



## Information for Antenatal Shared Care

### Your Pregnancy Care Options

Overall, there are five different models of care available to you during your pregnancy.

These include:

**1. Shared Care** – for low-risk pregnancies. Appointments and check-ups are shared between your local doctor and one of the local health district antenatal services:

- Local doctor + Hospital Antenatal Clinic
- Local doctor + Hospital Outreach Clinic
- Local doctor + Birth Centre
- Local doctor + Midwifery Group Practice (MGP)

**2. Hospital Antenatal Clinic** –all appointments and check-ups are completed through the antenatal clinic at the hospital.

**3. Hospital Outreach Clinic** –all appointments and check-ups are completed at an outreach clinic within your area.

**4. Private Obstetrician** –all appointments and check-ups are completed by your own chosen private obstetrician.

**5. Birth Centre Team Midwives** –all appointments and check-ups are completed at a Birth Centre.

### What are the Shared Care Options?

There are four models of shared care available for you to choose from.

#### 1. Your local doctor + Hospital Antenatal Clinic

Check-ups are shared between your local doctor and the Hospital Antenatal Clinic. Your labour and the baby's birth is managed by the Hospital Delivery Suite. After your baby is born you will be cared for in the Postnatal Ward.

After a normal birth you may choose to go home by day 3 or by day 4 after a Caesarean Section. This also enables you to receive maternity care in your home until day 6 if required. Telephone contact is available up to day 14.

If problems arise you may also contact the hospital Maternity Support Program until day 14.

#### 2. Your local doctor + Hospital Outreach Clinic

Check-ups will be shared by your local doctor and the team at the outreach clinic. Your labour, and baby's birth is in the hospital delivery suite. Postnatal care is the same as option 1.

#### 3. Your local doctor + Birth Centre

Your doctor and the Birth Centre team provide your pregnancy care. The Birth Centre team provide care during your labour, the birth of your baby and the immediate post-natal period in a safe, homelike natural childbirth environment located within St George Hospital. The team will also provide postnatal care through the Maternity Support Program.

#### 4. Local doctor + Midwifery Group Practice (MGP)

In Midwifery Group Practice, continuity of care is provided throughout the pregnancy, birth and postnatal period (MSP) by a caseload midwife. Antenatal care is provided in Child and Family Health Centres in the community. Women have the choice to birth in the Delivery Suite or the Birth Centre. Postnatal care in the hospital is provided by the hospital midwives

### Why choose Shared Care?

Shared care has many benefits:

- Check-ups are with your own trusted doctor who may also speak your language.
- Parking at your local medical practice may be closer and easier to access.
- Appointment times may be more convenient with less waiting time.
- You receive continuity of care for yourself and your baby from the same doctor after you give birth to meet your needs.

## About the Hospitals

St George and Sutherland hospitals work together to offer complementary models of maternity care, which you may access at either hospital depending upon your pregnancy and health, preference for birthing and your baby's needs. Some considerations around which hospital will be right for you will include:

- what type of birth you plan to have,
- what your previous pregnancy was like and how this pregnancy is progressing,
- your baby's health, and
- your health, including pre-existing medical conditions and body weight (body mass index – BMI).

### Both hospitals encourage:

- active, natural labour without intervention where possible,
- the option of attending group antenatal care nearer your home as well as the hospital,
- vaginal delivery after a caesarean, if your last birth was a caesarean birth, and
- antenatal care in groups with one special group for women with high BMI to help manage weight gain during your pregnancy.

### St George Hospital offers:

- Caseload Midwifery through its clinics - MGP and Birth Centre (where you see the same midwife throughout your pregnancy),
- care for more complicated issues during pregnancy, and
- if all is well, transfer to Sutherland Hospital after delivery.

### Sutherland Hospital offers:

- Caseload Midwifery - MGP through its clinics (where you see the same midwife throughout your pregnancy)

## How much does it cost?

Normal GP consultation is usually charged and in general, all tests are bulk billed.

## Making an appointment

Please phone or book online as soon as your pregnancy is confirmed. For both hospitals phone

**(02) 9113 2162 or book online:**

### St George

[https://www.seslhd.health.nsw.gov.au/contact/antenatal\\_appointment\\_form](https://www.seslhd.health.nsw.gov.au/contact/antenatal_appointment_form)

### Sutherland

[https://www.seslhd.health.nsw.gov.au/contact/antenatal\\_appointment\\_form\\_suthe](https://www.seslhd.health.nsw.gov.au/contact/antenatal_appointment_form_suthe)

You will be sent an information pack containing your appointment details and

- Referral form
- Antenatal Care Record card
- Choices in Maternity Care leaflet
- Maternity Information
- Healthcare Rights and Responsibilities
- NSW Health privacy leaflet
- Antenatal Shared Care information and schedule
- NT brochure

Please contact your midwife at booking to discuss any of the information received.

You will then arrange to see your doctor who will complete the referral form and undertake any necessary tests prior to your clinic appointment.

Your doctor will also complete the Antenatal Care Record card which you will need to bring with you to all of your appointments with your doctor and the clinic.

When you attend your first appointment at the clinic, you need to provide identification confirming your place of residence. You are encouraged to attend a hospital closest to your place of residence. If you reside out of area you will not be accepted into the clinic.

**For any problem during your pregnancy,** please contact your doctor or the Emergency Department of your local hospital.

If you are over 20 weeks pregnant and you think that the problem is urgent, you can contact the Delivery Suite Midwife on 9113 2125 at St George or 9540 7982 at Sutherland Hospital.

For more information about Antenatal Shared Care please speak to your doctor or midwives at the clinics.



## Schedule of shared care visits during your pregnancy

Time of pregnancy	Who you will visit?	What will be done?
6 – 10 weeks	Your doctor	Pregnancy test and other tests: - Blood, urine, cervical screening (if required)  Other counselling as appropriate
10 – 14 weeks	1st visit to Hospital, Outreach Clinic or Birth Centre	A booking history by a midwife and appropriate referrals
16 weeks	Your doctor	Routine check-up
20 weeks	Antenatal clinic	NBAC (next birth after caesarean) appointment at St George Hospital
	Your doctor	Ultrasound will be reviewed
24 weeks	Your doctor	Routine check-up
28 weeks	Your doctor	Routine check-up Blood tests, Anti-D injection if blood group Rh negative (done at Hospital clinic)
30 weeks	Hospital, Outreach Clinic or Birth Centre	Check-up Review tests (from 28 weeks)
33 weeks	Your doctor	Routine check-up
34 weeks	Hospital Clinic- for RH negative women and NBAC only	Anti-D Injection if blood group Rh negative (done at Hospital Clinic) NBAC appointment at St George Hospital
36 weeks	Hospital, Outreach Clinic or Birth Centre	Check-up, review birth arrangements
37 – 39 weeks	Your Doctor	Weekly check-ups
40 - weeks	Hospital, Outreach Clinic or Birth Centre	Check-up, planning of your delivery
6 weeks after birth of baby	Your Doctor	Check-up for you and your baby Arrange immunisations for baby

## Useful phone numbers

Centralised booking number for antenatal shared care clinics	
Ph: (02) 9113 2162	
St George Hospital	Sutherland Hospital
Main Switchboard: 9113-1111	Main Switchboard: 9540 7111
Birth Centre: 9113-3103	Birthing Suite: 9540 7982
Antenatal Clinic: 9113-2162	Antenatal Clinic: 9540 7240
Delivery Suite: 9113-2126	Antenatal Assessment Unit: 9540 8654
St George Bookings/Info: 9113-2162 Mon-Thu 8.30am – 3.30 pm, Fri 8.30am – 12.00pm	Appointment Enquiries: Mon-Fri 9am – 4.30pm