emergency Caesarean Birth

Elective and Emergency Caesareans are performed at The Kilmore and District Hospital.

Women who require an elective caesarean birth, or a repeat caesarean section, will be booked through antenatal clinic and will attend midwife and doctor visits as normal.

The Kilmore and District Hospital Maternity Service does not currently have the facilities to offer VBAC (Vaginal Birth after Caesarean) and these options will be discussed with each woman upon booking. The average stay in hospital following a caesarean birth is 3 - 5 days.

# Low Risk Pregnancy

To be able to have your baby at The Kilmore and District Hospital, you must meet the booking in criteria for a low risk pregnancy and birth.

The criteria includes -

- Maternal age being between 17 years and 39 years and 11 months at the time your baby is due to be born
- No current medical disorders
- BMI <35 at your booking in / early pregnancy appointment
- Single pregnancy (i.e. no twins/triplets)
- 1st antenatal care appointment has occurred before 24 weeks gestation (this does not have to have occurred at The Kilmore and District Hospital)
- Meeting standard care visits for milestone antenatal care
- No more than 5 previous births with history of normal pregnancy and birth
- No anticipated complications of pregnancy or co-morbidities

Whilst it is ideal that complications requiring specialist services are identified early and prior to established labour, women who present in established labour with conditions that would normally exclude them from birthing at The Kilmore and District Hospital and establishing that a transfer would be unsafe, will be managed locally in consultation with specialist obstetrician as required.

## Transfer of Care

On occasions, the The Kilmore and District Hospital Maternity Service may be on transfer of care.

Transfer of care is called for "as short a time period as possible" and this can occur for a number of reasons which will be explained fully in your antenatal booking in appointment or via a phone call prior to your appointment.

# Mental Health Support

A hospital social worker is available to assist patients and family members with matters such as

- carer stress
- housing issues
- discharge planning needs
- financial concerns
- family violence or drug and alcohol issues

Please discuss your requirements with the midwifery staff.

## Interpreters

Staff will endeavour to provide a high quality of service for all patients and their families regardless of ethnicity and the ability to speak English. Interpreters are provided free of charge. It is your right to request a professional interpreter.

Please note that The Kilmore and District Hospital does not condone the use of family members or staff to act as interpreters unless in an emergency. Children under the age of 18 are not to be used as interpreters.

If English is NOT your preferred language, please advise a staff member and request an interpreter. We will organise one for you.