

# SHARED MATERNITY CARE

## AT THE WOMEN'S AT PARKVILLE: DURING COVID-19

### What is shared maternity care?

With shared maternity care, the Women's Hospital and your chosen GP (family doctor), obstetrician or community midwife 'share your care' during your pregnancy.

For most of your routine pregnancy appointments you will see or have a telephone/teleconference with your GP/obstetrician/midwife.

You will also have some appointments at the Women's.

### Why choose shared care?

Shared care is a popular choice for healthy women with a normal pregnancy. In choosing shared care you:

- » have most of your care close to your home or work
- » build a relationship with your doctor and continue to see them after your baby is born
- » have fewer hospital visits.

Shared care doctors and midwives may charge some out-of-pocket fees. Please discuss this with your shared care doctor/midwife.

The Women's has community clinics in Fawkner, Essendon and Footscray. You can choose to attend hospital appointments at one of these instead of coming to the Hospital.

If you develop problems during your pregnancy and shared care is not suitable, we will change your model of care.

### How does shared care work?

Your chosen doctor/midwife must be accredited with the Women's to provide shared care.

If your usual GP is not accredited, the Women's will help you find an accredited community doctor/midwife. For more information visit our website and search for Accreditation and Affiliates List.

If you are healthy with a normal pregnancy, shared care is the likely model of care you will be allocated to

When you start shared care, the Shared Care Coordinator will mail you by post a folder containing:

- » your pregnancy record
- » the appointment details of your hospital visits
- » a schedule of visits for your pregnancy care
- » forms for your 26-27 weeks diabetes and others tests to be done in the community and your routine 36 week swab test to be done at the Women's

You will need to organise your own shared care doctor/ midwife appointments.

It is important to bring your folder to all your shared care and hospital appointments, including when you come in to have your baby. This is how the doctors and midwives communicate about your care.

### Changes in care during COVID-19

To keep you safe at this time:

- Face to face visits with your doctor/midwife have been minimised, with some of these being replaced by telephone/video call
- For face to face visits, it is important to keep these to less than 15 minutes and to only go by yourself
- Practice good hand and personal hygiene and social distancing, including at your pregnancy visits
- Please contact your care provider by phone before your visit if you are unwell or have been in contact with a person who has or may have COVID-19
- There are no childbirth education or hospital tours (please see our website for virtual tours)

### For more information

Shared Maternity Care Coordinator  
The Royal Women's Hospital  
Tel: (03) 8345 2129 Fax: (03) 8345 2130  
Email: [sharedcare@thewomens.org.au](mailto:sharedcare@thewomens.org.au)

### Other important contacts at the Women's

**Website:** [www.thewomens.org.au](http://www.thewomens.org.au)

**Hospital Switchboard:** (03) 8345 2000

**Physiotherapy/Nutrition Dept:** (03) 8345 3160

**Women's Welcome Centre:** (03) 8345 3037

**Please note:**

- » **The hospital will organise all your hospital appointments**
- » **You will need to organise your own shared care doctor/midwife appointments**
- » **Please bring your pregnancy record to all of your appointments**

Your shared care doctor/midwife is:

(Affix label here)

**SCHEDULE OF VISITS: (Routine. Previous Caesarean)\_COVID-19**

Initial visits to GP for confirmation, tests and referral (Some visits may be non-face to face)	Visit/s to your GP for: » Initial antenatal tests * » Down syndrome test (if you choose, this is best ordered by your GP) * » Referral to the Royal Women's Hospital, which includes: your expected date of delivery, blood pressure, Body Mass Index (BMI), history and test results
15–18 Weeks (May be non-face to face)	You will have your first visit at the Royal Women's Hospital where you will also have: » A Down syndrome test if not already done (if you choose)* » Additional antenatal tests as required* <i>If non face to face you need a blood pressure check before this appointment (e.g. by GP, pharmacy)</i>
16 Weeks (May be non-face to face)	Visit your shared care doctor/midwife (to be booked by you) <i>If non face to face you need a blood pressure check before this appointment (e.g. by GP, pharmacy)</i>
20–22 Weeks: Ultrasound of your baby (usually in the community and ordered by your shared care doctor/midwife) *	
22 Weeks (May be non-face to face)	Visit your shared care doctor/midwife (to be booked by you) <i>If non face to face you need a blood pressure check before this appointment (e.g. by GP, pharmacy)</i>
28 Weeks (Physical check)	Test for diabetes, full blood examination, blood antibodies at the hospital (please book this with pathology before 20 weeks).* Visit with hospital midwife: » Routine check » Discussion about having your baby at the Women's and going home with your baby ( <i>this may happen over the phone</i> ) » As your blood group is Rh negative, Anti D injection given
32 Weeks (May be non-face to face)	Visit your shared care doctor/midwife (to be booked by you) <i>If non face to face you need a blood pressure check before this appointment (e.g. by GP, pharmacy)</i>
34 Weeks (May be non-face to face)	Visit your shared care doctor/midwife (to be booked by you) <i>If non face to face you need a blood pressure check before this appointment (e.g. by GP, pharmacy)</i>
36 Weeks (Physical check)	» Visit with hospital doctor for a check » Vaginal swab for Group B Strep* » As your blood group is Rh negative, Anti D injection given
38 Weeks (May be non-face to face)	Visit your shared care doctor/midwife (to be booked by you) <i>If non face to face you need a blood pressure check before this appointment (e.g. by GP, pharmacy)</i>
39-40 Weeks (Physical check)	Visit your shared care doctor/midwife (to be booked by you)
<i>At some time between 20 to 36 weeks a hospital midwife will contact you to discuss having your baby at the Women's and going home with your baby.</i>	
41 Weeks (Physical check)	» If you have not had your baby you will be seen at the hospital. » At this visit you may have tests to check the baby's heart rate and amount of fluid around your baby.
After the birth	Follow-up postnatal appointment with your GP

● Shared maternity care affiliate visit (doctor/midwife)

● Hospital Visit \* Tests