

Information for Patients

Welcome to the Delivery Unit (Ward 64)

Childbirth is often described as a life changing event for mothers, fathers and their families. The following information has been provided in order to support you as you continue your journey here with us on the delivery unit.

We care for women through all stages of pregnancy and birth: from your initial assessment in our Triage unit, to our consultant- led labour ward.

This leaflet aims to give you a brief introduction to the services we provide, along with practical information to help make your time with us a pleasant and happy experience. We want you to feel welcome and secure with us and this is reflected in our philosophy of care.

If at any time you have any concerns, please speak to your midwife as soon as possible.

Philosophy of Care

All the staff on the delivery unit are committed to providing you with a high standard of quality care during your time with us.

We aim to ensure that your birth experience is both a happy and positive event for you and your family. We continually strive to do this by:

- **Ensuring your wishes are respected and supported.**
Please discuss your birth plan with your midwife. This will enable you to contribute to your plan of care and give you the opportunity to make informed choices throughout your birth experience.
- **Ensuring the safety of all mothers and their babies before, during and after delivery.**
- **Ensuring your birth experience is as positive and rewarding as it can be by adopting a holistic approach to all women.**

Generally, women who are cared for on the consultant-led Delivery Unit are classified as 'high risk' for a variety of reasons. We are committed to promoting normality within Saint Mary's Hospital and to providing all women with the opportunity to achieve the positive birth experience that they deserve.

Enhanced Recovery Bay

- **Environment**

For those women who undergo an Elective caesarean section we have two 4-bedded bays where you will be cared for following your operation.

Enhanced recovery after surgery (ERAS) embraces the principles that the patient is in the best possible condition for surgery, has the best possible management during and after surgery and experiences the best post-operative rehabilitation. Women are looked after for a period of 24 hours following surgery and are assisted to care for their baby. Following review by the obstetric team and an examination of the baby within the first 24 hours women are discharged home if well or to the postnatal ward for ongoing care if required.

- **Pain relief**

Please let your midwife know if you require any pain relief. Simple analgesia (oral tablets) and some forms of stronger analgesia (injections) are available and will be offered to you should you require it. Entonox (gas and air) and epidural would not normally be offered until labour has become fully established.

Your midwife will assess you as required to determine if your labour has started and/or if transfer to the Delivery Unit or Midwifery Led Unit is more appropriate.

- **Mealtimes**

All meals will be provided for you and menu options are provided for lunch and evening meals. Drinks are available at all times.

Please note: Your visitors will be able to buy food and drink at either the coffee shop in the main atrium or the dining room, which is open 24 hours each day. Both are on the ground floor.

Triage

The Triage assessment unit is situated next to the main Delivery Unit entrance. For women whose pregnancy is considered 'high risk', Triage is the first point of contact if you need to speak to a midwife for advice and/or if you wish to attend the hospital for assessment. All women with 'low risk' pregnancies requiring assessment before 37 weeks of pregnancy will be seen in the Triage assessment unit.

The Triage unit is staffed by midwives who take all telephone calls and advise you on the best course of action, depending on your clinical history and individual requirements.

In order to do this you will be asked a series of questions during your telephone call. This information will enable us to determine if it is safe for you to stay at home. You may be advised to visit your GP or another health care professional, or you may be asked to attend the Triage unit so that we can assess and treat you here. In all cases it is important that you take your hand held maternity notes with you.

Assessment

When you initially arrive on Triage your notes will be taken for review and you will be asked to provide a urine sample for analysis. A midwife will then undertake an initial 'triage' assessment to determine the nature and severity of your problem. This is very important as it will help us to identify which women need to be treated straight away. This means that someone who arrives after you may be treated before you if their clinical condition requires urgent or immediate attention if they are more unwell than you.

Discharge

Following your assessment the doctor and/or midwife will agree a plan of care with you that may involve admission to one of the wards or to Delivery unit, or discharge home. If you have any concerns or are unsure about anything that has been discussed with you then please ask your midwife before you leave the Triage unit so that we can help you. Please note: You may not see a doctor during your review if your condition does not warrant this.

The Triage unit can be very busy. We understand that this can be an anxious time but would respectfully ask you to please be patient as you will be attended to as quickly as possible.

The Delivery Unit – Ward 64

The consultant-led Delivery Unit consists of 19 fully equipped en-suite shower rooms. One room has a birthing pool and four rooms have been adapted to provide High Dependency critical care for those women who require it.

- **Environment**

All our delivery rooms have delivery beds which are adaptable to support optimum positioning for labour and delivery. Entonox (gas and air) is readily available in all our rooms and will be provided for you if you wish to use this method of pain relief.

Resuscitaires are also routinely placed in each delivery room. This piece of equipment is used in the initial assessment and treatment of newborn babies who may require some assistance at birth.

On admission to the Delivery Unit you will be shown to your room and shown how to call for assistance if you need it.

- **Theatres**

There are two dedicated operating theatres situated next to the Delivery Unit.

- **Ward rounds**

In addition to the midwife who has been assigned to care for you, the senior midwife co-ordinator who is in overall charge of the shift will assess your progress at regular intervals, either in person or by discussing your care with your midwife.

You will also meet the medical team who are on duty. Formal ward rounds are undertaken at regular intervals and this can either involve the whole team (consultant

obstetrician and anaesthetist on call, obstetric and anaesthetic doctors, co-ordinating midwife) or part of this team. Student doctors and other learners may also form part of this group. All members of the team are happy to discuss your care with you during ward rounds and at any other time.

- **Pain relief**

Your midwife will discuss all pain relief options with you and advise and support you with your preferred method. We offer a 24 hour epidural service at Saint Mary's Hospital and aim to deliver this service as efficiently as possible.

- **Visiting times**

Whilst you are on the Delivery Unit your birth partner can stay with you all of the time if you wish. Friends and relatives can visit but numbers are restricted to two visitors per room at any given time; this includes your birth partner.

- **Mealtimes**

Breakfast, lunch and evening meals are available and will be offered to you by your midwife as appropriate. If you have missed a meal time then light refreshments are available and will be provided for you.

Please note: Your visitors will be able to buy food and drink at either the coffee shop in the main atrium or the dining room which is open 24 hours each day. Both are on the ground floor.

- **Chaplaincy/spiritual needs**

We provide a chaplaincy/spiritual service to all patients. If you would like to access this service please ask your midwife, who will be pleased to arrange this for you.

Improving quality on the Delivery Unit

We are continually improving our services to ensure that you receive the safest and highest level of care.

Please see our Improving Quality noticeboard (on Delivery Unit near the main entrance reception area) for information on the work that we currently are doing on the Delivery Unit.

Useful Telephone Numbers

Triage Assessment Unit:	(0161) 276 6567
The ERP bay:	(0161) 701 0010
Delivery Unit:	(0161) 276 6556
Midwifery Led Unit	(0161) 701 0018
Ward 65:	(0161) 276 6529
Ward 66:	(0161) 276 6532
Newborn Intensive Care Unit (NICU):	(0161) 701 2700

