

**Care, every
baby step
of the way**



Your private maternity guide

 **Hobart**
PRIVATE HOSPITAL
by Healthscope

Congratulations on your pregnancy

Hello, and congratulations from all of us here at Hobart Private Hospital.

My team and I are here to help you during every stage of pregnancy and after your baby is safely delivered.

We're a community of happy, highly-experienced midwives, obstetricians and support staff who love what we do. We are passionate about providing excellent care and supporting your birth plan.

Our job is a special one that involves the safe delivery of thousands of babies and the health and wellbeing of mums. We'll be there for you during that very special getting-to-know-you phase for parents and their precious new family member.

And as you head home, we also want to do our best to help you and your families feel happy and confident. As well as providing advice around breastfeeding, bathing and baby-settling techniques, we also prioritise mums' emotional wellbeing as they adjust to their new life.

This is a brief but very handy guide to tell you more about our private maternity service and what to expect from Hobart Private Hospital.

For any immediate pregnancy concerns please speak to a midwife in the birthing unit on **03 6214 3370**.

We look forward to caring for you and your baby.

Best wishes,



Samantha Thompson

Nurse Unit Manager Maternity Services

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Your team

Obstetricians

You'll be pleased to know that we have some of the most experienced, qualified obstetricians in Tasmania who specialise in every type of pregnancy from low-risk to complex births, twins and IVF babies.

If you haven't yet chosen your obstetrician, their contact details can be found at hobartprivatehospital.com.au.

Midwives

At Hobart Private Hospital, our fantastic team of midwives have decades of experience. Should you need it, you'll have the use of the Special Care Nursery, created for bubs needing a little extra care and attention. Hobart Private has an emergency department, critical care/high dependency unit and medical and surgical services onsite.

The midwives' handover is approximately 7.00-7.30am, 2.30-3.00pm and 10.30-11.00pm. The handover involves the team moving through the ward to each patient's bedside. We encourage you to be involved in discussion and planning of your care.

Paediatricians

We're proud of the team of paediatricians who are part of our community of care, and are confident you'll be equally impressed. It's accepted practice that all babies be examined by a paediatrician within the first few days of birth. The examination will occur during your stay and may be at any time of the day.

This cost isn't included in your hospital stay. Each paediatrician charges independently for their services. There's usually a minimum of two consultations with the paediatrician while in hospital and follow-up at 6-8 weeks after you go home.



Our facilities. Clever and comfortable

Birth Suite

You'll be impressed by our spacious Birth Suite. There's a private ensuite and K2 foetal monitoring system, a range of active birth accessories to choose from, including beanbags, mirrors and birth stools.

We offer a variety of pharmaceutical and natural pain-relief options for labour. Please be assured, we want to support your choice in how you birth your baby.

One support person can be with you in the Birth Suites. It's best to arrange for them to contact the people you wish to keep informed of your progress rather than receiving calls to the Birth Suite. There's a phone that you can access any time to talk to your doctor.

You can take photographs at any time however video cameras are not allowed in the Birth Unit or operating theatre until after delivery. An exception may be made if you have written consent from your obstetrician.

Operating Theatre

In the operating theatre we offer a family-friendly caesarean section which means your baby, your partner and the midwife all stay with you in the recovery ward so won't be separated from your baby after birth, assisting with skin-to-skin contact.

Maternity Suite

Our rooms are spacious and comfortable, ensuring an enjoyable stay. Your room includes a flat screen TV, telephone and a small fridge. Your environment is a calm place to enjoy those precious early days with bub. Partners may stay overnight if staying in a double bed private room or on a single bed in some of the smaller rooms. Meals for partners can be arranged through reception at a nominal cost.

Please note that for you and your baby's security, the Maternity Unit is always locked. Your birth support partner and visitors can enter at Maternity Unit entrance with a door bell system when the reception is not staffed.

Special Care Nursery

Our Special Care Nursery provides specialised care for babies needing a little extra care and attention. If a higher level of care is required, your baby will be transferred immediately to a Neonatal Intensive Care Unit.

Pharmacy, pathology and radiology

We offer all of services on site. Fees for services are charged separately.

Coming to hospital. Getting ready

It can sometimes be difficult to tell when labour has started but you are welcome to call the maternity unit at any time and talk to one of our experienced midwives.

Should you be experiencing strong signs of labour including regular contractions less than ten minutes apart, waters breaking or blood loss, please contact the maternity unit to determine how far labour has progressed. You will be assessed and advised whether to stay home or come to hospital.

When you do come in, keep everything as simple as possible. First, notify your partner or support person, then grab your packed bag and hop in the car.

Please call the maternity unit before you come into hospital so we can prepare for your arrival. Call us anytime if you have any questions about your pregnancy on **03 6214 3370**. We're always here to help.



What to bring.

A checklist



For Expectant Mum

Labour

- Antenatal pregnancy record
- Birth plan or maternity notes
- Healthcare cards
- Slippers or thongs
- Socks
- Massage oils or lotions
- Toiletries (basic toiletries provided)
- Books, magazines, tablet
- Hairbands, hair-ties or clips
- Music and headphones
- All current medication
- Camera, video camera
- Mobile and charger
- Loose clothing
- Nighty or baggy top
- Nursing bra
- Maternity underwear
- Dressing gown

Maternity Ward

- Loose comfortable daywear
- Nightwear
- Nursing bras (3-4)
- Comfortable underwear (10)
- Breast pads
- Maternity pads
- Toiletries (basic toiletries provided)
- Hairbrush, toothbrush and toothpaste
- Suitable footwear
- Hair-dryer
- Watch



For Baby

Going home

- Comfortable first outfit and wrap
- Packed baby/ nursing bag
- Car seat installed in car

1 packet of wipes and 1 packet of nappies provided.



For Birth Partner

Labour

- Directions to the hospital
- Comfortable, practical footwear
- Change of clothes and pyjamas
- A copy of the birth plan or maternity notes
- Contact lists
- Phone and charger
- To-do list

(Ask expectant mum if there's anything she would like you to do during labour i.e. take photos or video, play music, things to talk about, assistance with pain relief)

Maternity Ward

- Daywear Nightwear
- Water bottle Toiletries



What not to bring

- Hot water bottles
- Wheat heat packs (we can provide a heat pack if needed)
- Candles with naked flames

TIP: Create a to-do list for your birth partner to action when you go into labour ie: call labour ward, lock up house, organise pets and pack/check off any last minute items.



Arriving at hospital

During business hours

If arriving during business hours, please enter via the hospital main entrance, check-in at the front reception and staff will notify the Maternity Unit. Take the lift to level 3 and follow the signs to Maternity Services.

Afterhours access

The main hospital doors are automatically locked at 5pm every day. If you arrive after this time, park in front of the main entrance, enter via the Emergency Department reception and follow the signs to the Maternity Unit.

Parking

Parking is available at several nearby parking stations. Public parking is available at nearby Argyle St and Market Place Carpark Stations.

Your stay

Cots

Cots are provided to transport your baby safely around the unit.

Feeding your baby

We encourage breast feeding on demand and 'rooming in'. However, we always respect the right of mothers to determine how they wish to feed their baby. We provide advice on nutrition and support whatever decision you make. You'll have the opportunity to meet a Lactation Network Consultant either during your hospital stay or once you go home, all at no additional cost. The consultant will provide you with personalised, individual education and support. Our experienced midwives will also assist you with feeding and post natal care.

Know Your Midwives Scheme

Some of our new mums choose to take advantage of the Know Your Midwives scheme (KYM). This program offers mums-to-be the best in antenatal care through regular visits with the obstetrician and midwives at Hobart Private Maternity. This allows mums to form a relationship with your healthcare providers.

Baby's ID

Babies are identified with two bands, placed around the wrist or ankle immediately after birth. Please don't remove these in hospital as these are required for security purposes. Please inform staff if name tags fall off or need replacing.

Newborn screening test

This test is performed on all babies born in Australia once they are 48 hours old. The procedure involves taking four spots of blood from either heel. The test detects metabolic disorders that, unless treated, can affect your baby's development. We'll give you a brochure before the test is completed and make sure you understand and give consent.



Tasmanian Infant Screening Hearing Test

The Tasmanian Infant Screening Hearing Test program is offered to all babies and is a 10–20 minute test usually taken as soon as possible after birth. Your midwife will arrange the appointment. More information is available from trained hearing screeners.

Personalised care board

You'll find a personalised care board in your room, used by us as another way to keep you and your family involved in your care. It's updated regularly by our health professionals. Please use it to jot down reminders and questions to ask your doctor or midwife.

Blue Book

Your baby's Blue Book is given to you after the birth and needs to stay with baby during your hospital stay. That way, we can complete medical records prior to discharge. Your baby's growth, development, medical history, and immunisations will be recorded in the Blue Book. Please remember to take it with you to all of your baby's future health appointments.

Birth registration

During your stay, we'll give you the forms to register the birth of your baby and claim maternity allowance. It's essential you take these home with you as they cannot be redistributed. You have 60 days to register your baby's birth at justice.tas.gov.au and select `bdm/newborn`.

Servicing your room

We aim for hotel standards in terms of cleanliness of your room. If you need towels changed or the room cleaned, just let us know.

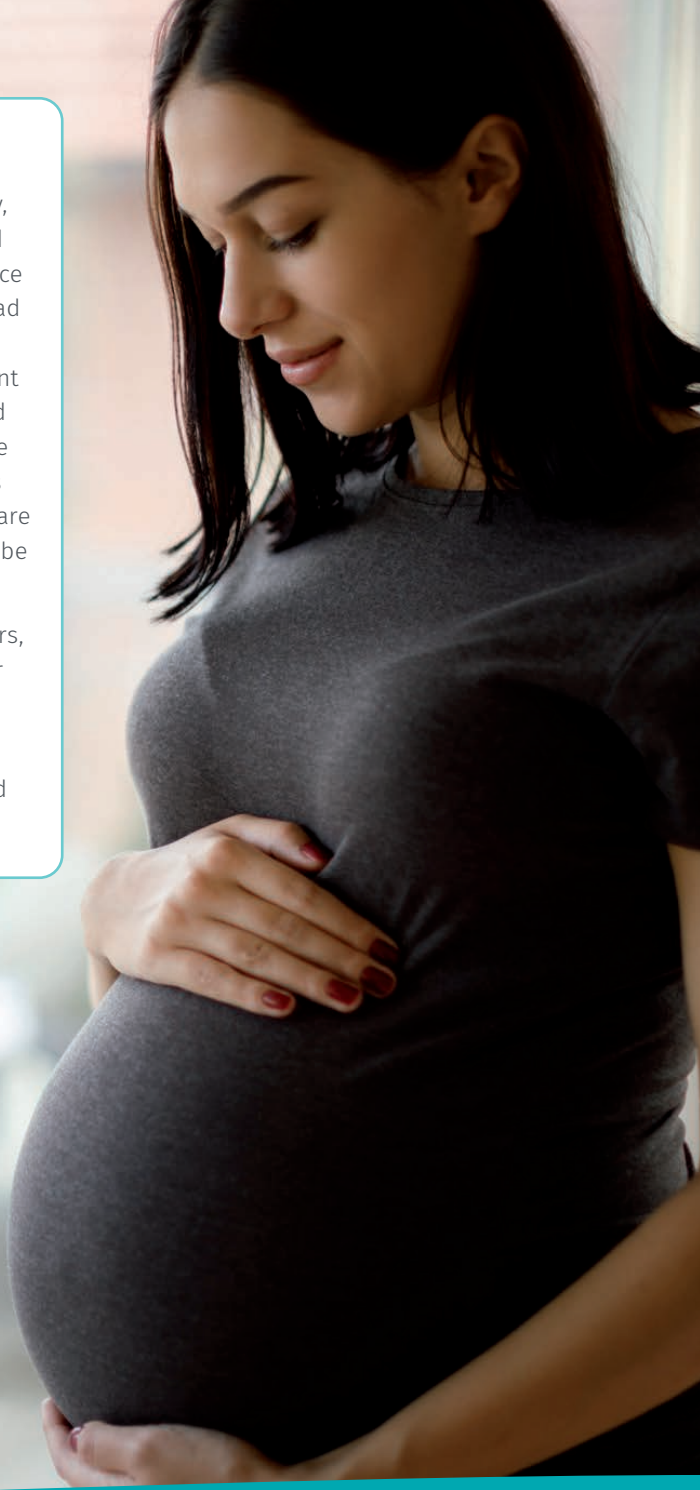
Wi-Fi

Wi-Fi is available throughout your stay. Log in through the Healthscope Wi-Fi connection.

Education

At Hobart Private Maternity, we strive to give mums and partners as much confidence as possible before they head home. One of the ways we do this is through our parent education program, offered in our postnatal unit, where we talk about all the things that you need to know to care for your baby. Classes may be via Zoom or face to face.

- Parent education, 2-hours, one evening a week over 4 weeks.
- Breastfeeding, 2-hour evening sessions offered twice a month.





Private Dining

We don't do hospital food. Instead, you can expect wonderfully nourishing and delicious meals that will surprise and delight you.

We call our menu Private Dining because we're a private hospital, setting a scrumptious new standard in food. It's been designed by our talented Executive Chef John O'Shea, who's a whole foodie, who calls our patients, guests. He loves presenting an ever-changing menu of fresh, seasonal ingredients and plates that are a pleasure.

Working with nutritionists and with your recovery in mind, meals are prepared according to your body's demands throughout the day. Breakfast boosts metabolism and includes low-GI grains for lasting energy, lunch offers meals that are energising, while dinner is warm, nourishing comfort that will surprise and make you relax and smile.

From the simple elegance of Atlantic salmon farfalle to John's signature poke bowls and his delicate, moreish desserts, this is 5-star care that's exclusively delicious, whatever your dietary needs.



Going home

Preparing to take baby home

Throughout your stay the midwives will be providing you with all the information and confidence you need to prepare you for the moment you leave for home and your new life. Our midwives will provide advice on settling, wrapping and bathing so you are ready to care for your baby at home.

Length of stay

Before leaving, we always consider what's best for each mum and baby. Sometimes a longer or shorter stay in the maternity unit is required. Everyone is unique.

Typically though, women under the care of an obstetrician have a four night stay after a vaginal birth, and five nights after a caesarean section.

The discharge time for all women is 10am.

If you have any concerns in the first few days after going home please contact us – we're here to help. The number is **03 6214 3370**, and please call night or day.

Postnatal check-ups

You will have a postnatal check-up with your obstetrician, usually six weeks after birth.

Support and wellbeing

Our midwives will arrange for you to see additional service providers (should you require any), such as social workers, physiotherapists, mental health professionals, occupational therapists, parenting support workers and drug and alcohol support workers while you are with us.

Car seats

Having an age appropriate and properly installed car seat is essential to ensure the safety of your baby while in the car.

Please ensure that a fully fitted child restraint has been secured in your car before taking baby home. It is recommended that only an authorised fitting station installs any safety restraint.

Maternity tours

We would love to take you on a tour of our Maternity Unit. We run tours:

- Every Wednesday at 1.00pm for maximum of 5 couples
- One Saturday per month at 2.30pm
- Or call us to arrange a tour on 03 6214 3370

You'll be guided by one of our experienced midwives to view the Birth Suites and the Maternity Suites where you'll stay after you give birth. Throughout the tour, you'll have an opportunity to ask lots of questions. If you want to talk privately after the tour, this can also be arranged.

Visiting hours

For the most up-to-date visiting hours please visit hobartprivatehospital.com.au

Your partner or support person is welcome at all times. You can have one nominated person with you for support during labour and birth. When you move to the Maternity Suite, you may have one support person who can visit, and stay overnight. There is no limit to the amount of time that this person stays. You can swap the support person as long as there's only one at a time.

Siblings of newborns are welcome to say 'hi' to their new brother or sister during visiting hours. However, no other children may visit.

Contact us

Again, please remember that if you're unsure whether to come in or not, or if you are in labour contact our Birthing Unit on **03 6214 3370** at any time. If you have been discharged and are worried about anything, call the same number as we want to assist you.





Hobart

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Corner Argyle & Collins Streets, Hobart TAS 7000

P 03 6214 3000 | **F** 03 6214 3505

hobartprivatehospital.com.au

ABN 25 082 134 245



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