

# St George & Sutherland Hospitals

## GP Shared Antenatal Care Protocol Summary 2024

| PROVIDER                                               | ACTIVITIES AND CONSIDERATIONS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | EDUCATION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
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| <b>GP</b><br><br><b>6-10 wks</b>                       | <ul style="list-style-type: none"> <li>➤ History and examination</li> <li>➤ Provide details of hospital services and options of care</li> <li>➤ Assess interest in and suitability for GP shared antenatal care</li> <li>➤ Complete booking referral form and obtain patient consent for information sharing.</li> <li>➤ Woman to phone or book online. Booking pack sent by ANC</li> <li>➤ Discuss iodine and Folic acid supplementation</li> <li>➤ Consider referral for dating scan if uncertain dates</li> </ul> <p><b><u>ROUTINE INVESTIGATIONS:</u></b></p> <ul style="list-style-type: none"> <li>• FBC</li> <li>• Blood group and antibody screen</li> <li>• Haemoglobin EPG (please refer to flowchart on CESPHN website and refer to partner testing)</li> <li>• Rubella serology</li> <li>• Syphilis screening</li> <li>• Hepatitis B (surface antigen)</li> <li>• Chlamydia &lt;25yrs or high risk</li> <li>• Varicella VZ IgG (if not sure of previous exposure)</li> <li>• HIV antibody and Hepatitis C antibody screening (with informed consent)</li> <li>• MSU for M/C/S</li> <li>• 75g 2-hour Pregnancy OGTT from 13 wks (based on GDM high risk factors)</li> <li>• Cervical screening test if due (safe at any time in pregnancy)</li> <li>• Offer seasonal flu vaccination at any gestation</li> <li>• Vitamin D – screen and treat</li> </ul> <p><b><u>OPTIONAL TESTS:</u></b></p> <ul style="list-style-type: none"> <li>• 10-12 weeks - Chorionic Villus Sampling (CVS)/NIPT &gt;10wks</li> <li>• 11-13 weeks- Nuchal translucency +/- PAPP-A &amp; Free βhcG</li> <li>• 14-16 weeks -Amniocentesis</li> <li>• CMV for high risk groups (e.g. childcare workers)</li> </ul> <p><b>Ensure copies of all tests are copied to clinic</b></p> | <p><b><i>Early Pregnancy Information</i></b></p> <p><i>Options for care</i></p> <p><i>Previous experience/expectations</i></p> <p><i>Pathology tests/ results</i></p> <p><i>Nutrition &amp; exercise in pregnancy</i></p> <p><i>Get Healthy in Pregnancy referral</i></p> <p><i>Pelvic floor exercises</i></p> <p><i>Reducing/quit smoking</i></p> <p><i>Alcohol abstinence</i></p> <p><i>Breastfeeding Information</i></p> <p><i>Discuss Chlamydia testing with &lt; 25yr olds and those women 'at risk'</i></p> <p><b><i>Antenatal classes</i></b></p> |
| <b>ANC</b><br><br><b>10 -14 wks</b><br>(booking visit) | <ul style="list-style-type: none"> <li>➤ Complete history and booking details</li> <li>➤ Discuss models of care available and assess interest in and suitability for GP antenatal shared care</li> <li>➤ Offer &amp; arrange fetal morphology ultrasound at 18-20 weeks</li> <li>➤ Consider discussing Optional tests where indicated as above</li> <li>➤ Complete 'GP shared care acceptance form' and return to GP</li> <li>➤ Complete psychosocial screen</li> </ul> <p><i>Refer back to GP with completed patient record card (yellow card)</i></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <p><i>Pertussis and influenza vaccination information</i></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>GP</b><br><br><b>16-28 wks</b><br>(monthly visits)  | <ul style="list-style-type: none"> <li>➤ Routine antenatal visits</li> <li>➤ Offer seasonal flu vaccination</li> <li>➤ Breastfeeding - refer to hospital Lactation Consultant if previous problems or any concerns</li> <li>➤ <b>20 week NBAC appointment at ANC</b></li> <li>➤ Recommend Boostrix between 20-32 weeks</li> </ul> <p><b><u>FETAL MORPHOLOGY ULTRASOUND.</u></b> 18-20 weeks. Check result and document on yellow card</p> <p><b>Ensure copies of all tests are copied to clinic</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <p><i>Discuss U/S result</i></p> <p><i>Breastfeeding education</i></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>GP</b><br><br><b>28 wks</b>                         | <ul style="list-style-type: none"> <li>➤ Routine GP antenatal visit</li> <li>➤ Remind RH negative woman anti-D prophylaxis due at 28 weeks, after the antibody screen</li> <li>➤ Offer <b>Boostrix</b> vaccine to woman and household contacts if not already given</li> <li>➤ Offer seasonal flu vaccination</li> </ul> <p><b><u>28 WEEK ROUTINE INVESTIGATIONS:</u></b></p> <ul style="list-style-type: none"> <li>➤ FBC</li> <li>➤ Antibody screen for all women</li> <li>➤ All women to have 75gm OGTT (unless already GDM)</li> <li>➤ Vitamin D for women on supplementation</li> <li>➤ Repeat syphilis screening</li> </ul> <p><b>Ensure copies of all tests are copied to clinic</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <p><i>Explain all tests &amp; results</i></p> <p><i>Common discomforts in pregnancy</i></p> <p><i>Pelvic floor exercises &amp; bladder issues in pregnancy.</i></p> <p><i>MH screen if required</i></p>                                                                                                                                                                                                                                                                                                                                                  |

| PROVIDER                                    | ACTIVITIES AND CONSIDERATIONS                                                                                                                                                                                                                                                                                                                                                                                                                                       | EDUCATION                                                                                                                      |
|---------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|
| <b>ANC<br/>28-30 wks</b>                    | <ul style="list-style-type: none"> <li>➤ Review results of all investigations</li> <li>➤ <b>28 weeks prophylactic Anti-D (may also be given by GP)</b></li> </ul> <i>Third trimester fetal growth and well-being scan can be considered</i>                                                                                                                                                                                                                         | <b>1st</b>                                                                                                                     |
| <b>GP<br/>33 wks</b>                        | <ul style="list-style-type: none"> <li>➤ Discuss breastfeeding and refer if previous problems</li> <li>➤ Routine prenatal visits-reassess FBC/ferr for anaemic women</li> <li>➤ Remind RH negative woman anti-D prophylaxis due 34 weeks</li> <li>➤ Offer <b>Boostrix</b> and seasonal flu vaccine if not already given</li> <li>➤ <b>34 week NBAC appointment at ANC</b></li> <li>➤ <b>34 week prophylactic Anti-D at ANC (may also be given by GP)</b></li> </ul> | <b>2nd</b>                                                                                                                     |
| <b>ANC<br/>36 wks</b>                       | <ul style="list-style-type: none"> <li>➤ Assess fetal growth, presentation, etc.</li> <li>➤ GBS Screening – Take low vaginal swab as per protocol</li> </ul>                                                                                                                                                                                                                                                                                                        | <i>Encourage online virtual tour and birthing information</i><br><br><i>Breastfeeding information – positive reinforcement</i> |
| <b>GP<br/>37- 39 wks</b><br>(weekly visits) | <ul style="list-style-type: none"> <li>➤ Routine prenatal visits</li> <li>➤ Refer to hospital antenatal breastfeeding groups if needed</li> <li>➤ Offer seasonal flu vaccine</li> </ul>                                                                                                                                                                                                                                                                             |                                                                                                                                |
| <b>ANC<br/>40 – 41 wks</b>                  | <ul style="list-style-type: none"> <li>➤ Review</li> <li>➤ Assess suitability for induction of labour (IOL)</li> <li>➤ Arrange/book IOL as appropriate</li> <li>➤ Organise ongoing fetal welfare assessment as appropriate</li> </ul>                                                                                                                                                                                                                               |                                                                                                                                |
| <b>GP<br/>6 wks<br/>Postpartum</b>          | <ul style="list-style-type: none"> <li>➤ Postnatal visit</li> <li>➤ Cervical screening test if due; investigations if required.</li> <li>➤ Assessment – maternal mental health status</li> <li>➤ Book baby assessment and Immunisation (6 weeks)</li> <li>➤ Breastfeeding management - refer if problems</li> </ul>                                                                                                                                                 | <i>Child &amp; Family Health Centre &amp; postnatal supports<br/>Immunisation / SIDS</i>                                       |

| 📞 RESOURCE NUMBERS 📞                                                                                                                      |                                                                                                                                               |                                |                   |                                      |                                      |
|-------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------|-------------------|--------------------------------------|--------------------------------------|
| SERVICE                                                                                                                                   | SUTHERLAND                                                                                                                                    |                                |                   | ST GEORGE                            |                                      |
| Antenatal Clinic                                                                                                                          | 9113-2162                                                                                                                                     | Bookings                       |                   | 9113-2162                            | Bookings                             |
|                                                                                                                                           | 9540-7245                                                                                                                                     | ANC                            |                   | 9113-1495                            | Enquiries                            |
|                                                                                                                                           | 9540-7240                                                                                                                                     | Reception                      |                   | 9113-3765                            | Fax                                  |
|                                                                                                                                           | 9540-7304                                                                                                                                     | Fax                            |                   | SESLHD-STGANC@health.nsw.gov.au      |                                      |
| Birth Suite/Birth Unit                                                                                                                    | 9540-7981                                                                                                                                     |                                |                   | 9113-2126                            |                                      |
|                                                                                                                                           | 9540-7982                                                                                                                                     |                                |                   | 9113-2125                            |                                      |
|                                                                                                                                           | 9540-7941                                                                                                                                     | Fax                            |                   | 9113-2388                            | Fax                                  |
| Birth Centre                                                                                                                              | 9540-7982                                                                                                                                     | Birthing Rooms                 |                   | 9113-3103/mob 0434568189-urgent only |                                      |
| Diabetes education                                                                                                                        | All booked through St George > > > >                                                                                                          |                                |                   | 9113-2774                            |                                      |
|                                                                                                                                           |                                                                                                                                               |                                |                   | 9113-2690                            | Fax                                  |
| Ultrasound                                                                                                                                | 9540-8638                                                                                                                                     | Bookings/Enq.                  |                   | 9113-3571                            | Enquires                             |
|                                                                                                                                           | 9540-7644                                                                                                                                     | Reception                      |                   | 9113-3582                            | Bookings                             |
|                                                                                                                                           | 9540-7643                                                                                                                                     | Fax                            |                   | 9113-3980                            | Fax                                  |
| Mental Health                                                                                                                             | 9540-8203                                                                                                                                     | Social work                    |                   | 9113-2016                            | Perinatal Mental Health              |
|                                                                                                                                           | 9540 7800                                                                                                                                     | Perinatal Mental Health        |                   | 1800 011 511                         | NSW Direct MH Triage                 |
|                                                                                                                                           | 9540-7831                                                                                                                                     | Acute team(ACTT)               |                   | 9553 2595                            | Acute Care                           |
| Physiotherapy                                                                                                                             | 9540-8300                                                                                                                                     | Enquiries                      |                   | 9113-2163                            | Enquiries                            |
|                                                                                                                                           | 9540-7717                                                                                                                                     | Fax                            |                   | 9113 3075                            | Fax                                  |
| Genetic Counseling                                                                                                                        | 9113-3635                                                                                                                                     | at St George                   |                   | 9113-3635                            |                                      |
|                                                                                                                                           | 9113-3694                                                                                                                                     | Fax                            |                   | 9113-3694                            | Fax                                  |
| Drug & Alcohol Counseling                                                                                                                 | 9540-7982                                                                                                                                     | CUPs Service Wed/Thurs         |                   | 9113-2944                            | CUPs Service page 479                |
| MotherSafe                                                                                                                                | The Statewide Medications in Pregnancy and Lactation Advisory Service<br>(02) 9382 6539 or for residents outside Sydney FREECALL 1800 647 848 |                                |                   |                                      |                                      |
| Hospital Lactation Supports                                                                                                               | 9540-7913                                                                                                                                     | Maternity page 468             |                   | 9113-2053                            | Lactation Consultant                 |
|                                                                                                                                           | Mob 0439 805 389 Lactation consultant                                                                                                         |                                |                   | or 9113-1111                         | page 181                             |
| EPAS (Early Pregnancy Assessment)                                                                                                         | 9540-7111                                                                                                                                     | Contact O&G registrar page 125 |                   | 1 West Gynae                         | 0730-0830 Drop-in                    |
|                                                                                                                                           |                                                                                                                                               |                                |                   | 9113 3183 Fax                        | Monday-Friday                        |
| Breastfeeding & parenting support                                                                                                         | Australian Breastfeeding (ABA)                                                                                                                | Karitane                       | Tresillian (24hr) | Parent Line (24hr)                   | Child & Family Health Central Intake |
|                                                                                                                                           | 1800 686 268                                                                                                                                  | 1300 227 464                   | 9787 0855         | 1300 1300 52                         | 9522 1049                            |
| South Eastern Sydney HealthPathways <a href="http://sesydney.communityhealthpathways.org">http://sesydney.communityhealthpathways.org</a> |                                                                                                                                               |                                |                   |                                      |                                      |
| Username: sesydney Password: healthcare                                                                                                   |                                                                                                                                               |                                |                   |                                      |                                      |