

Maternity at St Peter's: Video Transcript

Having your baby with Ashford and St Peter's

Eileen Nolan
(Associate Director of
Maternity Services)

Having a baby is a really special and exciting time but we also know that it can be quite daunting and that you will have lots of questions about your pregnancy and about having the baby.

This film will show you some of the services we have on offer and we will also help to answer some of those questions for you.

Antenatal Care

Georgina Marlow
(Midwife)

Once your pregnancy is confirmed, you will need to make an appointment to see your midwife at your doctor's surgery. This appointment will take about an hour and it gives an opportunity for you to meet your midwife and for the midwife to go through your past medical history and anything that might be relevant to this pregnancy and it gives you that opportunity to talk to your midwife about any concerns that you might have.

And the frequency of your antenatal appointments actually depends on whether it's your first baby or second or subsequent baby. If it is your first baby, it is generally by your midwife in the GP surgery or it could be in a community centre or a children's centre and occasionally in the hospital.

The frequency of your visits is normally about 11 visits for your first baby. If it's your second or subsequent baby, probably only about 9 visits but obviously if there is a cause for concern then more appointments will be made for you.

When parents are preparing for labour, we invite them to come along to some parent education classes that are at the hospital over the weekends. These are four hour workshops that are offered to first time parents. We also offer specialised classes to parents that are expecting more than one baby, so multiple births, teenage pregnancies, we do fathers' only classes and for the breastfeeding workshops which are preparing patients for breastfeeding their baby.

Parents

Because it's our first baby, we really don't know what to expect so you know it's really been helpful. It's such a small group, a closed group, and we had all of our questions answered. When you got so many concerns, you know it's the first time we are doing this so it's really been helpful.

Georgina Marlow

During your pregnancy, you will also have two ultrasound scans.

**Dipti Patel
(Advanced Ultrasound
Practitioner)**

Ultrasound is one of the prenatal tests that is offered to all pregnant women. It's non-invasive and it's safe and very easy to perform.

All women are offered a 12 week scan and a 21 week scan.

At the 12 week scan, we date the pregnancy. It's also very reassuring for the parents to see a nice heart beating and we can tell them how many babies are present and at this stage we can also offer a screening for Down's syndrome.

At the 21 weeks scan, we check for any structural abnormalities, make sure that the baby is growing normally and make sure that the placenta is clear of the cervix. This is the last routine scan that you will have and any further scans are requested by the midwife or obstetrician.

Georgina Marlow

Towards the end of your pregnancy, don't forget to pack your overnight bag. You don't need to have too much in it and it doesn't have to be a big bag because believe it or not there's not that much space and people trip over it.

Midwifery-Led Triage**Eileen Nolan**

For labour, we've also got a range of facilities available.

Some mums choose to have their babies at home and if that's your choice then our community midwives will look after you,

**Bernie Jarvis
(Midwife)**

In the community, we deliver approximately 150 babies at home per year.

If you are interested in having a home birth, be it your first pregnancy or subsequent, you will discuss this with your community midwife who will then arrange a home visit to discuss the benefits and preparation with you and your partner.

Eileen Nolan

If you are having your baby in hospital, then we want to keep everything as natural as it possibly can be and we encourage you to be up and about and as mobile as you can in labour.

**Charlotte Smith
(Midwife)**

When you think you have gone into labour, we tell you to ring the triage unit at St Peter's Hospital, Abbey Wing. It's open 24 hours a day. During the day you use the daytime entrance. In the night time, you use the night time entrance and it's on the first floor.

When you arrive at triage you will be met by a midwife who will have a general chat with you to see how you've been getting on with your labour. If you appear to be in advanced labour, then we will take you upstairs to the labour ward. However, when we normally assess you in the triage, and if you appear to be in early labour, we may advise you to go home but don't worry; you can phone us as many times like.

**Laura Carr
(Midwife)**

When you come up to labour ward, you will meet your allocated midwife and she will show you to your delivery room and discuss with you any preferences that you have for your labour and delivery and may discuss a birth plan if you have written one and if necessary she may perform another assessment.

Your midwife will encourage you to be as active as possible in labour if your circumstances allow. We do have a number of pain relief options available. We have piped Entonox ®, gas and air, available in every delivery room. We have water facilities. We have some stronger pain relief options including Pethidine and a 24 hour epidural service if needed.

Eileen Nolan

Our on-suite birthing rooms have recently been refurbished to a very high standard and we also have got a new birthing pool.

**Lisa Davis
(Midwife)**

We are really pleased to offer a birthing pool here at Ashford and St Peter's Hospital because there are lots of benefits for mums in labour.

It's an excellent form of pain relief, mums feel very weightless and babies are very happy when they are born in the water and quite often don't cry after their born because they are so relaxed and so calm.

Mums can also use gas and air in the pool, and any mum that's used water birth always says how fantastic it was and they would definitely choose to use it again.

Laura Carr

We have a great team here on the labour ward at St Peter's, with excellent facilities and would encourage you to have a normal birth but should your pregnancy or your labour become high risk we have a team of obstetricians and anaesthetists that will help to care for you.

Postnatal Care

**Teresa Bungard
(Midwife)**

Once you've had your baby, you will come down to Joan Booker Ward where you will be cared for by a team of midwives. We've got maternity assistants and also nursery nurses who will make sure you and your baby are cared for and confident before you go home.

Patient

The labour was fine. It was very, very easy, very quick and the experience was amazing, really nice.

The postnatal care has been very good, outstanding. I've had a lot of support with breastfeeding, all the necessary checks have been done and I've found the experience very good overall.

Teresa Bungard

If you are hoping to breastfeed, there will be plenty of help on the ward. Please don't hesitate to ask. We're there to help you night and day.

Security is very important to us. We have got cots with alarms next to the mums' beds. We have got locked doors and we've also got CCTV.

Having a baby is an exciting time and there will be a lot of people wanting to come and see you. Your partner and children can visit anytime. Visiting times for friends and relatives are restricted. Please enquire beforehand. Unfortunately, children under 16 who are not your own are not allowed to visit.

Eileen Nolan

One of the things that sets us apart from other maternity units locally is that we have a neonatal intensive care service.

That means that other babies who are born locally who need that help would be transferred in to have their care here at St Peter's.

**Caroline Cross
(Neonatal Nurse
Specialist)**

Here on the neonatal intensive care unit, we take babies from 24 weeks gestation up to term - any baby that may be poorly at birth or just after birth. We also take multiple births; twins, triplets or more.

Parent

I think the care on NICU is absolutely amazing, I mean the nurses, the staff here are unreal. The care ... they make you feel so comfortable and calm and relaxed. As you can see, we have a gorgeous little boy now and that's partly is all down to the staff and nurses here at NICU

Teresa Bungard

There will be plenty of opportunity for you to discuss your birthing experience with the community midwife. If, however, you did feel you needed extra support we have got the Birth Reflections service available.

**Zara Chamberlain
(Midwife Counsellor)**

The Birth Reflections service here at St Peter's is fairly unique, not many hospitals have a service like this. And what we do in the Birth Reflections service is we invite parents if they would like to, or they could self refer, and they can come back and reflect on their birth in an environment that feels safe. They can work through difficult emotions especially if parents have had a difficult birth.

Patient

The Birth Reflections service is very important to me following the birth of my first child. It really helped me understand what had happened during the labour and the delivery and then to help make sense of how I felt postnatally. And that in turn helped me approach a second pregnancy and then during that second pregnancy I had help and advice and support and it ended up being a much better experience for me,

Eileen Nolan

Once you leave the postnatal ward, your care will continue at home.

The community midwives, who you may in fact have met during the antenatal period, will continue to provide that care for you and your baby.

One of the things I'm really proud of as a Head of Midwifery are the friendly, caring staff we have here at St Peter's. They go out of their way to make sure that the experience you have is

the best it possibly can be. This has been recognised recently with three national awards.

We hope that you will choose Ashford and St Peter's to have your baby, and if you have any further questions please do not hesitate to contact us.

If you require further information, please contact your community midwife or community midwifery services on:

01932 722413 or 01932 722292