



THE KILMORE & DISTRICT HOSPITAL

Information for Birthing Clients





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Introduction

The Kilmore and District Hospital provides pregnancy and birth care to the women of Kilmore, Wallan, Broadford, Seymour and neighbouring areas, with around 200 births per year.

Having a baby can be one of the most exciting times in your life. Our staff at The Kilmore and District Hospital provide professional, quality care and support for you and your family throughout your pregnancy and birth journey. A range of options for pregnancy care currently exist at The Kilmore and District Hospital to suit your needs.

This brochure outlines the services available to you.

Primary Maternity Services

The Kilmore and District Hospital is referred to as a Primary Maternity Service. This means that we provide maternity services to women who experience an uncomplicated pregnancy and birth, and who do not need ongoing specialist care.

- Women who develop complications during their pregnancy or birth, or who go into labour before 37 weeks will be advised to receive their care from a larger hospital that has access to specialist obstetric care.
- If at any stage transfer of care to another hospital is required for you or your baby, transport will be arranged by the hospital, and if your baby was to require emergency care, transport will be provided by NETS (Newborn Emergency Transport Service).
- We encourage all expectant mothers to have a current Ambulance Victoria Membership.
- Women and their babies are always welcome to return to Kilmore Hospital to complete their care closer to home.

Public Antenatal Clinic

Your care will be provided by midwives and the Obstetrician or GP/Obstetrician working in antenatal clinic. Antenatal clinic runs weekly and appointments are available Mondays, Tuesdays, Thursdays and Fridays and offers complete pregnancy care and education. Your baby's birth will be attended by midwives and the doctor on call for that day. Kilmore Hospital also run a satellite clinic at Seymour for women from that area who prefer not to travel to Kilmore for their appointments. This clinic is run on Thursdays only - out of the Ambulatory Care Centre at Seymour Hospital.

Shared Care

You may prefer to have your own General Practitioner care for you throughout your pregnancy. Shared care is often a convenient option for women as it enables a “sharing of care” between the antenatal clinic at The Kilmore & District Hospital and your General Practitioner.

Your GP will refer you back to the hospital if needed. Your labour and birth will be attended by midwives and the doctor on call for that day.

Private Maternity Services

Private options for care also exist through some of our General Practitioner clinics. Women who choose this option of care require private health insurance. Women will see their private General Practitioner Obstetrician for all of their antenatal appointments. They will need to present to the hospital antenatal for a booking appointment with the midwife. They will be cared for by their General Practitioner and midwives when they present in labour.

Aboriginal & Torres Strait Islander (ATSI)

The Kilmore & District Hospital does not have a dedicated Program Liaison Officer, however staff can provide you with information about appropriate services and information from official sources.

Hearing Loop

A portable hearing loop has been purchased to assist in communicating with patients with hearing impairment. Please ask the hospital staff if you would like to utilise this equipment.

Interpreters

Staff will endeavour to provide a high quality of service for all patients and their families regardless of ethnicity and the ability to speak English. Interpreters are provided free of charge. It is your right to request a professional interpreter.

Please note that the Kilmore & District Hospital does not condone the use of family members or staff to act as interpreters unless in an emergency. Children under the age of 18 are not to be used as interpreters. If English is NOT your preferred language, please advise a staff member and request an interpreter. We will organise one for you.

Special Dietary Needs

Food Monitors are available to assist in ensuring any allergies, intolerances or other special dietary needs are catered for.

Social Worker

A hospital social worker is available to assist patients and family members with matters such as carer stress, housing issues, discharge planning needs, financial concerns, family violence or drug and alcohol issues. Please discuss your requirements with the Nursing Staff.

The Birth of Your Baby

Support people are always welcomed and encouraged during your labour and birth. We have a variety of pain relief options available to women including:

- Active labour and regular position changes
- Hot and Cold Packs
- Showers
- Music therapy
- Nitrous Oxide (Gas)
- Pethidine/Morphine Injections
- Epidurals

The average stay for a normal birth is 1-3 days. Some women will prefer to go home to the support of their family and friends soon after the birth, whilst others will need to stay longer according to the mother's/baby's needs. The Kilmore and District Hospital will also provide midwifery care in the home once mother and baby are discharged.

Elective & Emergency Caesarean Birth

Women who require an elective caesarean birth, or a repeat caesarean section, will be booked through antenatal clinic and will attend midwife and doctor visits as normal. Kilmore Maternity Services do not currently have the facilities to offer VBAC (Vaginal Birth after Caesarean) and these options will be discussed with each woman upon booking. The average stay in hospital following a caesarean birth is 4-5 days.

Emergency and Elective Caesareans are performed at The Kilmore and District Hospital.

What to bring to Hospital

For yourself:

- Personal toiletries
- Nightwear
- Comfortable clothing ie tracksuits
- Maternity bras
- Maternity Sanitary pads
- Nursing pads
- Energy foods and drinks for labour
- A change of clothes for your support person

For Baby:

- Baby clothing; jumpsuits, singlets, nighties (enough for 2 changes per day)
- Disposable nappies if using and wipes
- Baby blankets
- Baby bathing needs
- Baby socks or mittens and hat
- If artificially feeding you will need to supply all of your own bottles, formula, and a sterilising unit.

Birthing Classes

The Kilmore and District Hospital provides childbirth education to all expectant parents booked to birth both at our hospital and other hospitals.

Classes are offered in two formats:

- Two 3 hour classes on a weekday night; or
- One 6 hour class on a weekend.

A nominal fee is required. During these classes you will learn about labour, birth, immediate postnatal care, breastfeeding and looking after your new baby. They are highly recommended for first time parents. We recommend attending these classes when you are 28-36 weeks pregnant.

To book, please call 5734 2162 from 9am-5pm, Monday – Friday.

Maternity Visiting Hours

3.00–4.00pm and 7.00–8.00pm daily
Partners are welcome to visit at any time



Going Home



All women and their babies are offered a domiciliary visit by one of our midwives. This means a midwife will visit you at home within 48 hours of discharge. The midwife will also link you in with your community maternal and child health nurse.

It is compulsory by law that your baby be transported in an approved baby restraint fitted in your car.



THE KILMORE & DISTRICT HOSPITAL



Contact Details

The Kilmore & District Hospital

P.O. Box 185, Kilmore, 3764

Rutledge Street, Kilmore

Main Hospital: (03) 5734 2000

Nurses Station: (03) 5734 2100

Antenatal Clinic: (03) 5734 2162

Fax: (03) 5734 2119

Email: kbu@humehealth.org.au

Emergency / Ambulance: 000

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