Goole Midwifery Suite

Women & Children’s Services
Goole & District Hospital

This leaflet has been designed to give you important information about your baby’s birth at Goole and to answer some common queries that you may have.
Information for patients and visitors

Introduction
Northern Lincolnshire and Goole NHS Foundation Trust aims to provide the highest and safest standards of care for mothers and babies, and to enable you to have as straightforward a birth as possible. We also strongly believe that every woman has a right to an informed choice on where to have her baby. This information leaflet has therefore been produced to answer some of the commonly asked questions women have when considering the Goole Midwifery Suite.

Benefits
Goole Midwifery Suite is a standalone, midwifery led home from home unit, which means although in the hospital, has no obstetric or neonatal services available. The unit is staffed by community midwives. Women may choose the suite for birth because of:

- Care is provided in a relaxed ‘home-like’ environment
- Care is completely Midwifery Led
- Access to a large birthing pool, with WC and showering facilities
- More privacy and a calm environment
- Access to birthing equipment such as padded mats, birthing couch and birthing stool, CUB stool
- Kitchen / relaxation area that has tea / coffee making facilities with a comfortable sofa and TV with DVD and MP3 access

What pain relief can I have?
Research shows that women who labour and deliver in a low risk, birthing environment often need fewer drugs for pain relief (RCOG 2007). Women tend to be calmer and more relaxed therefore they feel more in control and are able to cope with the pain of their contractions (NCT 2008).

The available pain relief in the suite consists of:
- TENS machine
- Birthing Pool
- Relaxation and breathing techniques
- Entonox (Gas and Air)

Is Goole Midwifery Suite the right place for me to have my baby?
The Goole Midwifery Suite is a popular choice for women who have an uncomplicated pregnancy. Many women choose Goole as they want to have a non-medical experience in a familiar, homely surrounding.

If you have a ‘low risk’ pregnancy, e.g. you have no complications (either medically or otherwise) then you may be suitable to have your baby in Goole.

Low Risk Means:
- You are healthy with no medical problems (e.g. heart problems, diabetes, etc)
- You have a Body Mass Index (BMI) between 18-35 with no other significant problems. If your BMI is between 30-35 we will require you to have a normal Glucose Tolerance Test, ask your Midwife about this
- You baby is in the head down position and is growing at a normal rate
- Your placenta is not low lying

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Information for patients and visitors

- You do not have any infections in this pregnancy (GBS)
- You have normal iron levels in your blood (100 and above)
- Your baby arrives between 37 and 42 weeks
- Your blood pressure and urine stay normal
- You go into labour naturally (you do not need inducing)

Is it safe?
The ‘Birth Place in England Study’ (2011) provided evidence that births in a Birthing Centre were as safe as hospital births for women having their second and subsequent babies.

If this is your 1st pregnancy, again it is as safe for you to deliver in Goole as opposed to hospital however your baby has a very small increase (0.3%) of being admitted to hospital.

The study also showed that women had a higher chance of an uncomplicated birth and a lower chance of needing an assisted delivery (forceps or ventouse) or a caesarean section, if birth was planned in a birth centre. Women were more likely to breastfeed successfully and are more satisfied with their birth experience.

The perinatal mortality rate (stillbirths and deaths of babies in the first few weeks of life) is significantly lower in planned homebirths and births in low risk units (CEMACH 2009).

What if there is a problem?
Women that are suitable to deliver in our suite are usually in good health so there is no reason to expect a problem during birth.

Midwives are trained to detect problems and to make sure you and your baby stay safe. There are no obstetricians or paediatricians in Goole (Doctors) so if any complications develop for either yourself or your baby then you will require ambulance transfer to Scunthorpe General Hospital. This transfer can take between 30 and 45 minutes.

Common reasons for transfer in the Antenatal or Postnatal period are:
- The need for additional pain relief
- Slow progress in labour
- Baby is showing signs of distress
- Excessive bleeding following delivery
- 3rd / 4th degree perineal tear

I would like to birth my baby in Goole Midwifery Suite – so what now?
Speak to your midwife at your next appointment. We will be able to discuss any points further with you and assess that you are a low risk pregnancy and therefore suitable to deliver in our Suite.

You will be invited to tour the suite and view the facilities available.

The average stay in the suite is approximately 2-3 hours. We expect your baby to have fed, for you to feel well and have passed urine before you go home.

Alternatives
Alternative choices for birth include Home Birth, Scunthorpe General Hospital and Diana, Princess of Wales Hospital, Grimsby. Please ask your midwife.
Information for patients and visitors

Reference Section
NCT Briefing: Home Birth (2008) policy. www.research@nct.org.uk

For Scunthorpe General Hospital
Alternatively you can contact the Patient Advice and Liaison Service (PALS) on (01724) 290132 or at the PALS office which situated on C Floor.
Alternatively you can email: nlg-tr.PALS@nhs.net

Confidentiality
Information on NHS patients is collected in a variety of ways and for a variety of reasons (e.g. providing care and treatment, managing and planning the NHS, training and educating staff, research etc.).
Everyone working for the NHS has a legal duty to keep information about you confidential. Information will only ever be shared with people who have a genuine need for it (e.g. your GP or other professionals from whom you have been receiving care) or if the law requires it, for example, to notify a birth.
Please be assured however that anyone who receives information from us is also under a legal duty to keep it confidential.

Zero Tolerance - Violent, Threatening and Abusive Behaviour
The Trust and its staff are committed to providing high quality care to patients within the department. However, we wish to advise all patients / visitors that the following inappropriate behaviour will not be tolerated:
- Swearing
- Threatening / abusive behaviour
- Verbal / physical abuse
The Trust reserves the right to withdraw from treating patients whom are threatening /
Information for patients and visitors

abusive / violent and ensuring the removal of those persons from the premises.

All acts of criminal violence and aggression will be notified to the Police immediately.

Risk Management Strategy

The Trust welcomes comments and suggestions from patients and visitors that could help to reduce risk.

Perhaps you have experienced something whilst in hospital, whilst attending as an outpatient or as a visitor and you felt at risk.

Please tell a member of staff on the ward or in the department you are attending / visiting.

Moving & Handling

The Trust operates a Minimal Lifting Policy, which in essence means patients are only ever lifted by nursing staff in an emergency situation.

Patients are always encouraged to help themselves as much as possible when mobilising, and if unable to do so, equipment may be used to assist in their safe transfer.

If you have any questions regarding moving and handling of patients within the Trust, please speak to a member of staff in the ward or department you are visiting.

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