



**St George and Sutherland  
Hospitals**



**Health**  
South Eastern Sydney  
Local Health District

## Maternity Care Options and Models of Care

When you are pregnant there are many options of care with midwives which are available at St George (SGH) and Sutherland (TSH) Hospitals. At your first appointment the midwife will explain these options to you in detail.

### **General Practitioner (GP) Shared Care with GP and the hospital**

Pregnancy care is shared between your GP (doctor) and midwives from the Antenatal Clinic (ANC). Labour care will be provided by the midwives in the Birth Unit. If you choose this option your GP needs to be accredited with St George or Sutherland Hospital in order to participate with this option. You will be attending approximately half of your visits with this GP. If your GP is not an accredited GP, we can send you a list of GPs who are recognised in your local area to provide your care. Please see the Schedule of Shared Care Visits document.

### **Antenatal Clinic (ANC) Midwives & Doctors**

Pregnancy care is provided by midwives and obstetric doctors in Antenatal Clinics. Midwives and obstetric doctor's work together to provide care to meet the individual needs of each woman and her family. Other health services such as social workers and perinatal mental health workers, are available if you need one.

Antenatal clinics also operate in the community at Hurstville and Riverwood Child and Family Health Centres.

### **Midwifery Group Practice (MGP)**

Midwifery Group Practice is a model of care where midwives provide continuity to women throughout pregnancy, birth and after your baby is born in the postnatal period. Midwives are on call to care for the women booked in MGP. They work together with the Obstetric team if you need medical care in your pregnancy. Women who are in MGP give birth in the Birth Unit.

Appointments for antenatal care for St George MGP is in the Kingsgrove Child and Family Health Centres and women with Sutherland MGP is at the Antenatal Clinic at Sutherland Hospital.

MGP is a popular choice, so early contact with the antenatal booking office is recommended for this type of care.

### **Maternity Antenatal and Postnatal Service (MAPS) (TSH only)**

MAPS offers continuity of care with the same team of midwives for your pregnancy and early postnatal period. Your antenatal care will be provided by a known midwife, who will also support you in the early postnatal period with midwifery in the home.

MAPS is a popular choice, so early contact with the antenatal booking office is recommended for this type of care.

### **Active Birth Team (ABT-SGH only)**

The Active Birth Team is a small group of midwives who provide pregnancy, labour and postnatal care for women that are focused and passionate about having a natural birth. The Active Birth Team aims to provide continuity of care with a known midwife throughout this important and special journey. They are skilled at supporting women to have a water birth if this is your choice.

### **Centring Pregnancy Groups**

Antenatal or pregnancy care and education is provided by midwives in a group setting. The two hour session includes antenatal or pregnancy clinical check-up and information sharing about pregnancy, labour, breastfeeding and postnatal care.

The groups are held in the antenatal clinics at Sutherland and St George Hospital and at the Hurstville Child & Family centre.

Centring Pregnancy groups are conducted in English (TSH), Mandarin, Bengali, Nepalese, Mongolian and SAOM (South Asian Origin Mothers—includes nationalities from the Indian sub-continent) at SGH.

### **New Directions**

Families who identify as Aboriginal or Torres Strait Islanders can receive antenatal and early postnatal care through this continuity of care model. Antenatal care will be provided by a known midwife and Aboriginal Health worker, who will also support you in the early postnatal period with midwifery in the home. Phone: 0439391192 & 0438597948.

### **Young Mums Groups**

Women aged 23yrs and younger are welcome with their partners and family to attend this group. It is held on alternate Wednesdays in the antenatal clinic at St George Hospital and every Monday at Sutherland hospital. This group is specific to the needs of our young families including antenatal care by a midwife and group education regarding birth and parenting.

### **Private Obstetrician**

Continuity of care is provided by a chosen obstetrician. Labour care is provided by the midwives in the Birth Unit in consultation with the obstetrician who will be present for the birth. If you choose this type of care a booking antenatal visit with a midwife is required at the hospital.

### **Multidisciplinary Gestational Diabetes (GDM)**

If you develop gestational diabetes we strongly recommend a specialist multidisciplinary GDM clinic operates at both SGH and TSH with obstetricians, endocrinologist, midwives, diabetes educators, dieticians and lactation consultant.

### **Twin Clinic**

This clinic is based at St George Hospital antenatal clinic. Pregnancy care is conducted by specialist obstetric doctors and midwives where some of your ultrasound examinations will be performed by an Obstetric doctor.

### **SSWInG (Sutherland and St George Weight Intervention Group)**

Women with a body mass index (BMI) >35 are invited to attend antenatal care with a multidisciplinary team. The focus is on weight management in pregnancy and healthy lifestyle choices which are all supported by midwives and obstetric doctors.

### **Risk Associated Pregnancy (RAP) Clinic (STG only)**

The RAP clinic is a specialised antenatal clinic for women with high risk pregnancies. Your midwife will let you know if you are required to be with this type of care. Renal Physicians, Obstetricians and midwives work together to provide all the care you will need for your pregnancy and birth. The RAP clinic is located in the Antenatal Clinic.

**To make your first appointment** - Complete the online Antenatal Appointment Form:

**[www.seslhd.health.nsw.gov.au/contact/antenatal\\_appointment\\_form](http://www.seslhd.health.nsw.gov.au/contact/antenatal_appointment_form)**

**Or contact the number below:**

**9113 2162**

**Monday to Thursday: 8:30 to 3.30 pm**

**Friday: 8:30 to 12noon**

Please refer to all attached documents.

**Before attending your first hospital visit please ensure you have visited a GP to:**

- ◆ Have your pregnancy confirmed
- ◆ Complete a Referral & Antenatal Booking form
- ◆ Have the routine antenatal blood tests performed
- ◆ Undertake early pregnancy screening: dating and Nuchal Translucency (NT) Scans
- ◆ Discuss genetic screening options

**Please bring all results and your Medicare card with you to your first appointment.**

*St George and Sutherland Hospitals Women's and Children's Health Services: Clinical Document Governance  
Sub-Committee CAG September 2020*

# Information for Antenatal Shared Care



## Schedule of shared care visits during your pregnancy

Time of pregnancy	Who you will visit?	What will be done?
6 – 10 weeks	Your doctor	Pregnancy test and other tests - blood, urine, cervical screening (if required) - other counselling as appropriate
10 – 14 weeks	1 <sup>st</sup> visit to Hospital, Outreach Clinic or Birth Centre	A booking history by a midwife and appropriate referrals
16 weeks	Your doctor	Routine check-up
20 weeks	Antenatal clinic	NBAC (next birth after caesarean) appointment at SGH
	Your doctor	Ultrasound will be reviewed
24 weeks	Your doctor	Routine check-up
28 weeks	Your doctor	Routine check-up Blood tests, Anti-D injection if blood group Rh negative (done at Hospital clinic)
28-32 weeks	Your doctor	Boostrix (whooping cough) vaccination
30 weeks	Hospital, Outreach Clinic or Birth Centre	Check-up Review tests (from 28 weeks)
33 weeks	Your doctor	Routine check-up
34 weeks	Hospital Clinic- for Rh negative women and NBAC only	Anti-D Injection if blood group Rh negative (done at Hospital Clinic) NBAC appointment at SGH
36 weeks	Hospital, Outreach Clinic or Birth Centre	Check-up, review birth arrangements
37 – 39 weeks	Your Doctor	Weekly check-ups
40 - weeks	Hospital, Outreach Clinic or Birth Centre	Check-up, planning of your delivery
6 weeks after birth of baby	Your Doctor	Check-up for you and your baby Arrange immunisations for baby

## Useful phone numbers

Centralised booking number for antenatal shared care clinics	
Ph: (02) 9113 2162	
St George Hospital	Sutherland Hospital
Main Switchboard: 9113 1111	Main Switchboard: 9540 7111
Birth Centre: 9113 3103	Birthing Suite: 9540 7982
Antenatal Clinic: 9113 2162	Antenatal Clinic: 9540 7240
Delivery Suite: 9113 2126 or 9113 2125	Antenatal Assessment Unit: 9540 8654
St George bookings/appointments: 9113 2162 Mon-Thu 8.30am – 3.30 pm Fri 8.30am – 12.00pm	Appointment enquiries: Mon-Fri 9am – 4.30pm