



Health
Illawarra Shoalhaven
Local Health District



Pregnancy Care In the Illawarra

a guide for local GPs

for more information, contact Leanne,
Antenatal Shared Care Coordinator

Antenatal Clinic, Level 2, Block C, Wollongong Hospital
Tel (02) 4253 4271 | Fax (02) 4253 4257 |
email: Leanne.Cummins@sesiahs.health.nsw.gov.au

Or see our website: <http://www.idgp.org.au/>
look under- services and choose antenatal-shared-care

What is the Antenatal Shared Care Program?

The Antenatal Shared Care Program is based at Wollongong Hospital and aims to provide pregnant women in the Illawarra with an option to see their GP throughout their pregnancy.

Benefits of the ANSC program

- flexibility, choice and continuity of care.
- catering for the preferences and needs of women from a diverse range of cultural and religious backgrounds.
- enhances skills of GPs caring for women during pregnancy.
- promotes communication between GPs and the hospital.

Registration & GP Requirements to become part of Shared Care

- 1) Attend Induction (contact ANSC Coordinator)
- 2) Adhere to the clinical pathway provided (see middle sheet of this booklet)
- 3) CC all pathology to ANC
- 4) Accurate documentation on the *Yellow Card* (PNC2 card)
- 5) Attend at least one Update every 2 years at Wollongong Hospital

Referring your patient to the program

Please make sure that your patient is aware of the options for care (see next page).

She will be booked into a '*history*' appointment with a midwife at the hospital, and should let that midwife know that her preferred option is Antenatal Shared Care with you.

Antenatal Visits for your women will be at Wollongong or Shellharbour hospital:

- * as early as possible *at 30 weeks gestation
- * and from 37 weeks gestation

visits to GP for antenatal care –

- **monthly** until **28** weeks and
- **fortnightly** to **36** weeks
- after birth for 6-week check & baby checks.

****If you choose not to be a part of Shared Care, please adhere to the first 2 columns of the Clinical Pathway (middle of brochure)****

Other Options for Pregnancy Care:

1) Midwives Clinics-

Midwives have clinics at Wollongong and Shellharbour hospitals, Warrawong, Fairy Meadow & Bellambi. They may see a different midwife for each visit. Birth is with a midwife in the Birth Unit at Wollongong Hospital.

2) Midwifery Group Practice-

Women have continuity of care from one midwife, with the support of a team if he/she is not available. The MGP midwife will also visit at home after your baby is born.

There is also a home-birth option through MGP. **Book early!**

Conditions do apply and places are limited.

3) Doctor's Clinic –

Women are seen by a hospital Dr at Wollongong or Shellharbour hospitals. She will have a different Doctor for each visit. Birth is with a midwife in the Birth Unit at Wollongong Hospital.

4) Private Care with an Obstetrician –

Continuity of care from one specialist doctor. She/he will also see your women for their 6-week postnatal check, but baby is seen by the GP or Early Childhood Nurse.

Birth is usually at Figtree Hospital, but can also be at Wollongong.

5) Birth at home is another option for some women. Our MGP team is now taking some women who choose to birth at home. Alternatively they may choose to be looked after by an independent midwife with no input from the hospital.

6) Wollongong Antenatal Clinic also offers **services** for aboriginal people, cultural and linguistically diverse people, adolescent pregnancies (CHAIN), and people with drug/ alcohol or mental health issues.

Call antenatal clinic 4253 4256 for more information

Gestational Diabetes – big changes!

Wollongong Hospital has adopted a new criteria for the diagnosis of gestational diabetes.

**** Initial Antenatal Screening is now to include a fasting BGL for all women**

Results:

fasting BGL $\geq 5.1\text{mmol/L}$ – she is considered GDM

- Refer directly to the Illawarra Diabetes Centre:
304 Crown St Wollongong NSW 2500
PHONE: 1300308969 / 42311900 **FAX** 42265261
- NO GTT required

fasting BGL up to 5.0mmol/L = normal

- *if this woman is at risk of developing diabetes, a GTT can be assessed at 26-28 weeks gestation*

The new WHO criteria involves **a 75g GTT** with three samples and GDM is **diagnosed if one of the following is present:**

FASTING $\geq 5.1\text{mmol/L}$

ONE HOUR $\geq 10.0\text{mmol/L}$

TWO HOUR $\geq 8.5\text{mmol/L}$



Perinatal Mental Health Service

Clinical Psychology Service Illawarra Division of General Practice

Are you seeing any women or men struggling with anxiety or depression in the perinatal period?

**No waiting list for individual therapy
All sessions bulk billed**

What is the perinatal period?

From conception to the youngest child being 12 months of age

Modes of treatment available:

- ▯ Individual therapy
- ▯ Ante-natal therapy group program
- ▯ Post-natal therapy Group program
- ▯ Family sessions
- ▯ Home visitation

How do I refer?

Complete a mental health care plan and fax to **42266489**

Who can I speak with about this service?

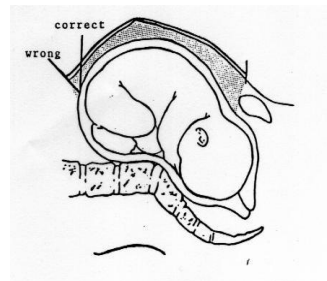
Clinical Psychologist: Alyson Officer **42207600**

ANTENATAL EXAMINATIONS

All AN visits with you should include the following:

- History - foetal movements, etc
- Examination:
 - BP
 - Urinalysis
 - Evidence of oedema
 - foetal presentation >26 wks.
 - Foetal Heart Rate >16 wks
 - estimate fundal height
>20 wks

Fundal height should be measured from the fundus of the uterus to the top of the symphysis pubis, with the tape measure lying in contact with the skin of the abdominal wall. The measurement at the fundus should be made by palpation vertically downward.



- ***Document all on Yellow Card***

Management of hypertension

Systolic > 140mmHg

and/or

Diastolic > 90mmHg

No proteinuria

Proteinuria

Refer to Day Assessment Unit
Ph 4253 4256

Or- after hours –
Birth Unit - Ph 4222 5270

Still concerned?

Contact O&G Registrar
Ph 4222 5000 – Pager 508

Day Assessment Unit

Severe BP
(160/110)
-> **Send straight
to Birth Unit**
Ph 4222 5270

Women can be referred *by you* to the Day Assessment Unit for the following reasons:

- 4/24 hypertension assessment
- Anti-D Immunoglobulin administration
- Premature Pre-labour Rupture of Membranes (PpROM)
- High Risk pregnancy antenatal assessment
- Poor compliance -> work-up
- Special/ High needs
- Multiple pregnancy
- Fetal surveillance – CTG/ U/S
 - Reduced fetal movements
 - Placental insufficiency – IUGR, reduced AFI (amniotic fluid index), abnormal dopplers
 - Post-dates

To book in: **Phone 4253 4256**

THE PELVIC FLOOR

Whilst a vaginal examination is an important aspect of their postnatal care, asking women if they are having pelvic floor issues is equally as important.

1. Do you ever have to rush to the toilet, to pass urine or open your bowels?
2. Do you ever leak urine?
3. Do you strain to empty your bowel?
4. Can you control your bowels, including wind?
5. Do you ever feel a vaginal heaviness or bulge?
6. Do you have any pain or loss of bladder or bowel control during sexual intercourse?

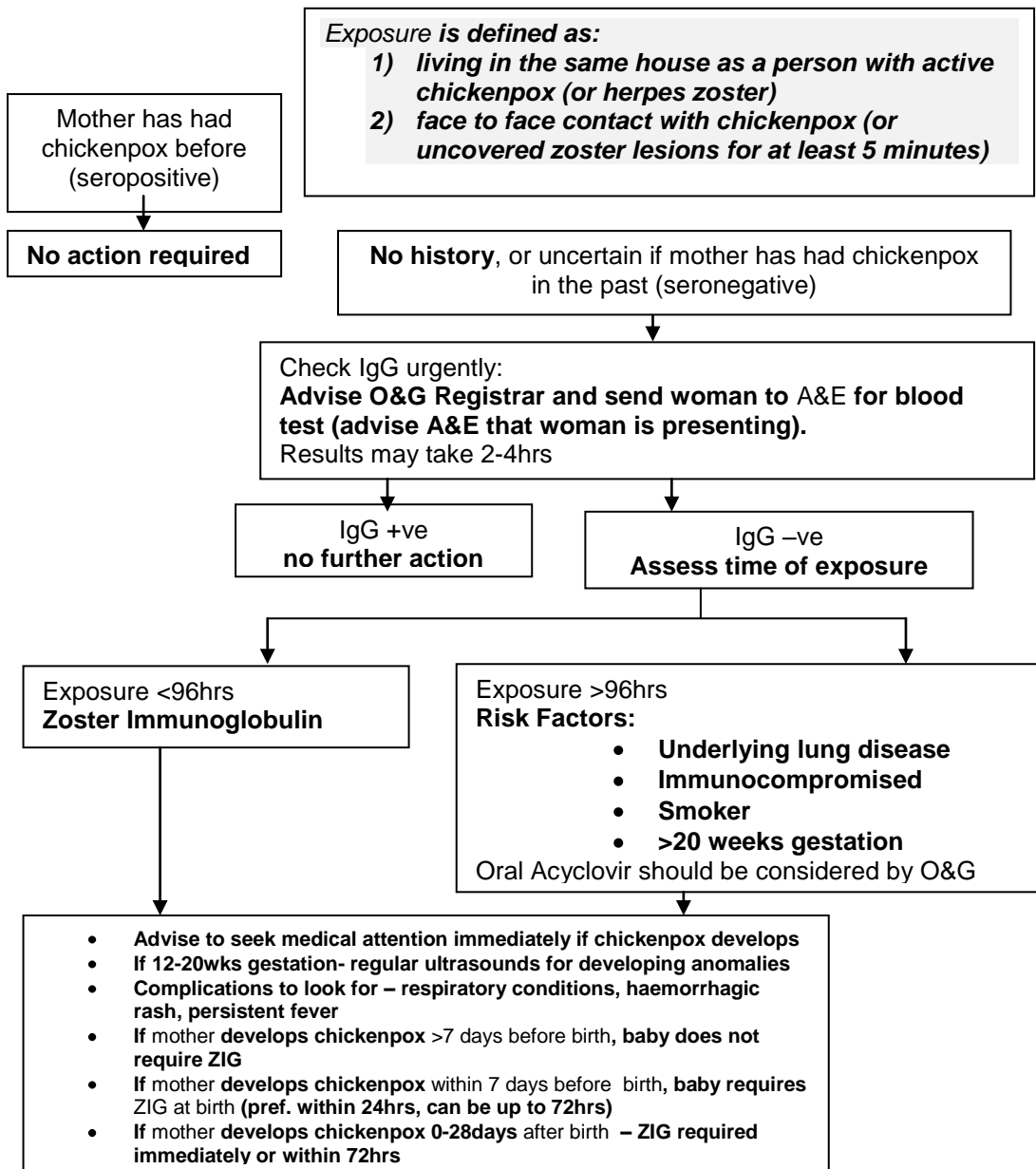
If she answered YES to any of these questions, request a referral to see a Continence Physiotherapist at Wollongong Hospital

Ph (02) 4253 4502



Ignoring these bothersome symptoms will not make them go away. They will often become worse over time

Exposure to Varicella Zoster during pregnancy



Breastfeeding – don't let us down!

Wollongong Hospital is getting ready for Breastfeeding Friendly Accreditation and any GP may be called and asked questions by the assessor regarding breastfeeding.

Do you know?

- About the WHO Code?
- How to do a breast check?
- How to contact your local ABA (Australian Breastfeeding Association) Counsellor?
- How to prevent recurrent Mastitis?
- What your local Breastfeeding Drop-in Centre offers?



Breastfeeding Support Drop-in Groups operate in the following Early Childhood Centres:

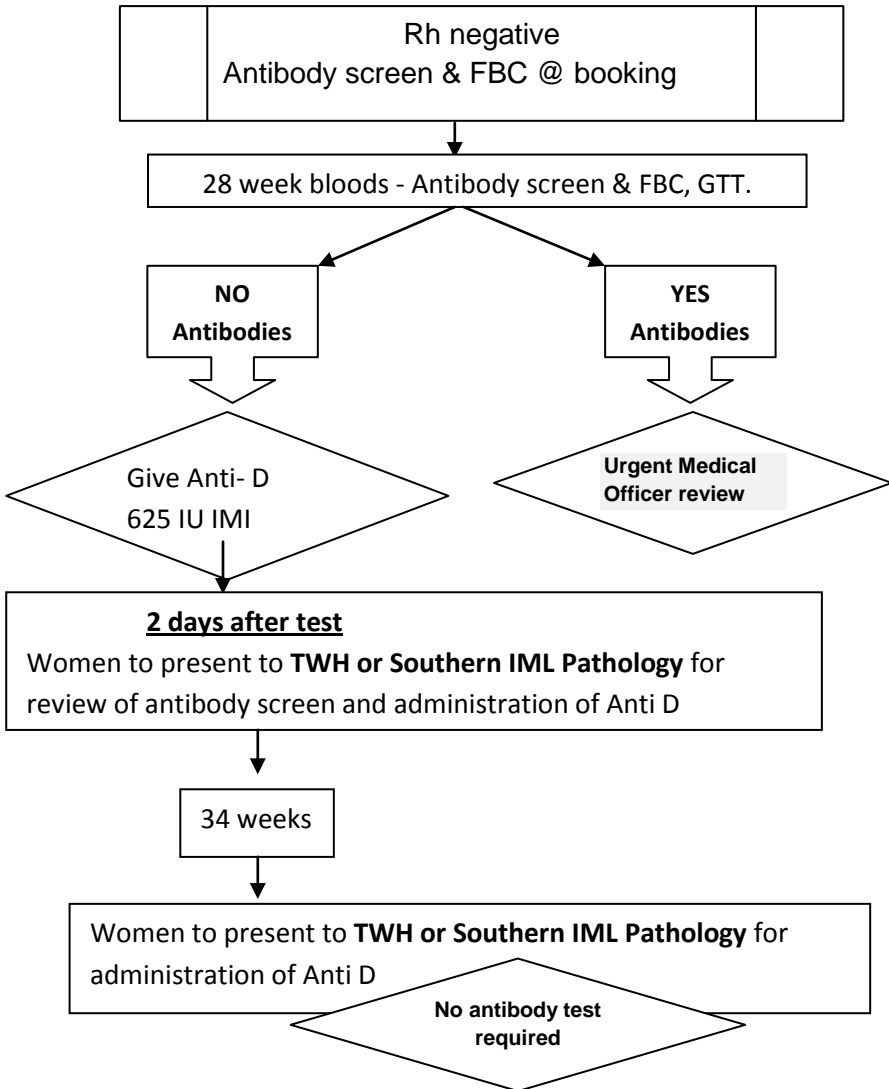
- Tuesdays 2-3.30pm - **Fairy Meadow** – ph 42845359
- Wednesdays 9-10.30am - **Albion Park** – ph 42562195
- Fridays 11.30am-1pm - **Berkeley** – ph 42607405

Breastfeeding related fact sheets are available as an easy link from the shared care pages at www.idgp.org.au or email ANSC coordinator (*details on front of booklet*)

For more information

Talk to ANSC Coordinator or your local Early Childhood Health Nurse.

ANTENATAL ANTI - D PROPHYLAXIS





Medications in Pregnancy and Lactation Service

A free service for the women of NSW
based at the Royal Hospital for Women

Comprehensive counselling service for women and their
healthcare providers concerned about exposures during
pregnancy and lactation

**Prescription drugs/ Over-the-counter medications/ Street drugs/
Infections/ Radiation/ Occupational exposures**

Telephone:

1800 647 848 (Non-metropolitan area)

Monday –Friday

www.mothersafe.org.au

Ordering more PNC2 (yellow) cards

NSW Government Printing Service PH- (02) 9311 9899

Fax purchase order to – (02) 9311 1076

Item No. 612060 (bundles of 250)