

Contact numbers

0427 329 458 or 0427 367 490

Midwives are available on mobiles
Monday - Friday, 9.00am till 4.00pm.

After hours you can contact the ward on **9105 5220**.



Midwifery in the home

For private patients




Northern Beaches
Hospital
by Healthscope

105 Frenchs Forest Road West,
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V1_01/2023

Community
of Care

 Northern Beaches
Hospital
by Healthscope

Evidence shows that it can be in the best interest of mum and baby to return to the home environment with continued support after birth, rather than extend your stay in hospital.

Our Midwifery in the Home (MiTH) program continues care for private mums and their babies who discharge slightly early from hospital.

Advantages of care in the home

- Peace of mind - knowing that you have access to a midwife in the comfort of your own surroundings
- Bespoke care and advice for you and your circumstances in your environment
- Easier to support any cultural and religious beliefs.

Criteria

Our MiTH service is free for private mums in the Northern Beaches Local Government Area who are well and choose to discharge earlier than the normal length of stay. It's your choice.

Either on **day 4 (3 nights in hospital) following a vaginal birth or day 5 (4 nights) following a caesarean birth.**

Self-funded patients may access the MiTH service for an extra fee – email to ask us at NBH.privatematernity@healthscope.com.au



What to expect from MiTH

Our MiTH midwife will visit you on the ward before discharge to discuss your first home visit.

During home visits, one of our midwives will assess both you and your baby and assist you in gaining confidence in feeding and parenting skills. The midwife will answer all of your questions – no question is silly.

Most women will receive one or two visits and ongoing care is discussed. The midwife will provide support and information so that you and your family can make decisions about appropriate care.

Visits are provided between 9.00am and 3.00pm. Appointment times can't be given, but you may call the midwives between 8.00am and 9.00am on the day, for an approximate time period to expect the visit.

What we ask of you

Each woman and her family is expected to provide a safe environment for the midwife. A home safety checklist will be given to you prior to discharge so we can find your home easily and be aware of any safety issues. Family pets should be secured.

Please do not go out on a visiting day without letting the midwife know by calling the mobile number so timing can be agreed.

Mum and baby health

If you have any of these symptoms please contact a healthcare professional immediately:

For mums

- increased bright red vaginal bleeding or clots
- fainting or dizziness
- painful hot red area in the lower leg
- severe headaches
- burning or difficulty passing urine
- painful breasts with a reddened area
- generalised feeling of being unwell.

For baby

- any change in skin colour
- blood in his/her stools
- decreased wet nappies (after you have begun breastfeeding)
- if baby is excessively irritable
- if baby is very sleepy or floppy.

