

# Information for expectant parents

Women's Unit – Excellence in Maternity Care

Maternity Services



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Cairns Private Hospital is owned and operated by Ramsay Health Care, the largest private hospital operator in Australia. Being part of a large and progressive group of hospitals provides us with the advantage of sharing ideas and innovations that enable us to continually advance our service.

The Women's Unit has a team of qualified and experienced professionals who share a philosophy of family centred care. They are committed to providing a friendly, supportive and informative environment for mothers and fathers making the transition to parenthood.



# Having a baby at Cairns Private Hospital

Visiting Medical Practitioners (Obstetricians ) are available to care for pregnant women planning to give birth at this hospital.

Your first step in arranging your stay is to see your GP and request a referral to an obstetrician.

The obstetrician of your choice will provide your care during pregnancy. The hospital employs competent and experienced midwives to provide your personal care during labour and after the birth, while your obstetrician supervises that care.

## Booking process

The administrative side of 'booking in' takes place at the office in our front reception area. This can be done as soon as you decide that Cairns Private Hospital is where you would like to give birth to your baby. A 'midwife booking interview' is also an essential element of 'booking in', as your clinical file and medical history are prepared at this time.

## Birth preparation classes

To help you prepare for the birth of your new baby, we offer a comprehensive birth preparation program. The program is held from 0830-1230 on Saturday over two weekends. Our classes are very popular so book early! Bookings can be made at front reception, at the Midwives Clinic, or by phoning 4052 5200.



# Partner/Support person staying overnight

Your partner/support person is welcome to sleep overnight throughout your stay in your single room accommodation, and we will encourage and support their involvement in the care of your new baby. A sofa bed and a light breakfast is provided however it does incur a small fee. We advise you to check the current fee at reception and to ask your health fund whether you are entitled to a rebate for this option.

## 5 Star Hospitality

The Mums and Dads in the Maternity Unit are treated to a 5 star dinner by candlelight with fine food, wine and champagne to toast their new baby. It is an opportunity for parents to discover they can enjoy intimate dining and celebrate one of life's most exhilarating moments in the company of their baby. We hope you enjoy this little touch of luxury.



## Safety issues

The wellbeing of each mother and baby is a high priority at Cairns Private. We ask that you observe the following points throughout your stay:

- Babies must not leave the ward.
- Babies must be transported around the ward and to reception for discharge in the cot provided.
- Two identification labels must remain on the baby at all times.
- If sleeping with your baby, cot sides must be up and pillows used to prevent the baby falling.
- You should not sleep with your baby unattended if you are taking drugs that make you sleep heavily.
- Your baby car seat is to be installed prior to discharge.
- Queensland Ambulance hires out baby capsules and will check installation for you.
- Please phone to arrange an appointment.

# Valuables

We recommend that you leave all valuable personal items, including jewellery and money, at home. The Hospital cannot accept responsibility for the loss or damage of any item.

# Accommodation

Our lovely single rooms have the convenience of ensuites. Occasionally due to the unpredictable nature of birth, we may have difficulty accommodating each person in a single room. In such rare instances we utilise a large shared room with four beds and two en-suites. This is usually a very short-term measure. It is our commitment to ensure that each person is moved to a private room as soon as one becomes available.



# Feeding your Baby

The Women's Unit promotes and encourages breastfeeding and provides information and support to help mothers establish breastfeeding successfully. We follow the principles of the Baby Friendly Hospital Initiative including the 10 steps for successful breastfeeding. We also respect the choice of those mothers who do not wish to or are unable to breastfeed. These mothers will be assisted in the same friendly helpful manner in their chosen method of feeding.



## Breast feeding

- Provides the total nutrition required by the baby for the first 6 months of life.
- Provides protection from many illnesses.
- Provides many health benefits for the mother.
- Assists in preventing allergy and intestinal disorders.

### Breast feeding tips:

Supply equals demand, so substituting with formula may limit the mother's supply.

Demand feeding helps to make sure your baby's thirst is satisfied, and the mother's production is frequently stimulated ensuring adequate supply.

Correct positioning and attachment of the baby is important to avoid nipple trauma. Please ask our staff to help if you experience any pain while feeding.

### Formula feeding

If you are planning to formula feed, we recommend that you personally choose the formula prior to birth and bring it with you when you come to hospital. We do provide bottles and teats, but if you want your baby to become accustomed to the teat that will be used at home you may bring them with you. Be sure to label them clearly.

## Healthy hearing

All babies born at Cairns Private Hospital have their hearing tested before going home. The technical name for the screen used is "Automated Auditory Brainstem Response" (AABR). It is a harmless and accurate measure of the auditory system from the external ear through to the auditory brainstem. It is done while the baby is settled, usually after a feed and during sleep. Tiny headphones are placed over the baby's ears and tiny gel pads on the forehead, shoulder and back of her neck monitor the baby's response to sounds as he/she sleeps.



## Use of photographic equipment

We recognise that unique and special moments arise in hospitals that patients, families and friends may wish to capture on film, however it is important to ensure that patient safety, clinical teamwork, the privacy of other patients, staff members and medical personnel are not compromised.

Devices that record both film and sound are not to be used in the following clinical areas:

- Operating suite
- Birth suites
- Special care nurseries.

Single shot devices that do not record sound are permissible by the agreement of the care team members present at the time.

Film and sound may be recorded in the privacy of your own room, provided the privacy of other patients and staff members are not compromised.

To help us respect and protect the privacy of our staff and patients we urge you to comply with the following criteria when using your single shot photographic devices:

Obtain consent from the Obstetrician prior to using your camera in both the operating theatre and the birthing suite. He/She has the right to withdraw that consent at any time.

Obtain consent from hospital employees prior to taking their photograph.

Use of a device in other clinical areas such as special care nursery can only occur where other infants/patients and Hospital employees can be excluded from the field of vision, e.g. patient privacy screen to be used or isolation room.

## Care of your New Baby

Four visiting consultant Paediatricians (specialists in the care of newborn babies infants and children) have admitting rights to the hospital. There is an on-call roster, so a paediatrician is always available in an emergency. Generally, whoever is on-call on the day of the birth will be the doctor who will check your baby's health at birth and on discharge. This doctor will also conduct a 'well baby check' at six weeks of age in the doctor's private rooms. Parents can request a particular Paediatrician by notifying their obstetrician or a midwifery staff member.

Generally, well newborn babies are not classified as a patient by health insurance companies and 'room-in' with their mothers, so gap cover is not applicable for paediatric based fees. If babies have medical conditions that require treatment or monitoring such as prematurity (<37 weeks), tube feeding, oxygen therapy for respiratory problems, intravenous fluids /antibiotics, or phototherapy for jaundice, they then become "qualified" babies and family health insurance should cover their care. This is also true for well second twins, other multiple births and certain other medical conditions requiring extra care. Some of these babies may require nursing in our Special Care Nursery (SCN). Sicker babies can be readily transferred to the Cairns Base Hospital Special Care Baby Unit if necessary.

This area can be quite confusing. If you have questions about paediatric care or fees please discuss them with your paediatrician or the hospital administration staff.

All visiting Paediatricians support the Women's Unit policies for 'rooming-in' and 'Baby Friendly Hospital' principles that support successful breastfeeding. They assist in the support and care of mothers and their babies in hospital and after discharge from Cairns Private Hospital.



# What to bring to hospital

- Antenatal Card

## For Mother

- Old loose night attire or T-shirt to wear during the Birth (optional)
- Night attire
- Comfortable day wear
- Toiletries
- Sanitary pads super absorbent (at least 2 packs)
- Maternity Bras (at least 2)
- Several pairs of underwear
- Slippers/thongs (or similar)
- Baby going home clothes
- Lightweight clothing suitable for outside temperature and light wrap for cover in air conditioning

## Non essential

- Camera
- Massage oil
- Socks
- Chapstick for lips
- For the car—a towel
- Baby hat and socks (for airconditioning)
- Dressing gown



# Visiting hours

To ensure that our mothers and babies receive adequate sleep, parents have a rest period from 1pm to 4pm each day. We ask that visitors whenever possible adhere to the visiting hours which are:

11am -1pm

4pm - 8pm

Please tell your friends and family



# Length of stay

The usual length of stay is 4 days following a natural birth and 6 days following caesarean section.

To allow us time enough to prepare the room for the next family, we request that you discharge by 10am on the day you plan to leave.



## HOW TO FIND US?

Cairns Private Hospital is located on Upward Street, between Lake and Abbott Streets, just one block from the Esplanade. Parking is available on Abbott Street.



### Cairns Private Hospital

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