

Maternity unit information



Patient Information



Congratulations

Thank you for choosing Ramsay Health Pindara Private Hospital for the birth of your baby. At Pindara Private Hospital we aim to provide individualised, holistic care and the opportunities for families to develop knowledge and skills to make a positive transition to their new or extended parenting roles.

Pregnancy, labour, birth and early parenting are significant events in the lives of those who experience them. The meaning of childbirth is as individual as the goals of individual childbearing women and their families.

At Pindara, care is provided by a highly skilled, integrated team of health professionals with complimentary roles, whose aim is to provide the best possible outcomes with high satisfaction not only for the childbearing family, but also for the staff providing that care. We welcome the opportunity to be able to provide the following services:

For Mother:

- Childbirth & Parenting Classes
- Experienced caring staff
- Comfortable & Spacious Birthing Suites
- Private Rooms with ensuites
- Regal Suites
- Air-conditioned comfort
- Accessible Landscaped Gardens

For baby

- Paediatricians on call 24hrs
- Special Care Nursery (for sick or premature babies greater than 32 weeks gestation)
- Lactation Consultants

Childbirth & parenting classes

If you have not already received information about our classes, please phone the Maternity Unit. We encourage you to book early in your pregnancy as class numbers are limited.

Information for your stay

What to bring to Hospital

(it is advisable to have your bag packed by 34 weeks).

- Sleepwear and light weight dressing gown
- Comfortable casual clothing for day wear
- Comfortable foot wear
- Own Toiletries and box of tissues
- Three packs of sanitary pads (maternity)
- Maternity bras & one box of nursing pads
- Health fund card, Medicare card and Pension card if applicable
- Enough money for incidentals
- Pen
- Any current medication
- Signed hospital & Epidural Consent Forms (if not already returned to your Doctor)

For Baby

- Baby Clothes
We suggest 6 outfits suitable for frequent nappy changes, and you may wish to bring your own baby wraps.
- An approved baby restraint already fitted to your vehicle prior to discharge
- If intending to have your capsule professionally fitted, or to hire a baby capsule, remember to allow 3 – 4 weeks booking time.

What not to bring

We strongly advise you not to bring your valuables (for example jewellery or large sums of money) to hospital.

When to contact the Maternity Unit

Please contact the Midwives if you have any worries or concerns (ph 5588 9888).

Before 20 weeks pregnant:

Present to the Accident & Emergency department with any medical concerns out of hours.

After 20 weeks pregnant:

Contact the Maternity Unit to inform the midwife when you are in labour or before coming into hospital.

It is very important to contact the Maternity Unit quickly (day or night) should any of the following occur:

- Ruptured membranes or continuous leaking of fluid
- Bright red bleeding
- Regular contractions
- Premature labour i.e. prior to 37 weeks
- Unusual or severe abdominal pain
- Any concerns about baby's movements

When you arrive at the hospital, please go straight to the Maternity Unit. Parking is available in the multi-story car park. Overnight, the doors to the hospital are locked for security purposes so you will need to ring the doorbell for access into the hospital. If you are in strong labour, your partner is welcome to park at the front entrance to the hospital. However we ask that he moves the vehicle to the multilevel carpark as soon as possible to avoid obstructing emergency vehicles.

Film equipment in birth suite & the operating theatre

Ramsay Health Care recognises that unique and special moments arise in hospitals that patients, families and friends may wish to capture on film. Pindara Private Hospital needs to ensure that patient safety, clinical teamwork, the privacy of other patients, staff members and medical personnel are not compromised. Devices that record both film and sound are not allowed in the operating suite, birth suites or special care nursery.

Single shot devices that do not record sound are permissible by the agreement of the care team members present at the time.

Film and sound may be recorded in the privacy of a patients own room, provided the privacy of other patients and staff members are not compromised

Birthing suite

Childbirth carries with it the potential for enormous personal growth and empowerment. As such, it should be accomplished in a manner that not only promotes safety but which also recognises and enhances the emotional and spiritual nature of birth. Our specialised team will strive to help you achieve your potential.

Support Persons in the Birthing Suite

Many women enjoy the company of a close family member or friend during their labour and birth, in addition to the company of their partner. The midwives can help you explore the role of support people during childbirth and parenting classes. If your support person is not present during your admission to the birthing suite, the midwife caring for you will notify him/her at your request.

It is important to maintain the privacy of all women in labour. Therefore, it is necessary for staff to accompany your support person into the Birthing Suite. If they need to leave the area, we ask that they keep the midwife informed of their whereabouts.

Food and drink is provided in the birthing suite for your partner.

Phone calls

Relatives and friends are requested not to phone the birthing suite to enquire about patients. It is best to arrange for your support person to contact the people you wish to keep informed. Each Birthing Suite has a phone for you to use.

In the interests of privacy and confidentiality, staff cannot give details about progress of labour or about the baby.

Mobile phones can interfere with monitoring equipment but may be used in the Birthing Suite unless staff instruct otherwise. Mobile phones may also be used in your own room.

Caesarean delivery

If you are having a booked Caesarean delivery, you will need to present on the day of operation to the main desk in the hospital foyer for admission 1½hrs prior to your booked theatre time. If you are interested in a Regal Suite, please indicate this to the Receptionist at this time so they can check on availability. You will then be escorted to the Theatre Admission Centre and prepared for your operation. After your delivery and recovery period you will be transferred to the Maternity Unit. Please leave your luggage in your car until after your operation when a room will be allocated to you.

Your support person may be present in the operating theatre if you have an epidural caesarean. They will be seated at the head of the operating table at the anaesthetist's discretion. In order to maintain a high standard of hygiene, your support person must wear full operating theatre attire.

Your baby will remain with you after delivery, where possible, in order to provide important skin-to-skin time between you and your baby. Uninterrupted skin-to-skin time for at least an hour assists in the early establishment of breast feeding, promotes bonding between mother and baby, helps to stabilise baby's temperature and assists in post-operative pain management for the mother.

Baby identification

Newborn babies are identified with two name tags which are placed on the baby immediately following his/her birth. For safety purposes, the baby's surname is to remain the same as the mother's during the hospital admission.

Accommodation

The rooms at Pindara Maternity are predominantly private room accommodation with ensuite facilities; however an antenatal admission will usually require shared room accommodation.

Regal Suites

Regal Suites are available on request after admission to the Maternity Unit, depending on availability. These incur an extra premium (not rebated by your health fund) and are not available for pre-booking. Please enquire with your Midwife or Receptionist for availability when you are admitted.

Extra services included:

- Free meals for you and your partner
- Mini-bar & Fruit Bowl stocked on arrival
- Sofa bed for your partner
- Wireless internet, Foxtel & daily newspaper
- Robes, slippers & cosmetic packs for you and your partner.

Rooming in

We encourage you to keep your baby in your room with you as this promotes:

- Enhanced bonding
- Opportunities for learning practical parenting skills
- Establishment of lactation
- Increased confidence
- Decreased risk of cross infection

Maternity Nurses will support you in learning and developing skills for caring for your newborn.

Toddlers / Children

Toddlers and children are welcome to visit but are not permitted to stay overnight.

Can my partner stay overnight?

Our philosophy embraces a belief in the benefits of fathers being involved in the “hands on” parenting experience right from delivery and being present to give physical and emotional support to their partner. Whilst partners are welcome to stay overnight they will only be provided with a recliner chair.

The presence of partners overnight is reliant on their accepting of the “Partner Code of Conduct”. Any breach of the Code might result in the immediate withdrawal of their overnight stay privileges.

It is important for your partner to read the “Partner Code of Conduct” to ensure they are aware of the number of times people will need to enter your room each day e.g. serving and clearing of meals, servicing of room, nursing procedures, doctors’ rounds. It is also important your partner understands the physical and emotional changes you will experience that can result

in sleep deprivation and teary episodes. Your partner must also accept that our focus of care will always remain on you, the patient, and your baby. If your partner chooses to stay with you he can order meals from the hospital menu selection. These menus are available at Front Reception and payment is required at the time of order.

Partner's code of conduct

In choosing to stay overnight, you agree to be bound to the following:

- Your presence during the hospital stay must not impede your partner's care or the care of another patient
- Nursing and housekeeping routines will not be delayed, e.g. to allow you to sleep in.
- Sleeping unclothed is unacceptable
- Once out of bed a dressing gown or equivalent attire is to be worn
- No sleepwear may be worn outside your partner's room.

Nursing care

Our care is aimed at meeting your physical, emotional and educational needs. During the first days of your stay the amount of nursing staff time you require will be greater than that needed towards the end of your stay. The reason for this is that as you become more confident and more independent with managing your baby your nursing requirements will naturally decrease.

The nursing staff will involve you in the clinical handover of your care with the next nurse allocated to care for you, at your bedside. If you wish to have a sleep at this handover time, please advise the nurse caring for you so as not to be disturbed at this time.

What can I expect?

Your hospital stay can seem very busy. Following is a snapshot of an average morning:

Along with caring for the needs of your new baby, staff will be entering your room from quite early in the day e.g. night staff may need to do observations from 6.00am, doctors rounds start from 6.30 to 7.00am, breakfast is served, the morning shift of nurses introduce themselves, charts are checked, beds are made and all this before 8.00am! Physical checks and observations follow and housekeeping staff service your room. Catering staff will clear your breakfast tray, freshen your water jug then serve and later clear your morning tea tray. Menus will be given out and collected for the next day and visiting hours start at 11.00am.

Apart from the excitement and joy, new mothers also experience a variety of physical and emotional changes after delivery. Babies usually feed around 6-8 times every 24 hours and often more frequently in the first few days and sleep deprivation combined with normal hormonal changes can lead to feelings of extreme tiredness and teary episodes. We strongly suggest taking advantage of the rest period provided, by advising your family and friends of the times for visiting hours.

Visiting hours

We encourage you to restrict your visitor numbers and length of time they stay as adequate rest is essential. Visiting hours are 11am to 1pm and 4pm to 8pm daily. From 1pm to 3pm there is a rest period. During this time we do not admit visitors or transfer phone calls to your room (except by prior arrangement with you).

Breastfeeding

At Pindara Private Hospital it is our aim to provide you with optimum care and support in breastfeeding your baby. Exclusive breastfeeding is recommended for the first 6 months of the infants' life and a complementary diet of food and breast milk from 6 months and past the second year. Breastfeeding can also continue if you are planning to return to work outside of the home.

Our hospital staff support breastfeeding and our Breastfeeding Policy supports and protects you and your baby as you gain confidence during your hospital stay and when you go home. Our Breastfeeding Policy is based on the:

W.H.O. Ten Steps to Successful Breastfeeding:

1. Have a written breastfeeding policy that is routinely communicated to all healthcare staff.
2. Train all healthcare staff in the skills necessary to implement this policy.
3. Inform all pregnant women about the benefits and management of breastfeeding.
4. Place babies in skin-to-skin contact with their mothers immediately following birth for at least an hour and encourage mothers to recognize when their babies are ready to breastfeed, offering help if needed.
5. Show mothers how to breastfeed and how to maintain lactation even if they are separated from their infants.
6. Give new born infants no food or drink other than breast milk, unless medically indicated.
7. Practise rooming-in; allow mothers and infants to stay together 24 hours a day.
8. Encourage breastfeeding on demand.
9. Give no artificial teats or dummies (pacifiers or soothers) to breastfeeding infants.
10. Foster the establishment of breastfeeding support and refer mothers on discharge from the facility.

Antenatal Information:

Breastfeeding information during your pregnancy is available in our Antenatal Classes.

Concerns

Concerns that are unable to be answered during antenatal classes or problems that have arisen during a previous breastfeeding experience can be discussed with one of our Lactation Consultants on request. Please phone 55889888 and ask for the Maternity Unit.

Advantages of Breastfeeding:

For Mother:

- Bonding
- Health benefits
- Uses up maternal fat stores
- Minimizes bleeding after birth, delay in the onset of menstruation
- May lead to stronger bones and less osteoporosis
- Reduced risk of cancers

For Baby:

- Easier to digest than other forms of milk
- Breast milk changes over days, weeks, months and years to meet baby's changing nutritional, immunological and developmental needs
- Food allergies rarer and less severe
- Better jaw development
- Higher IQ scores
- Easier to digest than other forms of milk
- Long term health benefits
- Reduced gastric problems
- Reduced hospital admissions

For the Family:

- A healthier baby means reduced costs in Doctor's visits and medicine
- Cheap compared to artificially feeding
- Safe and convenient

In Hospital:

All our maternity staff are trained to assist with breastfeeding and as soon as your baby is born (either vaginal or caesarean birth) we will immediately place your baby onto your chest to assist in establishing instinctive breastfeeding behaviours. This uninterrupted skin-to-skin time is important in assisting in the early establishment of breast feeding. It also enables you to recognise early feeding cues, promotes bonding between you and your baby and helps to calm your baby. Typically, after the first cry, your baby will generally lie still and relaxed for a while, then will become more active with open eyes and put their fist into their mouth as well as reaching out for the nipple. Your baby will often gaze into your face and eyes during this stage and then begin to crawl toward the breast where their mouth will gape widely, grasp the nipple and begin to suckle.

Correct breast attachment and positioning of your baby are vital to avoid problems. Breastfeeding should not hurt. There may be some initial discomfort, a 'drawing sensation', but this should ease quickly. Education and supervision of initial feeds is an important feature of our postnatal care.

The key to beginning and continued milk production is demand feeding and adequate removal of milk from the breast. Once the milk has "come in" the breasts decide how much milk

needs to be made for your baby according to how much has been removed, so supply equals demand. We recommend that your baby has unlimited access to breastfeeds right from birth according to their individual needs. This will help establish a good milk supply and is why 24-hour rooming-in (staying close to your baby) is so important.

For the first few days your baby may sleep long periods or may be wakeful and need lots of feeds. The frequency of feeds will depend on your baby.

Our policy is not to initiate the use of artificial teats for breastfeeding babies where possible. The sucking action required for dummies and/or artificial teats, and that required for breastfeeding varies significantly and can be confusing for your baby. In addition, dummies can sometimes mask hunger signs in your baby meaning you may miss those important opportunities to feed your baby and establish your milk supply.

If your informed choice is to artificially feed your baby, we ask that you supply your own formula and bring this into hospital with you. The maternity staff will then provide you with individual instruction on how to feed your baby while you are in hospital.

After discharge:

Some mothers are concerned about the idea of going home before the “milk is in” or before breast feeding is “fully established”. By the time you are ready for discharge your milk may or may not be “in” or may be in the process of “coming in”. Our aim is to have you attaching baby to the breast correctly and independently and able to recognise effective sucking.

Your lactation will take a few weeks to fully establish and will undergo numerous changes during that time in response to baby’s feeding pattern and needs.

A general guide to know that your baby is feeding well:

- Feeding at least 6-8 times in 24hours
- Has 6-8 pale, wet nappies in 24 hours
- Does soft poos
- Is looking bright and alert and contented
- Is sleeping between most feeds in the 24 hour period, and is gaining satisfactory weight

For ongoing support when at home there are private Lactation Consultants available, Support Groups and The Australian Breast Feeding association. Contact details are provided on discharge.

Paediatricians

Paediatricians are doctors who have specialised in the care of children.

Their role is primarily with sick babies and infants, children who have severe acute illnesses such as pneumonia or meningitis, and the care of children with chronic conditions such as epilepsy, cerebral palsy, or asthma.

At Pindara Private Hospital the Paediatrician will examine your baby in the first 24 hours of life to ensure that there are no apparent congenital abnormalities or other major concerns.

You may choose a specific Paediatrician or alternatively a Paediatrician can be recommended by your Obstetrician.

There is also an opportunity to discuss baby management issues, any family history of relevance, or other concerns.

The Paediatrician will generally visit you and your baby during the hospital stay on a regular basis to look for concerns with feeding, jaundice, and particularly to check that no heart murmurs develop.

The Paediatrician will then organise to see the baby several weeks later to check that all normal developmental milestones are being achieved and that the baby is developing a good routine.

Subsequent to this visit, the baby will then be referred back to the general practitioner for ongoing care and would only need to see a Paediatrician if there are specific concerns identified by the general practitioner.

You will receive a bill for this medical care which may include a gap payment. Generally babies will not need to be admitted to Special Care Nursery unless there are specific concerns and therefore the medical care will be as an outpatient. This may mean that you are able to utilise the Medicare Safety net.

A Paediatrician will attend the delivery of the baby if there is a specific concern. This would include multiple births, premature babies, breech deliveries, emergency caesarean sections, or a previously identified problem.

Paediatricians do not routinely attend vaginal deliveries or all elective caesarean sections. There is paediatric care available for Pindara maternity and special care nursery 24 hours per day 365 days per year.

Some parents may wish to have their sons circumcised. The policy of the Royal Australian College of Physicians is that there is no good medical indication to have this procedure performed. Circumcisions are not performed while babies are at Pindara Hospital. This procedure can however be organised as an outpatient by the parents.

The Paediatricians attending Pindara Hospital hope you have an enjoyable, supportive, and informative stay while at Pindara and a happy and health future with your child.

Special Care Nursery

Our Special Care Nursery provides ongoing care for sick/premature babies not yet ready for discharge to home. Parents have free access to visit their baby in the nursery at any time. Occasionally they may be asked to leave the nursery whilst a procedure on another baby is in progress or during clinical handover rounds.

We also provide:

- Latest equipment if your baby should happen to be unwell
- Expert Nursing & Medical Care and Equipment required for C.P.A.P. ventilation should your baby require this.
- Assistance for babies needing full ventilation whilst awaiting transfer to a Neonatal Intensive Care Unit
- Babies from the age of 32 weeks gestation can be admitted to our Special care Nursery.

Due to babies' increased risk of infection, a strict visiting policy is implemented for all other visitors. If you have a baby admitted to the Special Care Nursery you will receive a Parent's Information Booklet which details the visiting policy and other information pertaining to the nursery.

NB: All visitors must wash their hands thoroughly on every entry to the nursery.

Health fund information

There are many, varied health fund products; therefore we recommend you contact your health fund prior to your admission to ensure that you and your baby are covered for admission to Pindara Private Hospital.

NB: If you only have singles or couples health insurance cover at the time of your delivery, it is most likely that your baby will not be covered by your health fund if an admission to the Special Care Nursery is required. Admission of a baby can be very expensive and we therefore highly recommend you upgrade to family cover early in your pregnancy as some health funds require you to upgrade 3 months prior to your expected date of delivery.

Please note that if you are having a multiple birth (eg twins or triplets) there will be a charge for any number of babies delivered greater than one, as these babies are required to be a qualified admission.

All patients will receive a letter prior to their admission to confirm that admission and out of pocket expenses to expect. If you have any concerns prior to your admission, please do not hesitate to contact the hospital on 5588 9888.

Going home

Discharge planning is a vital component of your stay at Pindara Private Hospital.

The anticipated length of stay following the birth of your baby is:

- After a vaginal birth without complications – most mothers and babies are discharged after a fourth night.
- After a caesarean section birth without complications – most mothers and babies are discharged after a fifth night.

Discharge time is 9.00am

If discharge is delayed you are welcome to wait in the maternity lounge but your room must be vacated by 9.00am to allow the room to be serviced.

Please ensure that you have a fully fitted child restraint secured in your car before taking the baby home. It is recommended that only an authorised fitting station fit any safety restraint.

We look forward to supporting you, your new baby and family at this special time.





People caring for people

Pindara Private Hospital

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