

Family Birth Centre

A Special Beginning

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Produced by: Family Birth Centre

Email: ogccu@health.wa.gov.au

Website: <http://wnhs.health.wa.gov.au>

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This information is available in
alternative formats upon request

WOMEN AND NEWBORN HEALTH SERVICE

King Edward Memorial Hospital

374 Bagot Road Subiaco WA 6008

Telephone: (08) 9340 2222



Government of Western Australia
Department of Health



Delivering a Healthy WA



The Family Birth Centre

The Family Birth Centre offers midwifery-led care in a home-like maternity unit located next to King Edward Memorial Hospital (KEMH).

The Birth Centre provides a safe and comfortable setting for families to actively participate in every phase of the pregnancy and birth experience.

Differences between the Birth Centre and KEMH include:

- No restriction on visiting times or the number of visitors.
- Your partner is able to stay with you overnight.
- The care you receive is provided by midwives (if no problems develop).
- Continuity of care with a small group of midwives.
- Epidural is not available however there are other pain relief options.

Childbirth choices

Your entire birth experience can be as personalised and individual as you desire, within the limits of safety. Your choices will be respected and supported by the Birth Centre staff. For example, any birth position that is comfortable for you is acceptable.

Waterbirth

The Family Birth Centre is pleased to be able to offer waterbirth for women who have a low risk of developing complications. The Birth Centre has a fully equipped, large bathroom to cater for your needs during labour and birth.

Most midwives working at the Birth Centre are able to conduct waterbirths, however the bathroom is subject to availability and waterbirth can only be conducted by midwives who have completed the necessary training.

The midwives at the Birth Centre will be able to answer any questions you may have about waterbirth to enable you to make a fully informed decision.



Who can attend?

Certain health issues may preclude some women from attending the Birth Centre. Attendance is restricted to women whose BMI is under 35 and who have not had a previous caesarean section. If you're unsure about whether you can attend please check with the Birth Centre midwives.

Advantages of Birth Centre care

- Childbirth choices for women
- Comfortable home-like setting
- Partner able to stay continuously
- Low intervention

Referrals

You are able to self-refer to the Birth Centre or your GP can refer you directly. Your referral must include:

- Confirmation of your pregnancy
- Results of routine blood tests and ultrasounds organised by your doctor.

Facilities include:

- Private interview rooms for antenatal care.
- Birth rooms / bedrooms comfortably furnished with double beds and easy chairs as well as:
 - En-suite shower and toilet
 - Individual garden courtyard
 - Air-conditioning you can control
- Bathroom with large birth pool.
- Kitchen for food preparation and food storage for families and staff.
- Family room with dining facilities.
- Large group area for education and socialising.



Midwife role

Experienced midwives at the Birth Centre work in a team relationship with GPs, obstetricians and paediatricians. They provide:

- Health assessment and care throughout the antenatal, birth and postnatal experience (regular visits are required).
- Personalised attention to each woman's individual needs and choices.
- Information and support.
- Antenatal education covering:
 - Physical and emotional changes
 - Changing family roles
 - Maintaining your health through exercise and nutrition
 - Active birthing including coping strategies for labour and pain relief options
 - Breastfeeding
- Recognition of complications and referral to medical staff if needed.

All of the specialist support services at KEMH are available if required.

Familiarisation

You, your support person and family are encouraged to get to know the midwives, support staff and environment where your baby will be born via:

- A tour of the Birth Centre facilities
- Regular antenatal visits
- Attendance at education classes

Family members and supporters

Each woman should have an adult support person who is willing and available to:

- Attend classes with her
- Support her during labour and birth
- Stay with her at home until she is able to manage independently

Children are welcome to attend the birth, provided you arrange for an adult (not your support person) to be present and take responsibility for them.



Transfer to KEMH

During your labour or birth you may need to transfer to the KEMH Labour and Birth Suite for additional care from doctors and other midwives. If this occurs you may also need to stay on the hospital ward following your baby's birth.

While at KEMH you will need to refer to the Hospital's visiting policy, which states that partners are unable to stay overnight. You will need to make alternative arrangements if this occurs.

You can find out more about transfer to KEMH by talking to the Birth Centre midwives during your antenatal visits or parent education classes.

Community Midwifery program

A small number of women are able to have their baby at the Birth Centre under the care of a community midwife. In this case education and care is provided by the Community Midwifery Program and not by the midwives at the Birth Centre.

Midwifery Group Practice

In the near future the Birth Centre is planning to offer even more continuity of care options. This may entail changes not stated in this brochure.

Postnatal care

Provided all is well you are able to be discharged to the comfort of your own home between 4-24 hours following birth. The maximum length of stay is 24 hours.

Before you go home your baby will receive a full paediatric examination and a newborn hearing screening will be offered.

A midwife will visit you at home for the first few days following your discharge to provide support and advice on caring for yourself and your new baby.

Telephone support from a midwife is also available once you have returned home.

Location and contact details

Family Birth Centre
King Edward Memorial Hospital
Railway Parade
Subiaco WA 6008
(entrance between Bagot and Barker Roads)
Phone: (08) 9340 1800
Monday to Friday: 8.30am to 4.00pm