

# SHARED MATERNITY CARE

## AT THE WOMEN'S AT PARKVILLE

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### 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.

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

### Shared care information

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

- » your pregnancy record in a plastic sleeve
- » a maternity wheel the includes your hospital appointment times
- » a schedule of visits for your pregnancy care (this form)
- » forms for your 28 weeks diabetes and others tests to be done at the hospital

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

It is important to collect your visit notes and 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.

### Your hospitals appointments and information

On *Health Hub* you can view your notes, results and view and change appointments.

Go to: [health-hub.org.au](http://health-hub.org.au)

Complete a sign up form to get an activation code, which then enables your access.

### Changes in care during COVID-19

To keep up with the latest guidance for patients and visitors, please see the COVID-19 Information Hub on the RWH website.

To keep you and others safe at this time:

- 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.
- Practice good hand and personal hygiene and social distancing, including at your pregnancy visits.

### Childbirth education and hospital tours

Please see the hospital website for a hospital virtual tour, childbirth education videos or to book online childbirth education classes.

### 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:

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

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

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

**Please note:**

- » **The hospital will organise your hospital appointments**
- » **You will need to organise your appointments with your shared care doctor/midwife**
- » **Please collect your visit notes and bring them to all your appointments**

Your shared care doctor/midwife is:

(Affix label here)

**SCHEDULE OF VISITS: (Routine. Blood Group Rh Negative)**

Initial visits to GP for confirmation, tests and referral (Some visits may be non-face to face)	Visit/s to your GP for: <ul style="list-style-type: none"><li>» Initial antenatal tests*</li><li>» Down syndrome test (if you choose, this is best ordered by your GP)*</li><li>» Referral to the Royal Women's Hospital, which includes: your expected date of delivery, blood pressure, Body Mass Index (BMI), history and test results</li></ul>
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: <ul style="list-style-type: none"><li>» A Down syndrome test if not already done (if you choose)*</li><li>» Additional antenatal tests as required*</li></ul> <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). You need to fast from midnight – water is fine to drink. Allow 2 hours for this test. Visit with hospital midwife: <ul style="list-style-type: none"><li>» Routine check</li><li>» Discussion about having your baby at the Women's and going home with your baby (<i>this may happen over the phone</i>)</li><li>» As your blood group is Rh negative, Anti D injection given</li></ul>
<i>After 20 weeks you should have a pertussis (whooping cough) vaccination with your shared care doctor/midwife. During your pregnancy you should have an influenza (flu) vaccination with your shared care doctor/midwife.</i>	
32 Weeks (Physical check)	Visit your shared care doctor/midwife (to be booked by you)
34 Weeks (Physical check)	Visit your shared care doctor/midwife (to be booked by you)
36 Weeks (Physical check)	<ul style="list-style-type: none"><li>» Visit with hospital doctor for a check</li><li>» Vaginal swab for Group B Strep*</li><li>» As your blood group is Rh negative, Anti D injection given</li></ul>
38 Weeks (Physical check)	Visit your shared care doctor/midwife (to be booked by you)
39-40 Weeks (Physical check)	Visit your shared care doctor/midwife (to be booked by you)
41 Weeks (Physical check)	<ul style="list-style-type: none"><li>» If you have not had your baby you will be seen at the hospital.</li><li>» At this visit you may have tests to check the baby's heart rate and amount of fluid around your baby.</li></ul>
After the birth	Follow-up postnatal appointment with your GP

● Shared maternity care affiliate visit (doctor/midwife)

● Hospital Visit \* Tests