Other Services Provided
At RPA Women and Babies;
• Antenatal classes or groups
• Social Work
• Perinatal Mental Health
• Drug and Alcohol support services
• Physiotherapy
• Obstetric review if needed
• Discharge Liaison Midwife

Contact Numbers:
• For further information or to enquire about booking in, please phone (02) 9515 8864. If the midwives are not in the office, please leave a message and they shall return your call.

Thanks to Camden/Campbelltown and Canterbury Midwifery Group Practice as we based this brochure on theirs.

RPA Women and Babies August 2012
RPA Midwifery Group Practice (MGP)

If you choose RPA MGP a small group of midwives will look after you throughout your pregnancy, birth and the first few weeks after your baby is born. One of these midwives will be allocated to care for you so you will get to know each other through the pregnancy. You will also have the chance to meet the other midwives during your pregnancy. The RPA Midwifery Group Practice can accommodate a limited number of women per month and eligibility onto the program is dependent on health history and availability so you need to book early.

The Philosophy of Care

Pregnancy and Childbirth are normal healthy life events. It has been shown that women benefit from continuity of care during this time and this is what this program offers. All women have the right to be given research-based information in order to make informed choices throughout pregnancy, birth and postnatal period. By endeavouring to provide woman-centered-care and working with other health professionals we aim for the best possible outcomes for you and your baby.

During Your Pregnancy

You will be contacted by one of the midwives who will organise an appointment to discuss your personal history. This midwife will continue to provide the majority of care during your pregnancy, birth and the postnatal period either in RPA Hospital, community based clinics or in your home. The midwives work in a group and you will get to know the other midwives in case a situation arises when your midwife is unavailable.

During your pregnancy your allocated midwife will discuss your plans for the birth. You will be given your midwife’s phone number and may use this contact if you have any concerns that cannot wait until your next appointment. On her days off your calls will be diverted to the ‘on call midwife’s’ phone. You can contact your midwife for appointment changes and non urgent matters between the hours of 9am til 5pm.

The Group Practice Midwives are able to provide most or all of the care you will require. They are supported by doctors and midwives at the hospital if they have any concerns during pregnancy, labour or afterwards.

During the Birth

One of the midwives from the RPA Midwifery Group Practice will provide care for you during labour and will support you during the birth of your baby.

The midwife’s care involves:

• Supportive care that respects you and your family beliefs
• Helping you make informed decisions about your labour and birth
• Recognising that each woman’s birth experience is unique
• Ensuring that you have the best possible birth experience
• Consulting with appropriate medical staff should this be necessary

After Your Baby is Born

You will be returning home as soon as possible. Your midwife will continue to care for you and your baby in the privacy of your own home. If it is necessary to stay in hospital you will be cared for by the skilled and friendly midwives there. Your midwife will visit you during your stay and will organise the care required for you and your baby when you return home.