

Maternity Unit Information



Childbirth is our passion!

NORTH WEST
PRIVATE HOSPITAL

Childbirth is our passion!

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**If you are in labour
please call the Maternity Unit
on 3246 3171 or 3246 3174**

Thank you for choosing North West Private Hospital for the birth of your baby. Please take the time to carefully read all the information provided.

What you need to do:

1. Visit us online at www.northwestprivatehospital.com.au, click on the Maternity Unit tab, then click on 'online booking registration', **or** complete the Preadmission Form and return in the replied paid envelope supplied.

2. Complete the booking in forms:

- Patient History
- Privacy Policy
- Neonatal Screening Test / Neonatal Vitamin K
- Hepatitis B Vaccination Consent Form.

Ensure your name, date of birth and doctor's name are on all of the above forms.

3. After completing the above forms you can return them to the hospital in one of the following ways:

- Post – reply paid envelope or post to North West Private Hospital: 137 Flockton Street, Everton Park, 4053.
- In person to reception (open 7am – 8pm Mon to Fri)
- Fax (07) 3246 3162 (please remember to bring the original forms on the day of admission).

Our maternity unit

Having a baby is a very personal experience and a very important time of your life. You need to feel confident in all your care givers and the environment you will birth in.

The Maternity Staff working within our unit are experienced and care about you and your family's needs. They are well supported by facilities that ensure you can feel confident and at ease in the Maternity environment.

Our Maternity Unit consists of Birthing Suites, Level 2 Special Care Unit and Antenatal or Postnatal beds.

Birth suites

- Spacious Birth Suites,
- Multi functional birthing beds,
- Large ensuite with spa bath and double massage shower,
- Television,
- Telephone,
- Many therapeutic comfort tools available eg. birth balls, heat packs, electric oil burners,
- Kitchenette for yourself and your support person.

Special Care Unit

- Level 2 facility,
- Ability to provide care for neonates from 32 weeks gestation,
- Secured nursery environment,
- Modern equipment,
- Private feeding room,
- Baby bathing facility.

Our maternity ward

- Double size accommodation with ensuite,
- Single room accommodation with ensuite,
- Twin share accommodation with shared bathroom.

NOTE: All accommodation is subject to availability, if you do not receive the type of accommodation that you prefer, we will aim to transfer you to your desired accommodation when/if it becomes available.

- Partners are welcome at all times in our Maternity Unit.
- Overnight accommodation for partners is only available in the Double size accommodation. An out of pocket charge is payable per night. Please call reception for details.

- **Visiting Hours 3pm – 8pm daily:**

Mothers undisturbed rest period is from 1pm – 3pm, during this time no phone calls or visitors will be allowed into patient's rooms.

- A La Carte menu is available for all patients and partners (charge may be applicable for partners)
- Television,
- Continuous educational movie channel,
- Telephone,
- A mini fridge is available in the single and double rooms.

Your average length of stay

- 2 - 4 Days for Vaginal Birth
- 3 - 5 Days for Caesarean Section Birth

Hospital tours

Before you have your baby with us, you may wish to tour our Maternity Unit and view our facilities. No booking is required. Please present to the main hospital reception for directions.

Tours are available on the 2nd and 4th Saturday of every month between 11am and 1pm.

North West Maternity Unit staff

Our doctors

Our Obstetricians and Paediatricians work in collaboration with all our Maternity staff to ensure that all our patients and new families receive the highest standard of care.

Our Maternity Unit has a number of Obstetricians and Paediatricians that have admitting rights to our hospital. Please contact us if you require a list of names and contact details.

Our midwives & nursing staff

All the nursing staff that work in our Maternity Unit are experienced and competent to care for you during your stay. Our nursing staff are dedicated to ensuring your first few days as a parent are supported and focused on your individual needs. They are able to assist you during the antenatal period of your pregnancy, the birth of your baby, your postnatal period and any parenting education that you may require.

Additional services provided

Antenatal classes

We have formulated an Antenatal Program for you and your partner that is designed to share knowledge through discussion and education. The program covers practical information and is presented by the Midwives that work in our Maternity Unit.

Preparation for parenthood classes

Antenatal classes are available to assist you with your preparation for parenthood. They cover topics such as:

- Labour and Birth - signs and stages of labour, coping strategies and helpful positions, pain relief, when to come to hospital and different birth procedures
- Postnatal care of mother and baby - newborn procedures and baby-care, SIDS, postnatal care, hospital stay and education for mothers/fathers, PND, discharge and going home with baby
- Infant feeding - information on aspects of breastfeeding and the feeding needs of newborns
- Physiotherapy

The classes are held over 3 weeks - usually Monday, Tuesday or Thursdays evenings. There are also classes on Saturday morning or afternoon. Each class is 3 hours - we encourage your partner or support person to attend all classes with you.

Please book your classes as early as possible as positions are limited.

To book: Please phone **3353 7430**.

Gestational diabetic education session

If you have developed Gestational Diabetes in your pregnancy you may require education regarding your treatment. Our Maternity Unit offers a half an hour outpatient education session to discuss any concerns you may have. If you wish to book into this clinic please call **3246 3171**.

Preadmission Clinic

You may receive a preadmission phonecall from a midwife prior to your booked caesarean. This enables preparation of your paperwork and any questions or concerns you may have, can be discussed. Please call the maternity unit on 3246 3171 if you have any questions or concerns.

Lactation Consultants

The midwives and nursing staff are experienced and available at all times to assist you with establishing your baby's feeding. The hospital has a small number of IBCLC's (International Board Certified Lactation Consultants) on staff, that can offer specialist help, but availability varies. Should you require extra assistance, please ask if a Lactation Consultant is available. The Lactation Consultants are also involved in the antenatal classes, and this is a good opportunity to gain information and advice. Whichever method of feeding you choose, our staff will support your decision and offer education to assist you.

Early Discharge Program

A hospital stay is not always regarded as the ideal way to enjoy your baby's first week. Our Maternity Unit offers an Early Discharge Program where you can be discharged from hospital after 24 hours and receive 4 free visits to our Well Baby Clinic run by our Childhealth Nurses.

If you would like more information about this program please refer to the brochure provided.

Physiotherapy

Your body will/has undergone considerable changes during pregnancy and childbirth. Your pelvic floor muscles, abdominal muscles, posture and body awareness have all been affected. The extent of these changes varies between individuals, depending on your type of delivery, the size of your baby and your physical condition prior to and during your pregnancy.

Physiotherapists with a special interest in Women's Health visit North West Private Hospital and they can provide individual consultations in your hospital room. Please ask your midwife if you would like a referral to see a Physiotherapist.

Parental responsibility for neonatal security

Health care facilities encourage the parent(s) to actively participate in the newborn and infant security program, which is best achieved through admission orientation and awareness programs. This can be achieved by parents being –

- **A** - watchful over the newborn and not leaving your child unsupervised
- **B** - aware of the identification worn by hospital staff to identify those who have authority to handle your child.
- **C** - do not surrender your child to anyone not displaying properly verified identification
- **D** - enquire if unfamiliar persons enter your room

For all enquiries

Please contact the Maternity Unit during 9am and 3 pm Monday to Friday.

Telephone number – 07 3246 3171

What to bring into hospital

- Your health insurance details (if applicable)
- Two packets of sanitary pads – 1 maternity/1 regular
- Personal toiletries
- Casual wear for day time
- Nightwear
- Dressing gown
- Slippers/comfortable shoes
- Nursing Bras and 1 packet of breastfeeding (nursing) pads if planning to breastfeed
- Formula (if you plan to bottle feed)
- 2 packets of Nappies
- 1 container of nappy wipes
- One going home outfit for baby and mother

You will also receive a 'Welcome Pack' which will contain samples of nappies, wipes, baby products etc after your baby is born.

Patient Information

If you are a member of a health fund it is important prior to your admission to check with them regarding the following:

- That your level of Health Fund Cover adequately covers the cost of the procedure and accommodation outlined in the Pre-Admission Form (eg: in the case of post natal patient, is your new born baby covered).
- If an excess is payable for this admission. This would need to be paid prior to your procedure
- If you have been a member of your Health Fund for less than 12 months your fund may not accept liability for the costs of this admission eg. if your condition or any symptoms of your condition existed prior to your joining. If there is a question regarding pre-existing symptoms your health fund has the option to obtain details in this regard from your GP or specialist.

Your obstetrician and paediatrician will discuss their individual fees with you. Pharmacy and pathology, imaging and x-ray may attract an additional charge. STD telephone calls and Sundry item charges are payable on discharge. Please note that medical and allied health practitioner's fees may be billed separately by the practitioner.

Outpatient Fee

Due to the costs associated with the increased number of patients presenting to the Maternity Unit for assessment without requiring admission, we have had to introduce a fee to cover this service. The cost will be charged per visit which is an out of pocket expense (i.e. Not refundable from your health fund, medicare). This fee is payable on admission at reception, and should you present after hours an account will be sent to your home. This fee will be charged for any assessment for which you are treated as an outpatient of the hospital (ie not admitted).

Payment Procedure

- Private patients – the portion of your estimated hospital account not covered your health fund, eg an excess, must be paid on admission. Any additional costs incurred during your stay are payable prior to discharge. Eg. Discharge Pharmacy Costs and some investigations
- Uninsured patients – total payment (aside from any ancillary charges) must be made on admission. Your admission may be refused if payment is not complete.
- Other costs which may be incurred during your stay are payable on discharge. Please bring provision for payment of these fees on admission to hospital.

Payment can be made by cash, bank cheque, credit card (except Diners and American Express) or eftpos (please check your daily withdrawal limits).



Valuables

It is strongly recommended that you do not bring jewellery or large amounts of money to hospital as provision for safe custody is limited. However, if it is unavoidable, please arrange with our Reception Staff or your Nurse to have it put into safe custody. North West Private Hospital does not accept liability for any items brought into the hospital.

No Smoking

We support a totally smoke free environment so please refrain from smoking on hospital grounds.

Mollies Coffee Shop

SITUATED ON THE LOWER LEVEL EXT: 197

Come and relax in our Court Yard with a piping hot cappuccino/cup of tea or maybe a Herbal Tea to rejuvenate.

We Serve Light Meals

Quiche/Shepherd's Pie Lasagna/Filo's/Crepes all served with salad if you choose. Our Menu also includes Fresh or Toasted Sandwiches/Bread Rolls/Lavish or Focaccia Bread/ Hot Dogs and Tasty Pies/ Sausage Rolls and Cornish Pasties straight from the Bakery.

Enjoy our large variety of cakes, slices & scones.

Cold Drinks/fruit juices/milkshakes,chips, chocolates, ice creams.

Fresh Flowers – Gifts – Newspapers & Magazines Now Available.

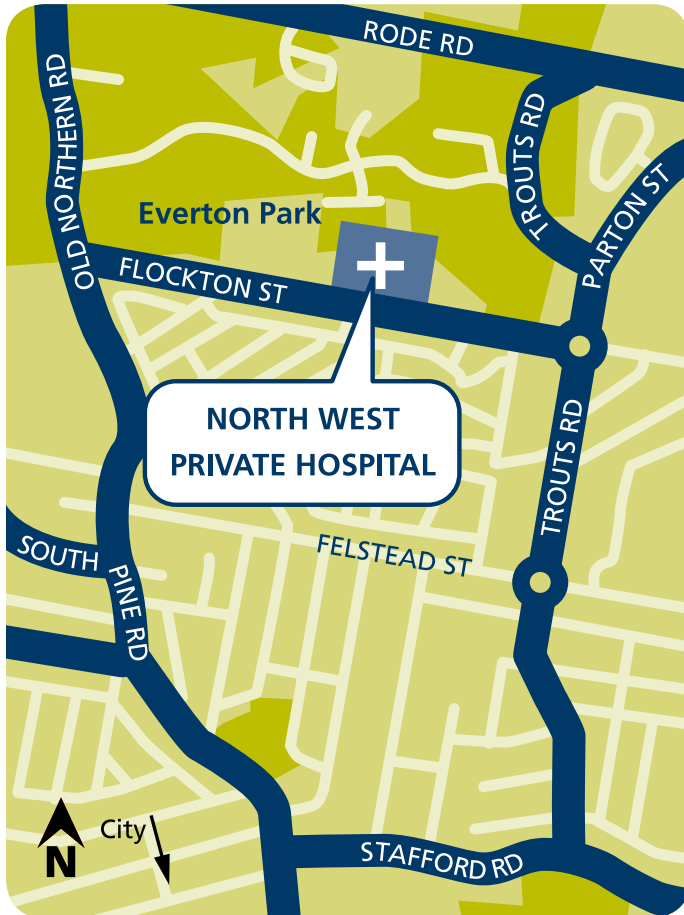
Trading Hours

Monday - Friday: 8.30am - 6.00pm

Saturday: 10.00am - 3.00pm

Closed Sunday and Public Holidays.





North West Private Hospital

137 Flockton Street
Everton Park 4053

ph: 07 3246 3133 – fax: 07 3246 3100

www.northwestprivatehospital.com.au