

# Antenatal Care Program



## Overview

As long as your pregnancy progresses normally, our GP's and midwife are happy to provide the majority of your antenatal care. We are also familiar with working as a team with the Private or Public midwives and obstetricians at Cairns Private Hospital or Cairns Base Hospital, offering a shared care arrangement.

This service is provided on behalf of the doctors at Draper Street Family Medical. If you wish to access our service but remain under the care of your current GP please discuss this with him or her.

## Our Midwife

Rachel Sargeant and Helen Gamble are our resident midwives. Both trained as a registered nurses and registered midwives in the UK. Both Rachel and Helen have a great deal of experience in all aspects of midwifery including post natal and antenatal care.

## Our Program

Your antenatal appointments will include routine pregnancy observations such as blood pressure checks, fetal monitoring of heart beat, position and urinalysis. We will also arrange for any required scans, blood tests or specialist referrals. At the conclusion of each antenatal visit you will receive a cumulative summary of all your visits for your records and to assist your obstetrician (sample attached).

We like to see expectant Mums monthly until 32 weeks, then fortnightly until 36 weeks and then weekly until birth. The appointments are structured to walk you through each stage of your pregnancy and introduce you to the next stage:

<b>Weeks 4 - 12</b>	Introduction to practice Routine antenatal blood tests discuss nuchal fold scan and referral discuss nutritional aspects of your pregnancy and early fetal development. discuss routine antenatal checks and medical terminology
<b>Weeks 16 - 24</b>	Referral for booking with Hospital/Obstetrician Referral for 20/40 anomaly scan discuss scan results and what they mean. discuss smoking and alcohol. discuss baby development discuss exercise, any other concerns.
<b>Weeks 24 - 28</b>	Routine Antenatal bloods including the GTT. discuss third stage of labour and the use of syntometrine discuss general well being and any concerns.
<b>Week 32</b>	discuss perineal massage, exercises and positions for birth discuss breathing techniques

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<b>Week 34</b>	discuss optimal fetal positioning discuss pain relief options and choices discuss alternative therapies for labour discuss breast feeding and bottle feeding
<b>Week 36</b>	discuss active birth and what it means discuss signs of labour discuss fetal monitoring, examinations and labour. discuss birth plans discuss what to take to hospital
<b>Weeks 37 - 41</b>	weekly visits from now until birth discuss any fears or worries discuss vitamin K discuss postnatal body changes discuss raspberry leaf discuss jaundice role of partner / birth assistant discuss neonatal screening, Hepatitis B injection discuss immunisations discuss induction - how and why discuss preparing for parenthood discuss special requests for birth (father cutting cord etc)

This program is designed as a guide to demonstrate how we structure our program to make it relevant to your stage of pregnancy. While we will cover all the areas described above the emphasis will be dictated by you. We will concentrate on those areas of concern and spend less time on those in which you feel more comfortable.

Please call us if you would like any further details.