

Information for patients

Goole Midwifery Suite

Home from Home



Name:

Who to contact and how:

Notes:

Diana, Princess of Wales
Scarcho Road
Grimsby
DN33 2BA
03033 306999
www.nlg.nhs.uk

Scunthorpe General Hospital
Cliff Gardens
Scunthorpe
DN15 7BH
03033 306999
www.nlg.nhs.uk

Goole & District Hospital
Woodland Avenue
Goole
DN14 6RX
03033 306999
www.nlg.nhs.uk



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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:

- Access to a large birthing pool, with WC and showering facilities
- Access to birthing equipment such as padded mats, birthing couch and birthing stool, CUB stool
- Care is completely Midwifery Led
- More privacy and a calm environment
- Care is provided in a relaxed 'home-like' environment
- 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 / RCM 2007, see references below). 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, see references below).

The available pain relief in the suite consists of:

- 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.

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Low Risk Means:

- You are healthy with no medical problems (e.g. heart problems, diabetes, etc)
- You have a Body Mass Index (BMI) between 19-30 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
- Your baby is in the head down position and is growing at a normal rate
- Your placenta is not low lying
- You do not have any infections in this pregnancy (GBS)
- You have normal iron levels in your blood (105 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 (Doctors) available in the Goole Midwifery Suite 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.

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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.

Reference Section

CEMACH. (2009). Perinatal Mortality: Confidential Enquiry into Maternal and Child Health 2007. London.

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Hollowell J, Puddicombe D, Rowe R, Linsell L, Hardy P, Stewart M. (2011). The Birthplace national prospective cohort study: perinatal and maternal outcomes by planned place of birth. Birthplace in England research programme.

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

National Institute for Health and Care Excellence (NICE). (2007). Intrapartum care of healthy women and their babies during childbirth. National Collaborating Centre for Women's and Children's Health.

NCT, RCM & RCOG (2007). Making normal birth a reality. Maternity Care Working Party.

Contact Details for Further Information

Telephone: **03033 304079**.

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Any Comments, Compliments, Concerns or Complaints

If you have any other concerns please talk to your nurse, therapist or doctor. Our Patient Advice and Liaison Service (PALS) are available on 03033 306518 (Grimsby, Scunthorpe and Goole). You can also contact nlg-tr.PALS@nhs.net

As a Trust we value equality of access to our information and services, therefore alternative formats available on request at nlg-tr.interpreters@nhs.net

Date of Issue: September, 2018

Review Period: September, 2021

Author: Operational Matron for GDH

IFP-0834 v1.1

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