



ST JOHN OF GOD

Subiaco Hospital

Maternity Information



Hospitality | Compassion | Respect | Justice | Excellence

Your checklist

Before admission

- Tours every Saturday 1pm (bookings essential)
- Receive Informed Financial Consent*
- Check with your health fund prior to your admission to confirm your level of cover, any payable excess, exclusions / restrictions or rebates**
- Discuss your anaesthetic requirements with your doctor to ensure appropriate arrangements are made prior to your stay
- We will call you to book a pre admission telephone interview at about 34 weeks
- Complete your Patient History form and return it to the hospital
- Complete booking for Parent Education classes after letter received
- Pack your bag - a list of items is enclosed for you, your partner and baby
- Install car seat.

In hospital

- Ensure you have a postnatal ward orientation and discharge checklist
- Parents, grandparents and additional support person only to visit in the nursery
- Remember to transport your baby in his/her cot around the ward
- Ensure you have "Maternity Information" and "Breastfeeding Guidelines" booklets. Both available on www.sjog.org.au/subiacomaternity

* Please be aware that this is an estimate only and additional costs may apply which the hospital is not able to determine until the time of your admission.

** The hospital cannot guarantee your health fund will pay the costs associated with your hospitalisation and you are responsible for payment of any charges not covered by your health insurance.

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Preparing for birth

St John of God Subiaco Hospital respects your right to be involved in decisions regarding your care. It is natural and normal for parents to have expectations regarding their birth and it is very important that you discuss your aspirations with your Obstetrician. Midwifery caregivers provide personal, individualised care and support to you and your partner to guide you through the birthing process, incorporating your personal preferences when possible.

Birth Suite Birth Plan

There are some parents who may decide to formalise their expectations about the birth of their baby by writing a Birthing Plan. Such plans are not essential and should not risk the safe care of you and your baby. They may include requests relevant to birth or afterwards for aspects of care for yourself and/or your baby. Wherever possible, we will try to ensure we support your requests whilst maintaining the safety of you and your baby.

There is a minimum suite of medical assistance that may be required during your labour. This list of management has been prepared by our Obstetricians to ensure your baby is born in the safest environment possible.



Examples may include:

- Indications for amniotomy (artificial “breaking of your waters” by rupture of your amniotic membranes)
- Frequency of vaginal examinations, foetal heart rate monitoring and augmentation of labour to assist contractions
- Emergency birth by caesarean section
- Management of the third stage of labour (separation and delivery of your placenta)
- Administration of Vit K (an injection given to your baby to assist with the production of vitamin K until your baby is able to do this themselves)

We request that parents who have particular requests or a birth plan, discuss their requests with their Obstetrician as soon as possible. If your Obstetrician agrees to your plan, they will then sign to indicate that they support your plan. Your Obstetrician will explain risks (if any) associated with your birth plan.

What to bring to hospital

It is recommended that you pack the following items in a small overnight bag, as storage is limited:

Birth Suite

(small separate bag).

Mum

- Basic personal care items
- Favourite music and player (iPod etc)
- Slippers or similar
- Antenatal card from doctor's appointments.
- One grow suit and hat/beanie for baby

Postnatal / ward room

(small overnight bag).

Please leave this in the car and ask your partner to collect once your postnatal room is allocated.

Mum

- Nighties/pyjamas and casual clothes if preferred
- Breast pads – regular size
- Small Stratamed gel for caesar and perineal wound, nipples and nappy rash. Available from Subiaco's Medical Clinic pharmacy
- 1 pack super sanitary pad plus 2 packs regular pads
- Clock or watch
- Emery board for sharp nails (including baby's)



- Camera (check battery!)
- Phone charger, pen etc. Small amount of change (for newspapers etc). Avoid large amounts of cash or valuables.

Baby

Clothes for the baby to wear in hospital:

- Five baby grow suits (all in one with feet), singlets and cardigans.
- Hat/beanie

Note: ensure you keep clothes separate from hospital linen as they won't return from our laundry. The hospital provides nappies, baby wipes and blankets.

- Stratamed gel for nappy rash
- A special set of clothes for your baby to wear home
- Baby capsule or reversible seat, correctly fitted in car and straps adjusted to fit your baby. Do this several weeks before the birth. Check with a certified fitting agent.

Medications

Please bring any current medications in their original containers and any current prescriptions, and give them to the midwife/nurse who admits you.

During your stay your doctor may discontinue or prescribe additional medication. These medications will be supplied by the pharmacy and any applicable charges will be directed to your hospital account. If you have any type of pension or concession card which may entitle you to free or subsidised medications, please let your caregiver know.

If you do not hold private health insurance, you will be required to pay for all new or repeat prescription medications dispensed at the time of your discharge.

Your medications will be returned to you when you leave the hospital. Please ensure you understand exactly how and when you need to take continuing medications.

Any queries related to pharmacy costs, please call Pharmacy on (08) 9382 6324.

The birth of your baby

We recognise that women attending our Maternity Unit are individuals with differing circumstances and risk factors. We are able to care for mothers delivering after 32 weeks gestation. The hospital offers a large range of options for pain relief in labour. Our midwives are experienced in supporting women who wish to pursue non drug pain management. We have a roster of anaesthetists available in the Birth



Suite if required. Please note that there may be out of pocket expenses incurred from the Anaesthetist.

Women who are low risk and have their doctors permission may go into the Family Birth Suite when available, which is suitable for those planning a drug free labour. The bath in this room allows for warm water immersion as an option for pain management in labour, not for water birth.

When to come

Contact the Birth Suite should any of the following events occur:

- Membranes rupture (water breaks) whether you are having contractions or not (you may feel either a trickle or a large gush of fluid)
- Contractions are occurring at regular intervals and/or causing distress
- Experiencing blood loss of a quantity greater than the size of a 50 cent piece which is not a "show" (this is mucous streaked with blood)
- Continuous abdominal pain lasting several minutes or longer
- Decrease in activity from your baby.

Please telephone the Birth Suite on (08) 9382 6259 or (08) 9382 6267, should you require advice or think it is time for you to come to hospital.

Photography during birth of your baby

To maintain safety and privacy for all, video recording of the birth, regardless of the type or place of birth (Birth Suite or Main Theatre), is not permitted.

You may take still photographs for personal use, if permission of all present is granted. You must be aware of guidelines to maintain safety and do not interfere with the work of the medical, nursing or midwifery staff. You may be advised to stop photography any time if necessary.

The hospital does not accept any responsibility for loss or damage to camera equipment.

Telephone calls

In the interests of your privacy, caregivers cannot give details about your progress of labour or about your baby's condition. Therefore, family and friends are requested not to telephone the Birth Suite. Instead, it is better to arrange for your partner or support person to contact the people you wish to keep informed. Each Birth Suite has a telephone.

Caesarean section

Should you require a caesarean section, an operating theatre is available in Birth Suite or Main Theatre. One support person may accompany you to the theatre.

Please ensure your support person wears suitable footwear i.e. closed shoes when accompanying you to the theatre.

Guidelines for support person/s in Birth Suite

Whilst we believe it is important for you to have the support and compassionate

care you feel you need at the time of birth, it is important that if a support person is present that their role is clearly understood by all involved in your care.

A support person may include your husband, partner, a friend or family member or a paid, unqualified support person commonly called a Doula. If using a paid support person (Doula) the hospital insists that they are aware of the following guidelines regarding their role:

1. The hospital understands that the role is one of emotional and physical support to you in labour. This is a non-clinical role and as such it is expected that respect is shown by the support person to the midwifery and medical personnel, and to decisions made regarding your care and management of your labour.
2. Decisions regarding matters such as timing and frequency of vaginal examinations and any interventions in labour will be made solely by the midwifery and medical caregivers after consultation with you and your husband/partner.
3. If it is the opinion of the midwifery and/or medical caregivers, that the presence of the support in the birthing room is adverse to the conduct of the care for you in labour, then they may be asked to leave the room.
4. Please note that in the case of a Caesarean Birth, there may be only one support person in the theatre. This should be your partner.

It is critical that these guidelines are observed in order to ensure the well-being of you and your baby/ies, as this is central to the holistic care that we provide.

Baby identification

Two name bands are placed on your baby immediately following birth. These are checked against your identification bands frequently should you and your baby be separated for any reason. For safety reasons, it is necessary for the baby to be known by the same surname as the mother whilst in hospital.

Birth registration

Soon after the birth of your baby, a caregiver will give you a Birth Registration Form to register your baby's birth. It is your responsibility to post this legal document within 60 days of birth to one of the assigned addresses. Claim forms are also available for eligible parents to receive the Family Payment from the Department of Social Security.

After the birth

Following the birth of your baby you will be transferred to one of the postnatal wards with your baby. The wards consist of all single rooms (some with double beds), equipped with a telephone, television, tea/coffee making facilities, fridge, en-suite and baby care facilities. A Midwife/Nurse will show you around your room and the ward's facilities.

A patient compendium can be found in every room, providing further information on the hospital's facilities. There are many educational sessions available as advertised on the posters in your room. We encourage you to take advantage of these free sessions. Physiotherapy classes are also available; please note a fee may apply.

Over the next few days our aim is to prepare you for going home with your

baby, allowing you to gain confidence in the day to day care of your baby, including bathing, cord care, feeding and settling techniques.

Boarder information

Your partner is welcome to stay with you overnight to assist with and learn about the care of your baby.

Your partner may only board if you are accommodated in a private room. They may sleep in either the double bed or on a fold up bed in single bed suites, which are generally allocated to mothers who have had a caesarean section. For occupational health and safety reason, only one boarder per room is permitted and fold up beds cannot be placed in double bed suites. Children may not board, under any circumstances.

It is important for boarders to remember that they are staying in a hospital environment. Mother and baby are our priority and boarders are asked to make every endeavour to ensure hospital routines are not interrupted. It will be necessary for hospital caregivers to access the room at various times and turn on lights so appropriate care can be provided. If working, your partner may prefer to sleep at home as your baby will be awake and may feed often during the night.

Boarders will be asked to complete a Boarder Form which must be signed each night you board to ensure you understand the conditions under which they are boarding, confirms the number of nights boarded and also ensures they can be accounted for in an emergency.

The daily boarder fee provides for overnight accommodation, bed linen, shower and ensuite facilities and meals once registered. If required, other meals can be purchased from the hospital café located on the ground floor.

Please check with your health fund prior to boarding as not all funds cover boarder fees. You will be required to pay all costs not covered by the health fund on discharge.

Your responsibilities as a boarder

For the comfort of your wife/partner, baby and others, we ask that you observe the following guidelines:

- Wear appropriate attire at all times and dress in the ensuite, not in the main room
- Wear identification band
- At night, position the fold up bed away from the door openings and ensure your bed does not impede caregivers from moving around the room easily and safely. A diagram of position is in your room on the cupboard door
- Fold away your bed by breakfast time
- Only place your towel in the bucket provided when it needs replacing, otherwise please hang it up appropriately in the ensuite
- Take responsibility for any personal items of value and/or your own medications by storing them securely and separately in one of the lockable drawers provided
- Cooperate with caregivers at all times
- Alcohol is not recommended during pregnancy or breastfeeding so please assist your partner by not consuming alcohol during your stay
- Standard parking fees apply and long term parking permits are available for purchase from the main hospital reception
- The hospital is a smoke free environment – please do not smoke
- Please check your Boarder Form details with the Ward Clerk or Patient Care Assistant at the time of your discharge.



Milestones for your postnatal stay

	Vaginal Birth	Caesarean Birth	Baby
Day 1	Observations – uterus, blood loss, perineum, breasts & nipples, legs, epidural and/or intravenous site. Pain management oral. Passing urine normally. Mobilise independently	Regular observations- uterus, blood loss, legs. Pain management - epidural or oral. Wound dressing -in place. Urinary catheter. Epidural & Intravenous (drip) site. Food as tolerated / desired. Stand out of bed after 6 hrs with assistance. Wear calf length TED stockings till discharge. Mobilise with assistance	Measurements (weight, length, head circumference). Examination by Neonatal Paediatrician. Midwife check. Vitamin K injection. Assistance with feeds and baby care day and night.
Day 2	Independent. Pain management oral.	Pain management - epidural or oral. Remove urinary catheter- passing urine normally. Epidural out. Remove intravenous. Wound dressing regime as per doctor. Up to shower. Mobilise with assistance or independently.	Demonstration bath. Assistance with feeds (if needed). Assistance with baby care. Newborn Hearing Test (optional). Baby photographs (optional).
Day 3	Independent. Pain management oral.	Pain management oral. Wound dressing regime as per doctor. Mobilise independently.	Assistance with feeds (if needed).
Day 4	Discharge before 10am	Pain management oral. Wound dressing regime as per doctor.	Newborn Guthrie test (heel prick). Hepatitis B vaccine. Congenital heart screening. Assistance with feeds (if needed). Examination by Neonatal Paediatrician. Midwife check. Referral to Child Health Nurse.
Day 5		Wound dressing / sutures removed. Pain management - oral. Discharge before 10am	

Visiting hours and rest period

Visiting hours are 3.00pm - 8.00pm, but partners and children are welcome at any time. **A rest period is set aside between 1.00pm - 3.00pm each day.** We encourage you to take advantage of this to get adequate rest and discourage visitors and telephone calls during this time.

Bedside handover

Bedside handover is a conversation between caregivers and you about your progress and care. We will check your ID band and update your whiteboard at each bedside handover. Bedside handover keeps you at the center of our attention and is vitally important.

Rooming-in

Research shows that keeping your baby with you in your room at all times (night and day) is beneficial for you and your baby. It allows you to get to know your baby, improves your confidence in mothering skills and lessens the risk of infection between babies when in the nursery.

Rooming in also assists with breastfeeding on demand and feeding during the night helps to improve your supply of milk and the quality of your sleep.

Baby safety and security

We recommend the following precautions to enhance the safety and security of your baby whilst in hospital:

- Ensure your baby is dressed in his/her own clothes at all times
- Keep the baby with you in your room at all times
- Never leave your baby alone
- Always place your baby's cot in view
- Ensure only caregivers wearing hospital identification are caring for your baby
- Ensure your baby has two identification bands on at all times and they are checked with your own ID before and after times when you and your baby are separated
- Always transport your baby in the hospital cot with the bassinette positioned flat
- You or your partner are welcome to go with your baby for any test.



Safe sleeping

The safest place for your baby to sleep, for the first six months of life, is in a cot next to your bed (as recommended by the WA Department of Health). This applies in hospital and when you go home.

Bed-sharing is defined as babies sharing a bed with their mother to breastfeed or to receive comfort.

Co-sleeping is defined as where the mother and baby share a bed and either are asleep.

Bed-sharing may transpire to co-sleeping when either the mother and/or baby fall asleep and is not advised for the safety of your baby.

The hospital does not support the practice of co-sleeping and adopts the practices recommended by SIDS and Kids WA as follows:

- Babies sleep on their back
- Babies sleep in a cot in your room
- Babies are dressed appropriately (not too hot or cold) and do not have their head covered whilst asleep
- Baby is in a smoke free environment
- There are no toys, wedges or positioning devices in a baby's cot.

The hospital requires you place your baby back into the cot when either of you need to sleep. During your stay in hospital a Midwife/Nurse will check your room at regular intervals during the day and night to provide care and ensure that safe sleeping practice is adhered to.

If you require any further information about safe sleeping practices or have any questions please speak to your Midwife/Nurse.



In hospital

Your Midwife/Nurse is skilled and competent to assist you with all aspects of establishing and maintaining breastfeeding. If required you may be referred to a lactation consultant for additional support.

If you choose or need to bottle feed you will be provided with information on how to clean equipment and make up formula feeds.

It is advisable to continue with pelvic floor exercises. If you have had stitches or a wound to your perineum you will be advised of the most appropriate care.

If required Rubella or Pertussis vaccinations and/or Anti-D will be administered to you prior to discharge.

Parent Education

The postnatal Parent Education 'Taking Baby Home' talks offer you the chance to meet other mothers, share information and discuss concerns. We encourage you and your partner to attend before going home.

Lactation Consultant talks are offered three mornings a week. Ask your Midwife/Nurse for further details.

Physiotherapy classes

Physiotherapy group classes are conducted in Ward 54 seminar room. There may be a fee charged for physiotherapy classes.

Private physiotherapists are also available for individual consultations at an additional cost. Ask your Doctor or Midwife about this service.

Caesarean section

All elective caesarean section patients are admitted via our Day of Surgery Admission (DOSA) unit on the day of the caesarean and transferred to the postnatal ward after the caesarean section.

Food Service Advisors

Your Food Service Advisors will manage your religious, cultural and special dietary requirements. Please do not hesitate to contact your Food Service Advisor at any time between 9.00am - 6.30pm on ext: 2854.

Care of your baby

Vitamin K

Your baby will be given Vitamin K, with your consent, shortly after birth to prevent a blood clotting disorder which can affect some infants. Please speak to your Doctor for more information.

Hepatitis B

The National Health and Medical Research Council (NHMRC) and the Health Department of WA have recommended that all newborn babies in Australia are vaccinated against Hepatitis B. This free immunisation is administered on day 3 or 4 with your consent. Further information is available on their websites.

Newborn hearing test

A baby newborn hearing test is available free from the Newborn Screening for Hearing service. Brochures are available at the ward desk. Please complete the consent form and return to the ward desk.

Newborn screening – Guthrie testing

The free Newborn Screening (Guthrie) test is routinely performed on all babies born in Australia. This test can detect very rare metabolic disorders that unless treated early in life may affect your child's future development. You will only be contacted if the results of this test are abnormal. Further information is available if required.

Congenital heart screening test

This is a simple test that measures the oxygen level in your baby's blood to screen for rare forms of congenital heart disease. It is painless and involves briefly attaching an oxygen measurement probe to your baby's hand and foot. No blood sample is taken. Please speak to your Neonatal Paediatrician or Midwife/Nurse for more information

Jaundice

Neonatal jaundice is a common condition occurring in 60% of term babies and 80% of premature babies. It is characterised by a yellow colouring of the skin that is most noticeable on the third or fourth day of life. Most jaundice in newborn babies is normal and does not usually indicate a problem. However, if the jaundice is very marked a Neonatal Paediatrician will review your baby to decide if treatment is required. If the jaundice persists for more than two weeks or worsens after your discharge home, you should seek immediate medical review for your baby. Please read the Going Home Discharge Advice sheet for more details.

Neonatology Service

Consultant Neonatal Paediatricians

Your obstetrician may request a Neonatal Paediatrician (a Paediatrician who specialises in newborns) to attend your delivery for the safety of your baby. If this occurs, the Neonatal Paediatrician will provide newborn care and resuscitation to your baby as required, and will thoroughly examine your baby. If a Neonatal Paediatrician is

not requested to attend your delivery, they will examine your baby on the postnatal ward within the first 24 hours of life. This 'initial check' is to check that your baby has transitioned well following the birth process and to examine for any congenital abnormalities (many of which are not visible and are only found on medical examination). A Neonatal Paediatrician will examine your baby again prior to their discharge from hospital. This 'discharge check' is similar to the initial check, but we are especially looking for particular problems and abnormalities that may not be evident on the initial check. If your baby has any medical issues during your hospital stay, your midwife will ask a Neonatal Paediatrician to review your baby. If you have any concerns about your baby, you may also request review by a Neonatal Paediatrician.

Please note that there is an additional fee for the Neonatal Paediatrician's services. Whilst we endeavour to provide continuity of care wherever possible, the neonatology service provides in hospital cover 24 hours a day, 7 days a week, so your baby may be seen by different Neonatal Paediatricians during their stay. Each Neonatal Paediatrician who sees your baby will send a separate invoice.

Neonatal Unit

The Neonatal Unit is a 26 bed, high dependency, level 5 nursery, which provides specialised care for premature or unwell babies. Premature babies (born before 37 weeks gestation) and sick babies are assessed and cared for in the unit until they are well enough to be transferred to the postnatal ward.

Should your baby be admitted to the Neonatal Unit, our Neonatal Paediatricians and Neonatal Nurses will provide medical

and nursing care for your baby. You will be kept well informed regarding his/her progress. Please feel free to discuss any concerns you may have with your Neonatologist or Midwives/Nurses.

We recognise that parental involvement is a major part of your baby's care and encourage you to visit your baby and participate in their care at any time. To prevent the risk of cross-infection to your and other babies, we ask that no children come to the Neonatal Unit at any time. The only people that can visit a baby are the parents, one nominated additional support if required and grandparents may come for brief visits unless they are the nominated support person. Please do not allow any visitors (including yourselves) to come into the Neonatal Unit if they are unwell. Even mild viral illnesses can have serious consequences if passed onto newborn babies.

Pastoral Services

Members of the Pastoral Services team offer emotional and spiritual support for you and your family. This confidential service provided by the hospital is accessible day and night, including weekends.

Pastoral Services also provide worship services in the Chapel. Please contact (08) 9382 6200 for more information.

Going home

We request that you vacate your room **before 10.00am** on your day of discharge. The Midwife/Nurse will do your daily check, answer any questions and provide specific discharge information.

It is a legal requirement, and your responsibility, to ensure your baby is secured in an approved car restraint, please ensure you have one ready for your discharge from hospital.

Breastfeeding support service

Breastfeeding is a natural process but occasionally difficulties may be encountered. The breastfeeding support services can provide assistance with breastfeeding difficulties if they arise both while you are an inpatient and following discharge from hospital.

Services provided are:

- Support at ward level from experienced Midwives/Nurses
- Ward consultations by Lactation Consultants if breastfeeding difficulties arise

Breastfeeding Support Services following discharge.

Breastfeeding Clinic

Bookings Essential (fees may apply).

This service provides one to one breastfeeding support with a Lactation Consultant and is ideal for mothers that are experiencing more complex issues surrounding their breastfeeding journey. If appropriate, referral to this service will be discussed and completed prior to your discharge from hospital. Breastfeeding day stay is also available.

Location: Breastfeeding Clinic, Level 3, St John of God Subiaco Hospital

Telephone: (08) 9382 6078

Breastfeeding Circle

Bookings Essential (FREE)

This small group consisting of up to six women and their babies is facilitated by a Lactation Consultant/Midwife, and is ideal for the new mother whom requires additional support with their early breastfeeding journey. This friendly and informal group provides a forum for discussion that is individualised. To maximise the effectiveness of the group and allow for personal comfort and freedom when breastfeeding, partners and siblings are not able to attend. No crèche facility will be available. Please bring referral form to session.

Location: Ground Floor, St John of God House.

Telephone: (08) 9382 6708

“Open House” Early Weeks

No booking required

This program is available to new parents with babies up to six weeks of age, where feeding, not settling and any other concerns will be discussed. It is facilitated by a Midwife/Lactation Consultant and is an excellent transition from the “Breastfeeding Circle”.

Location: St John of God House

When: Thursday 1.30pm-3.00pm

“Open House”

No booking required

The “Open House” program is an extension of “Early Weeks” and is the perfect forum to gain invaluable feeding and settling support in a friendly and informal atmosphere. Sessions are available for babies up to nine months of age and are held fortnightly throughout the school term.

Location: Ground Floor, St John of God House

When: Wednesday (Fortnightly)

Babies 6 weeks to 5 months
(12.00pm-2.00pm)

Babies 5 months to 9 months
(9.30am-11.30am)

Other services

Raphael Services

Raphael Services offer support and information service for parents affected by anxiety or depression during pregnancy or in the four years following the birth of their baby. Our highly experienced and specialised team provides a family centered service (either while you are in hospital or at home) which aims to:

- Enhance the social and emotional wellbeing of women and their families
- Support parents in their relationship with each other and their baby
- Increase parenting satisfaction and coping skills.

The service also offers:

- Telephone support and information – 1800 524 484
- Individual therapy and assessment
Postnatal anxiety and depression therapeutic groups
- Parent-infant therapeutic programs.

Referral to Raphael Services can be made by a G.P. or Obstetrician. Some services attract a fee which may be rebated through Medicare. Please call 1800 524 484 for further information.

Ambulance service

During your hospitalisation should a situation arise where a clinical service is unavailable within a clinically appropriate time frame, or your care is to be progressed at another facility, you may require transfer using the services of St John Ambulance. Ambulance transfers will be in accordance with their fee structure and patients will receive an account direct from St John Ambulance for these services.

Additional services offered at St John of God Subiaco Hospital during and after your stay include:

- Postnatal and antenatal aquatherapy classes - for information contact SportsMed on (08) 9382 9600
- Baby Dolphin Swim Classes 10 week program - for information contact SportsMed on (08) 9382 9600
- Professional photographers for baby portraits and announcement cards
- Private physiotherapy services through Genesis Women's Health Physiotherapy on (08) 9201 2054 and SportsMed on (08) 9382 9600
- Pregnancy and postnatal massage.

Note: some of these services incur fees.

After you go home

If you require advice or assistance after you go home the following may be useful resources:

- Your General Practitioner
- Your Obstetrician
Your Neonatal Paediatrician
Your Child Health Nurse
- Health Direct 1800 022 222

Your baby's personal health record also contains a list of useful telephone numbers.

We regret that we cannot provide advice via the telephone once you have discharged from hospital.

About St John of God Health Care

St John of God Subiaco Hospital is a division of St John of God Health Care, a leading Catholic not-for-profit health care group, serving communities with hospitals, pathology, home nursing and social outreach services throughout Australia, New Zealand, and the wider Asia-Pacific region.

We strive to serve the common good by providing holistic, ethical and person-centred care and support. We aim to go beyond quality care to provide an experience for people that honours their dignity, is compassionate and affirming, and leaves them with a reason to hope.



ST JOHN OF GOD

Subiaco Hospital

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www.sjog.org.au/subiaco



**Consumer reviewed
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