



**Kilmore
District Health**



Maternity Services Information Booklet

Kilmore District Health (KDH) acknowledges the Taungurung people as the Traditional Custodians of the lands on which we walk, live and work. We pay our respects to their rich cultures and to elders past, present and future.

We are committed to embracing diversity and welcome all people.

KDH has Consumer Representatives on committees and volunteers who help us design and deliver our services. If you are interested in learning more about how you might be able to contribute, please contact KDH on (03) 5734 2000.

Our purpose

Providing safe, quality, accessible care and a dynamic place to work and learn.

Our vision

Caring together.
Better health and wellbeing for our community.

REACH



Welcome

Our maternity unit includes an antenatal clinic, two pregnancy assessment beds, two birth suites, domiciliary care and Maternity in the Home (MITH).

Maternity Department

Kilmore District Health (KDH) provides pregnancy and birth care to the women of Kilmore, Wallan, Broadford, Seymour and neighbouring areas. As a Primary Maternity Service, women with low risk pregnancies are catered to by dedicated, caring and professional staff in our maternity department.

Our Better at Home Care service goes one step further by providing comprehensive and personalised care for women and families in the comfort of their own homes. Our program caters to the unique needs of pregnant women, particularly those with gestational diabetes, experiencing health concerns, social and emotional challenges, vulnerability, or transportation issues. Our dedicated team of experts offers a range of services to ensure the well-being of both mother and baby.

Beyond pregnancy, our services extend to providing additional care for both mother and baby after the domiciliary visit post-delivery. We also offer the expertise of a lactation consultant, available three days a week to assist with any antenatal or postnatal breastfeeding issues, ensuring a successful and fulfilling breastfeeding experience.

About Us

You and your baby will be in excellent hands.

Kilmore District Health (KDH) provides pregnancy and birth care to the women of Kilmore, Wallan, Broadford, Seymour and neighbouring areas, with around 300 births per year.

Having a baby can be one of the most exciting times in your life. Our staff at KDH offer compassionate care, experience and skill to look after your baby, you and your family throughout your pregnancy and birth journey. We have a range of options for pregnancy care to suit individual needs. This brochure outlines the services available to you.

Call us

Maternity Ward: 03 5734 2007

Antenatal Clinic: 03 5734 2162

Maternity Services Manager: 03 5734 2085



Primary Maternity Service

Catering to low risk pregnancies.

KDH 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.

Things to note:

- 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 PIPER (Paediatric Infant Perinatal Emergency Retrieval).
- We encourage all expectant mothers to have a current Ambulance Victoria membership.
- Women and their babies are always welcome to return to KDH to complete their care closer to home.

Low Risk Pregnancy

To be able to have your baby at KDH, you must meet the booking in criteria for a low risk pregnancy and birth. The criteria includes:

- Maternal age being between 17 years, and 39 years and 11 months, at the time your baby is due to be born
- No current medical disorders
- BMI <40 at your booking in and at time of delivery
- Single pregnancy (i.e. not a multiple pregnancy)
- First antenatal care appointment has occurred before 24 weeks gestation (this does not have to have occurred at KDH)
- Mum is meeting standard care visits for milestone antenatal care
- No more than five previous births, with history of normal pregnancy and birth
- No anticipated complications of pregnancy or co-morbidities

While it is ideal that complications requiring specialist services are identified early and prior to established labour, we understand that things don't always go to plan. Women who present in established labour with conditions that would normally exclude them from birthing at KDH will be managed locally in consultation with a specialist obstetrician, should a transfer be deemed unsafe.

The Birth of Your Baby

Support people are welcome and encouraged to attend during your labour and birth. During labour, we have a variety of pain relief options available to women.

The average stay for a normal birth is one - two days, however some women prefer to go home to the support of their family and friends. A midwife will visit you at home daily for the first week, whilst some mothers will need to stay longer according to her and/or her baby's needs. KDH also provides one domiciliary home visit once mother and baby have been discharged. Your care will then be taken over by your local maternal and child health nurse.

Caesarean Section

Elective and emergency caesareans are performed at KDH. The average stay in hospital following a caesarean birth is three days. However some women prefer to go home to the support of their family and friends. A midwife will visit you at home daily for the first week, whilst some mothers will need to stay longer according to her and/or her baby's needs. KDH also provides one domiciliary home visit once mother and baby have been discharged. Your care will then be taken over by your local maternal and child health nurse.

Women who require an elective caesarean birth, or a repeat caesarean section, will be booked through the antenatal clinic and will attend midwife and doctor visits as normal.

KDH does not currently offer VBAC (Vaginal Birth after Caesarean). Options relating to a VBAC will be discussed with each woman upon booking.

Interpreters

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

Antenatal Clinic

Our antenatal clinic runs weekly with appointments, available Monday to Friday. The clinic offers complete pregnancy care and education. Your care will be provided by midwives and the obstetrician working in the antenatal clinic, and your baby's birth will be attended by midwives and the doctor on call.

KDH also runs a satellite clinic at Seymour. This clinic runs weekly on Thursdays from 'Our Space Seymour' located at Seymour College, Stewart Street, Seymour.

Shared Care

You may prefer to have your own GP care for you throughout your pregnancy. Shared care can be a convenient option for some women.

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. At your booking-in appointment, our staff will ensure that your GP has credentialing rights with the hospital. If they do not, this may be arranged.

Transfer of Care

On occasions, the our maternity department may be on transfer of care.

Transfer of care is called for "as short a time period as possible" and this can occur for a number of reasons which will be explained fully in your antenatal booking in appointment or via a phone call prior to your appointment.

Better @ Home Care

Experience personalised care that prioritises your wellbeing and convenience throughout your pregnancy and beyond, right in the comfort of your own home.

Our Better @ Home Care service provides comprehensive and personalised care for women and families in the comfort of their own homes. Our program caters to the unique needs of pregnant women, particularly those with gestational diabetes, experiencing health concerns, social and emotional challenges, vulnerability or transportation issues.

Our dedicated team of experts offers a range of services to ensure the wellbeing of both mother and baby. Our in-house dietitian and diabetic educator provide one-to-one care, addressing various pregnancy-related issues on a weekly basis. We understand that a gestational diabetes diagnosis can be overwhelming, which is why our diabetic educator offers personalised plans and weekly consultations to guide and support women through this journey.

Breastfeeding can sometimes pose challenges. Our qualified lactation consultant is available three days a week to assist with any antenatal or postnatal breastfeeding issues, ensuring a successful and fulfilling breastfeeding experience.

Beyond pregnancy, our services extend to providing additional care for both mother and baby after the domiciliary visit post-delivery, called Maternity in the Home (MITH). This includes in-home weight monitoring for the baby, monitoring jaundice levels, and if required one-to-one consultations with a paediatrician via telehealth, reducing the need for readmission to the hospital. This comprehensive support minimises stress, risks and exposure to the hospital environment, allowing families to maintain their unity and comfort at home.

Our Better @ Home Care postnatal services are available seven days a week, led by registered midwives who bring their expertise and compassionate care to every interaction.

Mental Health Support

KDH is leading the way in mental health support offered to expectant mums and new mums.

At KDH, 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 and drug and alcohol issues

Please discuss your requirements with the midwifery staff.

KDH has partnered with the Centre of Perinatal Excellence (COPE) to make it easier and more private for mums to have their mental health screened and assessed.

The iCOPE digital application identifies mums at risk and facilitates faster and more effective mental health screening in the perinatal period (pregnancy and the year following birth). The app enables COVID-safe perinatal mental health screening to be undertaken across all clinical settings, from in-person to remote screening via the patient's mobile phone. The new service is now being used at KDH.

iCOPE is available in English, Arabic, Cantonese, Chin Hakka, Dari, Dinka, Mandarin, Persian/Farsi, Punjabi, Tamil, Turkish and Vietnamese, with more languages in development.



Kilmore District Health

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