

Midwifery Led Care



Name:

Who to contact and how:

Notes:

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Kindness · Courage · Respect

Information for patients

Introduction

Congratulations on your pregnancy! During your booking appointment, your Community Midwife assessed your pregnancy and it has been assessed to be low risk and the lead professional caring for you and your baby will be your named Midwife and her team.

Midwifery led care has been associated with several benefits for mothers and babies. The main benefits include:

- A reduction in the use of epidurals
- Fewer episiotomies
- Fewer instrumental births
- The chances of having a spontaneous vaginal birth are also increased

Antenatal Care

Throughout your pregnancy you will be invited to attend routine antenatal care appointments that will be carried out by your named Community Midwife or a member of her team. As part of your care, you will also be offered 2 appointments at the hospital for ultrasound scans should you wish them.

Dating Scan

This is an option for you to consider and offered to all women. The purpose of the dating scan is to check:

- how many weeks pregnant you are and work out your due date
- to see if you are expecting more than one baby
- to check that the baby is growing in the right place
- to check your baby's development
- 1st trimester screening. (Information on screening can be found within your NHS Screening leaflet sent out to you in the post when you registered your pregnancy with us).

Following your dating scan you will also see a Midwife who will ensure that all the necessary information is within the notes you will carry and you are aware of the subsequent appointments and tests you have on offer to you. When attending your appointment please allow a couple of hours of time for this appointment to take place.

Anomaly Also Known as Anatomy Scan

This detailed ultrasound scan is carried out when you are between 18 and 20+6 weeks pregnant. The scan is offered to everybody, but you don't have to have it if you don't want to. However, it is particularly important to locate the position of the placenta and to rule out any

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abnormalities. The scan checks for major physical abnormalities in your baby, although it is not always possible to pick up every concern.

It is at this scan that you may ask to know the sex of your baby. It is worth noting though that it is not always possible for the sex to be confirmed if the baby is not lying in an appropriate position. You may purchase copies of the scan photographs.

If your Midwife has any concerns during your pregnancy they will refer you to a consultant, or a member of their team for their opinion.

If this is on-going you will remain under the care of the consultant obstetric team for the rest of your pregnancy and delivery. If the concern is resolved the consultant will refer you back to Midwifery led care.

At 36 weeks of pregnancy, your Community Midwife will discuss your birth plan with you although you may of course discuss this with your Midwife prior to this. If you would like to have a home birth your Community Midwife will arrange for you to have a home birth assessment carried out at 37 weeks or before. A 37 week pack will also be delivered to you that you must keep in a safe place out of reach of children. At Scunthorpe General Hospital equipment is delivered to you that will be checked by your Community Midwife on a weekly basis. At Grimsby and Louth, the midwife will bring the equipment when you are in labour.

Labour Care

If you go into Labour spontaneously after 37 weeks gestation with no added complications you will remain on the Midwifery led care pathway. A Midwife will give you one to one support during your labour and delivery.

If concerns arise you can be transferred very easily to a Consultant led care pathway. The Consultant and the on call Obstetric Team will be involved in the planning of your care and will review your progress on a regular basis.

Postnatal Care

In the hospital; following delivery you will receive regular postnatal and baby checks from the Midwives on the ward. They will assist you with feeding and provide practical support. Prior to discharge from hospital your baby will be offered a hearing screen and a neonatal examination to check your baby's eyes, heart, hips etc. This check is usually performed by a Paediatrician or Midwife qualified to undertake this examination. Discharge home will be agreed between you and your Midwife and can be as early as 6 hours after you have had your baby.

At home; your named Community Midwife or a member of the Community Midwifery Team will visit you the following day and she will perform a postnatal examination and a baby check during her visit to assess maternal and neonatal wellbeing. She will also offer infant feeding support along with giving practical advice on safe sleeping, practical baby care, and registering of baby.

You will then be invited to attend clinic appointments when your baby is 3 days old, to have your baby weighed and to receive infant feeding support.

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You will also be invited to attend a clinic appointment on day 5 in order to have baby weighed again and for your baby to have the neonatal blood spot screening test carried out (please see the NHS screening leaflet / website that your midwife will provide you with). You may also have a postnatal examination from the midwife.

Provided there are no complications and your baby is back to birth weight or very close to the birth weight and the cord has come off on or around day 10 both you and baby can be discharged from Midwifery care to the care of your GP and Health Visitor.

Role of the Midwifery Support Worker

During your pregnancy, if you require additional one to one support, you may encounter one of our Midwifery Support Workers.

The role of the Midwifery Support Worker is continually evolving. They can provide social support, parenting support, infant feeding support and baby care support.

You may receive a visit from them or be invited to one of their clinics in the postnatal period in order to have the baby weighed and neonatal blood screening performed.

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

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