Antenatal Shared Care Guidelines
The Royal Hospital for Women
FOREWARD

Welcome to the Royal Hospital for Women (RHW) Antenatal Shared Care Program (ANSC).

This document aims to provide clear guidelines for General Practitioners involved with the care of low risk antenatal women and their babies who birth at the RHW. It is a clinical frame work designed to ensure optimal clinical care and woman safety.

The GP ANSC Program is co-ordinated jointly with the RHW and Central and Eastern Sydney PHN (CESPHN).

This resource manual can be viewed online at the RHW web site


For RHW Local Operating Procedures (LOP’s), follow the below link:


We would like to thank all participants who have contributed to the protocol
# GP ANTENATAL SHARED CARE PROTOCOL

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EARLY PREGNANCY ASSESSMENT SERVICE (EPAS)
If you need advice for women who are less than 20 weeks pregnant, bleeding or have pain and you wish your woman to be reviewed by the Early Pregnancy Assessment Service (EPAS) call 9382 6111 and page 46520, or if out of hours page the Nursing Supervisor on 44020.

This is an appointment only service and you will need to provide a referral.

The clinic hours are from 7:30 until 11 am Monday- Friday.

PREGNANCY DAY STAY UNIT (PDSU)
Women should be greater than 20 weeks pregnant and indication for referral includes: IUGR; hypertension; spontaneous rupture of membranes (preterm-term); ambulatory BP monitoring; cholestasis; diabetes; iron infusions, hyperemesis* or if generally concerned.

*For initial presentation of hyperemesis please advise the woman to attend POW Emergency Department for assessment, notify the RHW gynaecology resident via switch as this assists with women being seen quickly.

For subsequent management the woman will be seen in PDSU.

Please call 9382 6417 or the obstetric registrar on call to refer women to this service.

DELIVERY SUITE
Please call the Triage mobile number 0439 869 035 for any urgent pregnancy and labour enquiries 24 hours / 7 days.

GP ADVICE LINE
This is triaged by senior midwives in OPD between the hours 8 and 4 and is for non-urgent advice only. Call 0417 995 153.
AIM

The ANSC Program aims to provide a high standard of antenatal care for women who have a low risk pregnancy. The women are cared for by the Antenatal Services at RHW in conjunction with their GP.

OBJECTIVES

The objectives of the GP ANSC Program are:

• To provide choice, continuity of care and greater accessibility for women by seeing their General Practitioner during pregnancy.
• To enable registered GP’s to provide a high standard of antenatal care to women who are considered suitable for ANSC.
• To provide GP’s with a recommended ‘Best Practice’ standard of antenatal care.
• To reduce demands on the hospital outpatient services.

ELIGIBILITY

To be eligible to be a member of the ANSC Program in South East Area Local Health District (SESLHD) the GP must:

• Be known to Central and Eastern Sydney PHN.
• Fulfil the requirements for SESLHD GP affiliation.
• Agree to follow Local Operating Procedures (LOP’s).

AFFILIATION

GPs wishing to practice ANSC need to be affiliated in the program. Affiliation for ANSC requires:

• Satisfying the current requirements of SESLHD for appointment as an affiliated GP at the RHW.
• Attendance at a RHW & CESPHN ANSC course.
• Maintain 12 POINTS of endorsed ANSC educational activities for each triennium. Each Primary Health Network will record the names of the GPs attending the activities they run, if GPs attend activities outside of their local PHN, they must inform their own area PHN so the points can be recorded.

QUALITY ASSURANCE

Quality assurance activities will be conducted periodically by CESPHN in conjunction with the RHW.
PREGNANCY OPTIONS OF CARE AT RHW

Midwives Clinic and GP ANSC
Pregnancy care is shared between an affiliated GP and midwives from the Antenatal clinic. Women generally see the same midwife when they attend the clinic.

Hospital doctors are always available at the RHW if complications arise. Labour care will be from the midwives in the Delivery Suite.

Doctors Clinic and GP ANSC
For women who require extra medical supervision and may have a stable pre-existing medical condition that does not require high risk obstetric management. Low risk Medicare Ineligible women also do this option of care.

Maternity Antenatal and Postnatal Services (MAPS) and ANSC
A team of midwives who provide the woman with continuity of care during their pregnancy and in the early postnatal period, in collaboration with an affiliated GP. MAPS midwives do not provide care in labour. Some women within this model will have the opportunity to join a Pregnancy Centred Care Group (PCC). PCC is a model of care in which the woman receive their care in a group setting with other women around the same gestation.

Midwifery Group Practice (MGP)
Continuity of midwifery care is provided by a small group of midwives who are on call throughout the pregnancy, birth and early postnatal period at home. Early transfer home is encouraged so that care can be provided at home by the same group of midwives.

Home Birth is also an option offered through MGP.

NB Places are limited and this option is not available if women live outside of the RHW catchment area.

Malabar Community Midwifery Link Service
For women living in the area of La Perouse, Malabar and surrounding suburbs. Priority is given to women who are from an Aboriginal or a culturally and linguistically diverse community. Aboriginal women who live outside the Malabar area who are giving birth at the RHW are also able to use this service. Continuity of care is provided by a group of midwives who are on call throughout the pregnancy, birth and early postnatal period at home. Pregnancy care is available in the Malabar clinic or in the hospital.

Doctors Clinic
Pregnancy care is by hospital doctors for women who have special medical or obstetric needs. Labour care is by Delivery Suite midwives in consultation with hospital doctors.
**Twin Pregnancy Clinic**
This clinic caters for the special needs of women and their families when preparing for the birth of twins. The clinic consists of a multidisciplinary team including an Obstetrician with expertise in ultrasound, an advanced trainee in obstetrics (fellow), a Registrar and a Midwife who provide continuity of care in the pregnancy. Evidence based care is provided and links to multiple birth specific childbirth education is undertaken. Triplets or higher order multiple pregnancies are usually cared for in the department of maternal fetal medicine.

**Maternal Fetal Medicine (MFM) Department & MFM Midwifery Group Practice (MFM/MGP)**
The Department of Maternal-Fetal Medicine (MFM) provides an integrated multidisciplinary service for women experiencing a “high risk” pregnancy. Women may be high risk because of maternal complications or fetal problems such as fetal abnormality, severe early onset growth restriction or conditions such as twin to twin transfusion.

The MFM service provides daily ultrasound lists for women with known or suspected fetal complications as well as dedicated lists for invasive diagnostic procedures (amniocentesis and chorionic villus sampling), each staffed by a Maternal-Fetal Medicine subspecialist and a maternal fetal medicine trainee. All our procedures are either performed or closely supervised by the subspecialist. We offer genetic counselling for those considering or undergoing first trimester screening and invasive assessment, or fetal abnormalities where appropriate.

We co-ordinate a broad multidisciplinary team that includes MFM subspecialists, obstetricians, midwives, neonatologists, neonatal surgeons (including specialised surgeons from Sydney Children’s Hospital), geneticists, genetic counsellors and others. Frequently women will see a number of these staff for multiple consultations during their pregnancy; all covered by Medicare for both public and private patients.

For those with complicated pregnancies who are under the care of the Royal we have a midwifery group practice team who coordinate care including plans for birth and the puerperium. The midwives in the MFM Group Practice provide women with continuity of midwifery care from diagnosis, through pregnancy, birth and the early newborn time. They aim to build a deep and trusting professional relationship working with the women and other clinicians to provide the best possible support, care and information, individualised to each.

The Department has been chosen by NSW Health to be the New South Wales Fetal Therapy Centre and provides a NSW referral service for laser procedures for twin-twin transfusion syndrome as well as a number of other quaternary procedures such as in utero transusions and fetal shunt placements. For women with medical conditions, multidisciplinary pregnancy care is undertaken with our obstetric medicine physicians and with the MFM MGP.

Women with suspected maternal infections such as Syphilis, HIV, primary CMV or parvovirus are cared for either in the maternal fetal medicine department or in the infections in pregnancy clinic, depending on the clinical issues/ gestation. Women with hepatitis B or C will also have their care coordinated by the infections in pregnancy clinic/ MAPs model of care.

**Private Obstetrician**
Continuity of care is provided by a chosen obstetrician. Labour care is by the midwives in Delivery Suite in consultation with the obstetrician who will be present for the birth.
PRE- CONCEPTION OPTIONS OF CARE AT RHW

PlaN Clinic
PlaN Clinic is a free confidential pregnancy planning, lifestyle advisory service for women and their partners who are planning a pregnancy.

Complex Pre-conception Clinic (CPC)
CPC is a specialised service for women and their partners who have a history of complex obstetric, medical and genetic conditions who are planning a pregnancy.

The clinic consists of a multidisciplinary team including an Obstetrician, Geneticist, Obstetric Physician, Midwife and Diabetic Educator.
BOOKING WITH RHW IS BETWEEN 14-16 WEEKS GESTATION

RHW booking procedure:

- Woman presents to the GP where pregnancy is confirmed.
- GP to discuss and offer appropriate antenatal testing and organise investigations as per RHW protocol.
- GP to discuss all options of antenatal care.
- GP to provide information brochure explaining ANSC program and asks the woman to book online.


- After booking online women will be contacted by RHW to arrange their booking in visit as well as been sent an ANSC pack. The woman is to then make an appointment with their GP and to bring with them the ANSC pack. GP to complete details on the “yellow” antenatal card, including GP contact details (i.e., name, practice address, phone number and fax number).
- The “yellow” antenatal card is to be given to the woman to take to hospital clinic and is to be carried at all times.

PLEASE GIVE ORIGINAL COPIES OF ALL PATHOLOGY RESULTS AND SCANS TO WOMEN TO BRING TO THEIR BOOKING IN VISIT AND SUBSEQUENT VISITS.

- Record results on the yellow woman record card.
- GP to complete the Antenatal Booking Referral form. This is to be given to the woman to bring to the hospital clinic. The form takes the place of a letter of referral.
- GP to encourage women to attend Childbirth and Parenting Classes & Breastfeeding antenatal classes.

Late Diagnosis of Pregnancy

If a woman presents late, perform routine screening, arrange an antenatal appointment ASAP and notify the GP Liaison midwife on 9382-6016.

Offer the NIPT (Harmony) Test. This test is performed after 10 weeks gestation and estimates cell free fetal DNA within maternal circulation. NIPT can be used as a primary screening for aneuploidy (Trisomy 21, 18 and 13 and sex chromosome aneuploidy) in conjunction with a structural NT Ultrasound at 12-14 weeks.

Additionally, the woman should be offered referral to genetic counselling or diagnostic testing depending on their age, risk and wishes.

Earlier presentations to the Antenatal Clinic should occur if:

- There is a history of recurrent miscarriage; or
- If vaginal bleeding occurs. Any vaginal bleeding should be referred to the Early Pregnancy Assessment Service (EPAS).
ROUTINE ANTENATAL VISIT SCHEDULE

First visit as soon as pregnancy suspected (with GP) and woman may require extra consultations.

After the booking visit, the schedule of visits is as follows:

These are shared between RHW and the GP as listed below:

• Booking visit 14-16 weeks gestation (**RHW**)
• 20 weeks (**GP**)
• 26 weeks (**RHW**)
• 29 weeks (**GP**)
• 31 weeks (**RHW**)
• 34 weeks (**GP**)
• 36 weeks (**RHW**)
• 38 weeks (**GP**)
• 39 – 41 weeks (weekly visits) (**RHW**)

More frequent visits or referrals back to the Antenatal Clinic may be needed if complications arise. If the woman has significant complications, they may be asked to visit the Antenatal Clinic for the remainder of their pregnancy.

If a GP participating in ANSC is unable to see his/her woman (i.e., during holidays or sickness), then she should be referred to another colleague who is also accredited with the shared care programme. If she is unable to see another practitioner, then she may be referred back to RHW.

If a woman is not returning to the family doctor for ANSC, a letter/fax should be sent to explain the reason, similarly if a GP feels a woman is unsuitable for shared care a letter should be faxed to the clinic.
**RHW GP Shared Antenatal Care Protocol Summary (April 2019)**

Any investigations requested by the GP for the woman under his/her care must be followed up by the GP concerned. It is the responsibility of the provider ordering the test or noting an abnormal finding to ensure appropriate follow-up and communication, irrespective of whether a copy is sent to the hospital.

### PROVIDER

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<th>History</th>
<th>ACTIVITIES AND CONSIDERATIONS</th>
<th>EDUCATION</th>
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<tr>
<td>History</td>
<td>LMP / Menstrual Hx / Fertility Hx / Pelvic surgery / Previous pregnancies and outcomes / Family Hx (including congenital and genetic disorders) / Cervical Screening / Medical and Surgical Hx (including Mental Health history) / Medications Allergies / Drug and alcohol use</td>
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<td>Flu vaccination</td>
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<td>Assess</td>
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<td>Obtain</td>
<td>Woman consent for information sharing</td>
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### ROUTINE INVESTIGATIONS

FBC, Blood Group and antibody screen
Consider Ferritin (as per Clinical Practice Guidelines: Pregnancy Care, 2018) where prevalence of iron-deficiency anaemia is high
Rubella IgG, Hepatitis B sAg, Hepatitis C antibody, Syphilis serology, HIV antibody
Haemoglobin EPG & Iron Studies (if clinically indicated as per hospital guidelines)
MSU for M C & S
Cervical screening (if due)
Early 75g OGTT (12-14 weeks) as per hospital guidelines.

Arrange Dating scan if LMP uncertain and/or irregular cycle
Offer NIPS plus Early Structural Ultrasound: 10 – 14 weeks
Offer NT +/- Combined First Trimester Screening: 11 - 13 weeks
Provide referral for morphology scan to be done between 18 - 20 weeks

**ALL REFERRALS TO BE GIVEN AT THIS VISIT**

**Original copies of ALL test results and scans to be given to Women**

**DO NOT COPY TO RHW**

### RHW ANC

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### RHW ANC 14-16 weeks Booking Visit

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### RHW ANC 26 weeks

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This Protocol Summary is developed to guide clinical practice at the Royal Hospital for Women. Individual patient circumstances may mean that practice diverges from this Protocol. Clinical information is shared according to the Privacy Manual for Health Professionals Third Edition (2015) | **Amended: April 2019 (for review annually)** | **Page 11**

Once printed is no longer document controlled (November 2019)
### GP
#### 29 weeks
Routine antenatal visit. Monitor maternal and fetal well-being incl. BP, weight, UA, fundal height, FHR with Doppler, fetal movements.  
Review results of all investigations and refer to Diabetic Educator if positive GTT result.  
Assess mood status (EDS), drug and alcohol and domestic violence screen.  
Encourage attendance to FREE antenatal breastfeeding information group.

### RHW ANC
#### 31 weeks
Routine antenatal visit. Monitor maternal and fetal well-being incl. BP, weight, UA, fundal height, FHR with Doppler, fetal movements.  
Refer for 3rd trimester ultrasound as per protocol, e.g., ↓ PAPPa; ↑BMI; LLP on morph.  
**31 WEEKS PROPHYLACTIC ANTI-D FOR RH NEGATIVE WOMEN**

### GP
#### 34 weeks
Routine antenatal visit. Monitor maternal and fetal well-being incl. BP, weight, UA, fundal height, FHR with Doppler, fetal movements.  
Consider repeating FBC & Ferritin if history of anaemia.  
Ensure Flu vaccine and DTPa have been attended to and if not discuss and provide immunisation this visit.  
Encourage attendance to FREE antenatal breastfeeding information group.

### RHW ANC
#### 36 weeks
Routine antenatal visit. Monitor maternal and fetal well-being incl. BP, weight, UA, fundal height, FHR with Doppler, fetal movements.  
Review 3rd trimester ultrasound if applicable.  
Discuss labour onset/modes of birth/analgesia options and dates for CS, if indicated.  
GBS Screen - Take low vaginal swab as indicated by hospital protocol.  
**36 WEEKS PROPHYLACTIC ANTI-D FOR RH NEGATIVE WOMEN**

### GP
#### 38 weeks
Routine antenatal visit. Monitor maternal and fetal well-being incl. BP, weight, UA, fundal height, FHR with Doppler, fetal movements.  
Review all results.  
Explore woman's birth expectations + support available in the early postnatal period.  
Recommend DTPa for close contacts if not already attended.

### RHW ANC
#### 39–41 weeks Weekly Visits
Routine antenatal visit. Monitor maternal and fetal well-being incl. BP, weight, UA, fundal height, FHR with Doppler, fetal movements.  
Offer Cervical assessment +/- membrane sweep.  
Assess suitability for induction of labour (IOL), e.g., AMA at term.  
Arrange/book induction of labour as appropriate or dates for CS, if indicated.  
Organise ongoing fetal welfare assessment as appropriate.  
Discuss IOL and provide information.  
Consider Child and Family Health Centre and postnatal supports.  
Child Immunisation according to Australian Immunisation Handbook.  
Baby Health Centres.  
Mother's Groups.  
Discuss Infant feeding knowledge.  
Sleep and SIDS.  
Family Immunisation (Adult and Neonate).

### GP
#### 6 weeks Postpartum
Postnatal visit.  
Ask about: Labour complications, current bleeding, perineal wound healing, incontinence and pelvic floor, breastfeeding, sleep patterns (Mum and baby), support systems at home, breastfeeding management - refer if problems.  
Examine Weight, BP, breasts, uterine involution, wound check perineum/C section.  
Perform Cervical screening if due.  
Investigations FBC, iron studies, TSH where indicated.  
Discuss contraception and pelvic floor exercises, refer if required.  
Book Baby 6 week check and immunisations.  
Repeat 75g Oral GTT as per Woman's Diabetes Care Plan.  
**TO GIVE PERTUSSIS VACCINATION FOR WOMAN AND HOUSEHOLD CONTACTS, IF NOT ALREADY GIVEN**
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<tr>
<th><strong>GP Advice Line</strong></th>
<th><strong>Delivery Suite Triage</strong></th>
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<tr>
<td>0417 995 153</td>
<td>0439 869 035</td>
<td>1800 011 511</td>
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<td>02 9382 6536 or page Nursing Supervisor via switch</td>
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<td><strong>Clinical Midwifery Consultant</strong></td>
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<td><strong>Referral required</strong></td>
<td><strong>Referral required</strong></td>
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<tr>
<td><strong>Referral required</strong></td>
<td>02 9382 6010</td>
<td><strong>02 9382 6048</strong></td>
<td><strong>02 9382 6670</strong></td>
</tr>
<tr>
<td><strong>Dietician</strong></td>
<td><strong>Referral required</strong></td>
<td><strong>OASIS Postnatal Clinic</strong></td>
<td><strong>Social Work</strong></td>
</tr>
<tr>
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<td><strong>Referral required</strong></td>
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<td><strong>02 9382 6048</strong></td>
<td><strong>02 9382 6670</strong></td>
</tr>
<tr>
<td><strong>Drug and Alcohol Counselling in Pregnancy (CUPS)</strong></td>
<td><strong>Referral required</strong></td>
<td><strong>OASIS Postnatal Clinic</strong></td>
<td><strong>Social Work</strong></td>
</tr>
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<td><strong>02 9382 6048</strong></td>
<td><strong>02 9382 6670</strong></td>
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<td><strong>or page via switch</strong></td>
<td><strong>02 9382 6048</strong></td>
<td><strong>02 9382 6670</strong></td>
</tr>
<tr>
<td><strong>Maternal Fetal Medicine</strong></td>
<td><strong>Referral required</strong></td>
<td><strong>Parent Line</strong></td>
<td><strong>Tresillian</strong></td>
</tr>
<tr>
<td><strong>Referral required</strong></td>
<td>02 9382 6098</td>
<td><strong>1300 130 052</strong></td>
<td>1300 272 736</td>
</tr>
<tr>
<td><strong>Referral required</strong></td>
<td>02 9382 6098</td>
<td><strong>Parent Line</strong></td>
<td><strong>Tresillian</strong></td>
</tr>
<tr>
<td><strong>Referral required</strong></td>
<td>02 9382 6098</td>
<td><strong>1300 130 052</strong></td>
<td>1300 272 736</td>
</tr>
</tbody>
</table>

This Protocol Summary is developed to guide clinical practice at the Royal Hospital for Women. Individual patient circumstances may mean that practice diverges from this Protocol. Clinical information is shared according to the Privacy Manual for Health Professionals Third Edition (2015) Amended: April 2019 (for review annually)
Women **usually unsuitable** for ANSC are those who have a major medical condition. eg:

- Cardiac disease
- Diabetes
- Drug addiction
- Epilepsy
- Haemoglobinopathy
- History of preterm delivery/preterm rupture of membranes <32/40
- Hypertension
- Multiple pregnancy
- Obesity
- Previous stillbirth, neonatal death
- Renal disease
- Rhesus isoimmunisation
- Significant anaemia
- **Thyroid disease** (unless just subclinical or under the care of an endocrinologist already)
- Uterine abnormalities
- Human Immunodeficiency Virus (HIV)

**PLEASE REFER TO THE BELOW HYPER LINK FOR RHW’S LOCAL OPERATING PROCEDURES**

The GP is encouraged to return women back to the first available Antenatal Clinic if any of the following problems arise:

- Multiple pregnancy (refer to Twins clinic)
- Gestational Diabetes
- Uterine growth is unusually small or large, i.e. Symphysial-fundal height is ≤ 3cm or ≥ 3cm Gestation (weeks)
- Increased uterine activity is noted or reported (i.e. ? preterm labour)
- Placenta praevia detected
- Fetal abnormality is suspected/detected (refer directly to Maternal Fetal Medicine (MFM)
- Generalised pruritis
- Hb <95g/L
- Rhesus isoimmunisation.
- Malpresentation after 36 weeks, e.g., breech
  

- Infection such as Syphilis, HIV, suspected Cytomegalovirus (CMV)
- Necessity for support services such as social worker or drug & alcohol services
- Any other problem which represents a significant departure from a normal Antenatal course and which will require attention before a routine clinic.
WHENEVER THE FOLLOWING OCCURS:

1. Intractable vomiting with dehydration and ketosis.
2. Preterm rupture of membranes.
3. Threatened preterm delivery.
4. Undiagnosed severe abdominal pain.
5. Antepartum haemorrhage.
6. Decreased foetal movements.
7. Suspicion of fetal death in-utero.
8. Unusual headaches or visual disturbances.
9. Seizures or “faints” in which seizure activity may have occurred.
10. Dyspnoea on mild-moderate exertion, orthopnoea or nocturnal dyspnoea.
11. Symptoms or signs suggestive of deep vein thrombosis.
12. Pyelonephritis.
13. Symptoms or signs of pre-eclampsia.

RUPTURE OF MEMBRANES AND ANTEPARTUM HAEMORRHAGE SHOULD GO IMMEDIATELY TO THE DELIVERY SUITE FOR ASSESSMENT

- Women referred back to the RHW should be assessed by either the obstetric registrar or a specialist. To help ensure this happens, they should be accompanied by a letterhead referral. It is also advisable to notify the registrar of the referral.
- If unsure whether the situation requires urgent Delivery Suite assessment or an earlier clinic appointment it should be discussed with the registrar.
- Complications arising that may not need hospital assessment should be discussed with the registrar.

PLEASE NOTE THAT FOR WOMEN IN THESE URGENT CATEGORIES, VAGINAL SPECULUM EXAMINATIONS WOULD NOT BE APPROPRIATE IN THE GP ROOMS.
Medical records are the key to good communications and good communication is the essence of successful shared care. Documentation on the “yellow card” following each encounter is mandatory. The yellow card will be issued to the woman by her GP or at her initial visit to the Antenatal Clinic.

The record should be completed in a uniform manner using only standard and widely accepted abbreviations. Entries in the antenatal record should be written legibly and signed. GP’s should stamp their details on the bottom right-hand corner of the yellow card so that their contact details are easily accessible.

Women involved in shared care will be given this yellow antenatal record and this should be carried by her at all times. Since this antenatal record becomes the official hospital record (and sometimes the only one available at the time the woman is admitted) it is important that it be as complete as possible.

Should the woman forget her card at a visit, the relevant details should be copied onto a letterhead and given to her to keep with the card.

Pathology tests and ultrasound results are to be recorded on the front of yellow antenatal record.

When any investigations are performed by the GP, the results are entered onto the yellow antenatal record. If the results are not available at the time of the visit, then write down the name of the service used and the date ordered.

**PLEASE GIVE ORIGINAL COPIES OF ALL PATHOLOGY RESULTS AND SCANS TO WOMEN TO BRING TO THEIR BOOKING IN VISIT AND SUBSEQUENT VISITS. DO NOT COPY OR FAX TO RHW.**
# RECOMMENDED ROUTINE ANTENATAL INVESTIGATION

## ARRANGED BY GP

**GP to discuss and offer appropriate antenatal testing to all women and to organise investigations as per protocol on confirmation of pregnancy.**

<table>
<thead>
<tr>
<th>Optional screening tests for common chromosomal abnormalities</th>
<th>Test available are:</th>
</tr>
</thead>
<tbody>
<tr>
<td>All health care providers should discuss and offer these special Antenatal tests to all women</td>
<td><strong>Combined First Trimester Screening (cFTS)</strong></td>
</tr>
<tr>
<td></td>
<td>- 11 – 14 weeks Nuchal Translucency (NT) Ultrasound and PAPP-A and free B-hCG serum biochemistry</td>
</tr>
<tr>
<td></td>
<td><strong>OR</strong></td>
</tr>
<tr>
<td></td>
<td>- NIPT from 10 weeks in conjunction with a Structural NT Ultrasound at 12-14 weeks gestation</td>
</tr>
</tbody>
</table>

Women to be counselled that these are **SCREENING** tests and not 100% accurate.
Woman will incur a cost.

### 18 weeks

- Morphology Ultrasound

### 26 - 28 weeks

- Blood Group and Antibody Screen
- FBC, Ferritin (consider)
- Diabetes Screening- 75g oral GTT
- Boostrix from 20 weeks – 32 weeks

**NB:** IF EITHER THE cFTS OR NIPT RETURN A HIGH RISK RESULT REFERR IMMEDIATELY TO RHW GENETIC COUNSELLING
**Folic Acid and Iron**

Folic Acid 500mcg should be recommended for all women from 1 month pre-conception up to 12 weeks gestation. The dose increased to 5mg if woman is taking antiepileptic drugs.

Oral iron is recommended for those with a booking Hb of <110g/L after appropriate investigation shows iron deficiency.

**Iodine**

NHMRC recommends supplementation of 150 µg/day to ensure that all women who are pregnant, breastfeeding or considering pregnancy have adequate iodine status.

**Ultrasound, Combined First Trimester Screening (cFTS) and Non Invasive Prenatal Testing (NIPT)**

First trimester dating scan is required for those with uncertain dates.

Ultrasound should also be performed for relevant complications (e.g., vaginal bleeding).

**Combined First Trimester Screening (cFTS)**

Involves Nuchal Translucency (NT) scan at 11 – 14 weeks AND Serum Biochemistry for Pregnancy Associated Plasma Protein - A (PAPP-A) and Free Beta Human Chorionic Gonadotropin (βhCG). Please ensure that the Ultrasound provider is fully accredited to perform NT scans.

Screening of a low risk population for the later development of pre-eclampsia is currently undergoing evaluation.

**NIPT (Harmony) Testing**

This test is performed after 10 weeks gestation and estimates cell free fetal DNA within maternal circulation. NIPT can be used as a primary screening for aneuploidy (Trisomy 21, 18 and 13 and sex chromosome aneuploidy) in conjunction with a structural NT Ultrasound at 12-14 weeks.

**NB:** IF EITHER THE cFTS OR NIPT RETURN A HIGH RISK RESULT REFER IMMEDIATELY TO RHW GENETIC COUNSELLING

**Morphology Ultrasound**

An 18-20 weeks fetal morphology ultrasound is recommended. It is recommended that the ultrasound provider specialises in obstetrics and gynaecology. If there is a fetal anomaly identified, please call the mobile Fetus Phone – 0437 537 448.

Please note abnormalities (e.g. low placenta) on the yellow card, the date the test was performed as well as gestational age.

Dating of the pregnancy by ultrasound becomes increasingly unreliable after 20 weeks gestation.

Please give a copy of the report to the woman to bring to her next Antenatal Clinic visit.

**Antenatal Colposcopy**
Women with Cervical Intra-epithelial Neoplasia (CIN) diagnosed on the antenatal smear or just prior to the pregnancy should be referred for Colposcopy - this can be done through the clinic or alternative facilities according to woman’s choice.

**Prophylactic Anti-D**
Given to all Rhesus negative women at between 28 – 31 and 34 – 36 weeks in hospital clinics.

**Thalassaemia Screening**
It is recommended that all pregnant women from the following risk groups be offered haemoglobin EPG as an initial investigation together with a full blood count, ferritin and a manual film.

- South East Asian, Asian, Indian Pakistan, Bangladesh), Mediterranean, Arabic, or Black African women

If a known carrier the father’s status needs to be ascertained, if father is a carrier refer to genetics counsellor.


**Varicella**
This screening test to be offered all women who do not have a good history of having had the disease

**Influenza**
Recommended for all women planning a pregnancy and for those women who are pregnant in the influenza season regardless of gestation

**Pertussis**
Boostrix vaccination is recommended from 20 weeks – 32 weeks gestation.

**Discuss Chlamydia testing with < 25yr olds and those women ‘at risk’**
*(refer to Local Operating Procedures: Antenatal Care – Sexual Transmitted Infections (STI) Blood Borne Viruses (BBV) Antenatal Screening & Treatment)*


**TSH and T4**
Routine screening for thyroid dysfunction in pregnancy is **NOT RECOMMENDED** however risk factors for screening (recommended by American Thyroid Association) are:

- Symptoms of thyroid disease
- Personal or family history of thyroid disease
- Personal history of positive TPOAbs
- Type 1 diabetes mellitus or other autoimmune disease
- Personal history of head and neck radiation
- Personal history or recurrent miscarriage and/or reduced fertility
- BMI >35

*Please refer to Local Operating Procedures: Antenatal Pregnancy Care – Thyroid Disease*
ESTIMATED DUE DATE (EDD)

Determine the woman’s last menstrual period (LMP) and length of menstrual cycle.

- Known LMP and 28 day cycle, calculate EDD by adding 280 days
- Where the cycle is greater than 28 days add 1 day for each day above 28
- Where the cycle is less than 28 days subtract 1 day for each day below 28

Alter the EDD accordingly if 1st trimester (<=12 weeks) ultrasound differs from calculated gestation by 6 days or more.

Alter the EDD accordingly if 2nd trimester (<13 - 24) weeks differs from calculated EDD by 10 days or more.

**DO NOT** alter EDD if 1st trimester ultrasound is available.

Use earliest ultrasound to estimate EDD if unknown/unsure LMP. The optimal gestation is greater than 7 weeks to 13 weeks.

Adjust EDD accordingly where due date of conception is known i.e. assisted reproduction

*Please refer to Local Operating Procedures: Antenatal Care – Estimated Due Date*
ANTENATAL VISITS INCLUDE THE FOLLOWING:

- History - fetal movements, etc
- Examination:
  - BP
  - Urinalysis
  - Evidence of oedema
  - The fetal presentation after 26 weeks.
  - The engagement of the head after 37 weeks.
- Fetal Heart Rate - Doppler after 16 weeks
- Estimation of fundal height – Symphysial-Fundal Height to be measured after 20 weeks

SYMPHYSIAL-FUNDAL HEIGHT CHART
The curves represent the 10th, 50th and 90th percentiles for normal pregnancy. Readings below the 10th percentile, between 28 and 34 weeks' gestation are most likely to predict intrauterine growth restriction.

Fundal height should be measured from the top of the fundus of the uterus to the top of the symphysis pubis, with the tape measure lying in contact with the skin of the abdominal wall. The measurement at the fundus should be made by palpation vertically downward.
POSTNATAL CHECK

Postnatal checks should be as early as required generally between 4-6 weeks after birth.

Details of the birth are available on the Maternal & Newborn Discharge Summary which are given to the woman on discharge from hospital care.

HISTORY

- Psychological state (e.g., Postnatal Depression)
- Feeding/settling problems
- Lochia (usually stopped by 6 weeks, first period may occur at 6 weeks. Lochia is usually clear of blood by 2 weeks)
- Physical sequela post birth (e.g., backache/urinary symptoms etc)
- Enquire about intercourse and any associated problems.
- Contraception (may fit diaphragm at this stage, avoid combined O.C.P. if breast feeding)

EXAMINATION

- BP (re-check again at 3/12 if high during pregnancy)
- Breasts
- Abdominal examination to check for fundal height
- P.V. - check episiotomy / tears, cauterise granulomas, etc
- Check for prolapse (pelvic floor tone)
- Cervical Screening (if due)
- Hb (if significant PPH or previously anaemic)
- Check for goitre (post-natal thyroiditis)
- For the women who were insulin requiring gestational diabetics, ensure follow up with the hospital clinic.
- Some women may be asked to attend the hospital clinic for review if they had obstetric complications.

Follow up any medical problems if diagnosed during pregnancy

OFFER

- Vaccination of new parents for pertussis as per NHMRC guidelines
- 2nd MMR to mother who had low immunity and given the first MMR vaccine in hospital as per NHMRC guidelines
**RHW REFERRAL FORMS (EXAMPLES ONLY)**

![RHW Referral Form](image)

**Facility: The Royal Hospital for Women**

**ANTENATAL REFERRAL**

**GP STAMP:**

- Fax No: [Redacted]
- Ph. No: [Redacted]
- Provider No: [Redacted]

This woman is to return to me for shared care?  
- Yes
- No

**GP Signature:** [Redacted]  
Date: [Redacted]

When offering first trimester screening for Aneuploidy, please counsel and organise before 13 weeks gestation.

Consultant: Dr. Coogan, Dr. Hay, Dr. Horowitz, Dr. Lee

---

**PREVIOUS OBSTETRIC HISTORY:**

<table>
<thead>
<tr>
<th>Year of Birth</th>
<th>Gestation</th>
<th>Birth Weight</th>
<th>Pregnancy Issues</th>
<th>Type of Birth</th>
<th>Postnatal Issues</th>
</tr>
</thead>
</table>

---

**FAMILY HISTORY:** (tick if present)

- [ ] Cardiac
- [ ] Diabetes
- [ ] Hypertension
- [ ] Congenital abnormalities

---

**EXAMINATION:**

- BP: [ ] at [ ] weeks gestation
- Abdomen: [ ]
- Lungs: [ ]
- Breast examination: [ ]
- BMI: [ ]

---

**MEDICAL HISTORY:** (tick if present)

- [ ] Hypertension
- [ ] Endocrine:
- [ ] Thyroid
- [ ] PCOS
- [ ] Other:
- [ ] Transfusions
- [ ] Infertility/IVF
- [ ] Endometriosis
- [ ] Sexually Transmitted infections
- [ ] Depression / Anxiety

---

**SOCIAL HISTORY:**

- Previous surgery (especially uterine)

---

**RESULTS**

- Please ensure the following results are available:  
  - Syphilis (ELISA)
  - Hepatitis B (surface antigen)
  - Hepatitis C
  - HIV
  - MSU for MCIS
  - Rubella (IgG)
  - Cervical Screening Test
  - HPV Date

---

**NO WRITING**

---

*Once printed is no longer document controlled (November 2019)*
**ANTENATAL REFERRAL**

**WOMAN TO COMPLETE THIS SECTION**

<table>
<thead>
<tr>
<th>Field</th>
<th>Details</th>
</tr>
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<tbody>
<tr>
<td>Family Name:</td>
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</tr>
<tr>
<td>Given Name:</td>
<td></td>
</tr>
<tr>
<td>Previous/Family Name:</td>
<td></td>
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<tr>
<td>Date of Birth:</td>
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<tr>
<td>Medicare card #:</td>
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<td>Exp date:</td>
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<tr>
<td>Marital status:</td>
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<td>De Facto</td>
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<tr>
<td>Divorced</td>
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<tr>
<td>Married</td>
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<tr>
<td>Never married</td>
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<td>Widowed</td>
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<td>Country of Birth:</td>
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<td>Religion:</td>
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<tr>
<td>Language used at home:</td>
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<td>Interpreter needed:</td>
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<tr>
<td>Yes</td>
<td></td>
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<tr>
<td>No</td>
<td></td>
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<tr>
<td>Are you Australian Aboriginal?</td>
<td></td>
</tr>
<tr>
<td>Yes</td>
<td></td>
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<tr>
<td>No</td>
<td></td>
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<tr>
<td>Are you Torres Strait Islander?</td>
<td></td>
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<tr>
<td>Yes</td>
<td></td>
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<tr>
<td>No</td>
<td></td>
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<tr>
<td>Is the father of the baby Australian Aboriginal?</td>
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<tr>
<td>Yes</td>
<td></td>
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<tr>
<td>No</td>
<td></td>
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<tr>
<td>Is the father of the baby Torres Strait Islander?</td>
<td></td>
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<tr>
<td>Yes</td>
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<td>Street:</td>
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<td>Name:</td>
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<td>Street:</td>
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<td>P/code:</td>
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<tr>
<td>Suburb:</td>
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<td>Phone no: (h)</td>
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<tr>
<td>(w)</td>
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<tr>
<td>(Mob)</td>
<td></td>
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<tr>
<td>Phone no:</td>
<td></td>
</tr>
<tr>
<td>Have you attended this Hospital before?</td>
<td></td>
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<tr>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td>No</td>
<td></td>
</tr>
<tr>
<td>If yes, under what family name?</td>
<td></td>
</tr>
<tr>
<td>Have you previously received pregnancy care at the Royal Hospital for Women</td>
<td></td>
</tr>
<tr>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td>No</td>
<td></td>
</tr>
<tr>
<td>Would you like Shared Pregnancy Care with your GP &amp; the hospital?</td>
<td></td>
</tr>
<tr>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td>No</td>
<td></td>
</tr>
<tr>
<td>(Shared Care involves alternating visits with your GP and the Hospital clinics)</td>
<td></td>
</tr>
<tr>
<td>Would you like Midwifery Group Practice? (a waiting list usually applies)</td>
<td></td>
</tr>
<tr>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td>No</td>
<td></td>
</tr>
<tr>
<td>What is your preferred appointment time for your hospital pregnancy care?</td>
<td></td>
</tr>
<tr>
<td>am</td>
<td></td>
</tr>
<tr>
<td>pm</td>
<td></td>
</tr>
</tbody>
</table>

I agree that my personal health information may be shared between my GP and the hospital.

Name ______________________ Signature ______________________ Date: / / 

**PLEASE BRING THIS COMPLETED FORM TO YOUR FIRST ANTENATAL/BOOKING APPOINTMENT AT THE ROYAL HOSPITAL FOR WOMEN**
**Facility:** Royal Hospital for Women  
**PHYSIOTHERAPY DEPARTMENT OUTPATIENT REFERRAL**

**Royal Hospital for Women: Physiotherapy Department**  
Phone: 02 9382 6540  Fax: 02 9382 6561  Email: SESLHD-PhysioRHW@health.nsw.gov.au

The above patient is currently:  
- □ Pregnant _________ weeks  
- □ Postnatal _________ weeks  
- □ Gynaecology patient  
- □ Lymphoedema Patient  
- □ Other__________

Reason for referral:  
- □ Bladder – Incontinence/frequency/urgency/nocturia  
- □ Bowels – Incontinence/frequency/urgency/constipation  
- □ Vaginal Pain/Anal Pain/Vulvovaginal/Sexual pain  
- □ Prolapse – Vaginal bulge/lump/heaviness/flexity  
- □ Pregnancy related Musculoskeletal condition (Back/Pelvis/Hips/Hands/DRAM). Limiting women's ability to walk, sit, sleep, household activities/care for children (Please note: Pre-existing Musculoskeletal conditions not suitable for this service)  
- □ Lymphoedema treatment  
- □ Other__________

How bothersome/distressing is this condition to the woman?  
- Not bothersome 0--1--2--3--4--5--6--7--8--9--10 Extremely bothersome

If in pain determine their PAIN/Severity score. Circle at best and worst.  
- Nil pain 0--1--2--3--4--5--6--7--8--9--10 Worst pain imaginable

Symptoms – please describe what is bothering the patient:


Referral made by:  
- □ Midwife  
- □ GP/Private Specialist  
- □ RHW Doctors  
- □ Allied Health__________  
- □ Other__________

Clearly Print Full Name: ____________________________ Signature ____________

Clinic or Midwife group (if appropriate) ____________________________

Best contact/Department number ____________________________

Ideally give the referral to the patient to bring directly to RHW Physiotherapy department for more information and to book an appointment in a timely manner.

Physiotherapy Department  
Phone call 1: Date: _____________ Phone call 2: Date: _____________ Letter sent: Date: _____________

Appointment booked: Date: _____________ Time: _____________ Physician: _____________
Prenatal Screening and Diagnosis

Genetic Counselling
First Trimester Screening (NT and Serum)
CVS
Amniocentesis
Other

Tertiary Referral MFM Services

Maternal Fetal Medicine Assessment and Consultation
Ongoing Care and Management of High-Risk Pregnancy
Co-ordination of Care with Sydney Children’s Hospital
Other

Finding us

The Royal Hospital for Women, Randwick is co-located with Sydney Children’s Hospital and Prince of Wales Hospital Public pay parking is available directly under the hospital and is easily accessed via Barker Street entrance. The car park lifts bring you to Level 0. Follow the signs to the Royal Hospital for Women and the Department of Maternal Fetal Medicine.

For Appointments or further information
Ph: (02) 9382 6089

For Urgent Medical Referrals, please call
Ph: (02) 9382 6111
and ask for the Maternal Fetal Medicine Fellow or Consultant to be paged.

About Us

The Department of Maternal Fetal Medicine at the Royal Hospital for Women sees women from the public and private sectors, for a broad range of services. All clients are Medicare billed, including invasive procedures, ultrasound and consultation. We coordinate a broad multidisciplinary team of clinicians for antenatal and perinatal consultation including: midwives; obstetricians; neonatologists; neonatal surgeons; social work.

Other Useful Contacts

• Genetic Counsellor Ph: (02) 9382 6111 Page 44098
• Clinical Midwife Consultant High Risk Pregnancy Ph: (02) 9382 6111 Page 44919
• Clinical Midwife Specialist Maternal Fetal Medicine Ph: (02) 9382 6111 Page 43983
• Royal Hospital for Women Foundation (Research & Clinical Fundraising) Ph: (02) 9382 6720

Relevant Clinical History/Indication for Referral: ______________________

Once printed is no longer document controlled (November 2019)
Early Pregnancy Assessment Service (EPAS)

Woman Referral
Fax to (02) 9382 6638

Number of Pages including this Coversheet (………) Date __/__/____

Attention: Prof W Ledger

Woman Details

Surname ___________________________ First Name ___________________________
Address _________________________________________________________________
_________________________________________________________ Postcode ________
D.O.B _____/____/_____ Medicare Number ____________________________
Phone ___________________________ Mob ___________________________
G ____P____ LMP ____/____/_______ Weeks Gestation ____/40

Symptoms

___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________

Blood Group ___________________________ Date Taken __/__/____
Antibody screen ___________________________ Date Taken __/__/____
Anti-D given Y / N Dose _____IU Date __/__/____
FBC ___________________________ Date Taken __/__/____
ß hCG ___________________________ Date Taken __/__/____
Ultrasound Date Performed __/__/____ □ Please attach report

Referring Doctor Details: Date of referral __/__/____

Doctor ___________________________ Provider No ___________________________
Address _________________________________________________________________
Phone ___________________________ Fax: _____________________________
Email

___________________________________________________________________________

Thank you for completing the above details.

"Important Confidentiality Notice. This facsimile contains confidential information which is intended only for use by the addressee. If you have received this facsimile in error you are advised that copying, distributing, disclosing or otherwise acting in reliance upon this facsimile is strictly prohibited. If you are not the intended recipient could you please notify us immediately".
PREGNANCY

The Australian Government, Department of Health

National Antenatal Care Guidelines

NSW Health has produced number of publications that provide pregnant women with advice on all aspects of pregnancy.

Thinking of Having a Baby – planning pregnancy and becoming pregnant

Having a Baby – this is given to all women who receive care at a public maternity unit.

Early Pregnancy – when things go wrong

Non English Pregnancy Resources
Pregnancy and Parenting resources are also available in other languages and can be sourced at

BABY HEARING AND CHILD HEALTH

SWISH publications to help inform families about the program have been developed in multiple languages and can be sourced at:

Why does my baby need a hearing check?
Why does my baby need a repeat hearing test?

Hearing loss and your baby – the next steps

OTHER USEFUL PUBLICATIONS AND FACTSHEETS FROM NSW HEALTH

INFECTIOUS DISEASES

Hepatitis B & Hepatitis C
https://www.hepatitisaustralia.com/
http://www.gesa.org.au/

Herpes

HIV
A comprehensive directory of health services relating to HIV, viral hepatitis and related areas. Pamphlets and brochures for clients as well as information provided through the website or helpline.
The helpline can also assist in locating clients’ nearest service.

EARLY PREGNANCY

The Centre for Genetics Education provides current and relevant genetics information to individuals and family members affected by genetic conditions and the professionals who work with them.
http://www.genetics.edu.au/

Diet and Food Safety in Pregnancy (A Guide for Women including Listeria)

MISC. USEFUL WEB SITES

MotherSafe
Comprehensive counselling service regarding concerns about medications and/or exposures during pregnancy and breastfeeding

Cochrane
Evidence based information on health care.
http://www.cochrane.org/
http://australia.cochrane.org/

NICE Guidelines
Evidence based clinical guidelines on various health topics including pregnancy.
https://www.nice.org.uk/
The Royal Australian and New Zealand College of Obstetricians and Gynaecologists
https://www.ranzcog.edu.au/

The Royal College of Obstetrician and Gynaecologists UK
https://www.rcog.org.uk/

Australian College of Midwives
https://www.midwives.org.au/

National Midwifery Guidelines for Consultation and Referral

DIABETES

Australian Diabetes in Pregnancy Society
https://adips.org/

MENTAL HEALTH

Beyond Blue
https://www.beyondblue.org.au/

Perinatal Anxiety & Depression Australia (PANDA)
www.panda.org.au

Red Nose (formerly SIDS & Kids)
Bereavement support, advocacy and education for families who have experience sudden or unexpected loss of baby or child

St John of God Hospital – Mental Health Services: Mother and baby unit
https://www.sjog.org.au/

Community and emergency mental health contact numbers
COMMUNITY & BREASTFEEDING

Child and Family Health Clinics

Department of Family & Community Services (FACS)

Tresillian
https://www.tresillian.org.au/

Karitane

Australian Breastfeeding Association
https://www.breastfeeding.asn.au/

RHW Breastfeeding Brochures
(Currently under revision)

Australian Government, Department of Health

FAMILY PLANNING
Family Planning NSW is a not-for-profit organisation funded by the NSW Ministry of Health.
Talkline 1300 658 886

https://www.fpnsw.org.au/

Family Planning Fact Sheets
https://www.fpnsw.org.au/health-information

ANTI D RESOURCES

Australian Red Cross
http://resources.transfusion.com.au/cdm/singleitem/collection/p16691coll1/id/129/rec/1

RHW DIETICIAN
(Currently under revision)

PHYSIOTHERAPY
(Currently under revision)
Below is a list of services provided at the Royal Hospital for Women. If any of the phone numbers are unavailable please phone the Hospital's switchboard on 9382 6111.

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aboriginal Liaison Midwife</td>
<td>0410 344 766 / 9382 6783</td>
</tr>
<tr>
<td>Malabar Midwifery Link Service</td>
<td></td>
</tr>
<tr>
<td>Acute Care Centre</td>
<td>02 9382 6499 / 26498</td>
</tr>
<tr>
<td>Admissions</td>
<td>02 9382 6060</td>
</tr>
<tr>
<td>Admissions Liaison Officer</td>
<td>02 9382 6067</td>
</tr>
<tr>
<td>Anaesthesia Service</td>
<td>02 9382 6130</td>
</tr>
<tr>
<td>Antenatal Ward</td>
<td>02 9382 6448</td>
</tr>
<tr>
<td>Breast Cancer</td>
<td>See NSW Women's Breast Centre</td>
</tr>
<tr>
<td>Centre for Women's Health Nursing</td>
<td>02 9382 6741</td>
</tr>
<tr>
<td>Chemical Use in Pregnancy Service</td>
<td>02 9382 1111 – page CUPS or call The Langton Centre - 02 9332 8777 <a href="https://www.seslhd.health.nsw.gov.au/royal-hospital-for-women/services-clinics/directory/having-a-baby/specialist-services-for-women">https://www.seslhd.health.nsw.gov.au/royal-hospital-for-women/services-clinics/directory/having-a-baby/specialist-services-for-women</a></td>
</tr>
<tr>
<td>Colposcopy Clinic</td>
<td>02 9382 6240</td>
</tr>
<tr>
<td>Compliments / Complaints</td>
<td>9382 6822</td>
</tr>
<tr>
<td></td>
<td>Email to: <a href="mailto:SESLHD-RHWfeedback@health.nsw.gov.au">SESLHD-RHWfeedback@health.nsw.gov.au</a></td>
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<tr>
<td>Complex Preconception Clinic (Referrals Required)</td>
<td>02 9382 6382</td>
</tr>
<tr>
<td></td>
<td>Email referrals to: <a href="mailto:SESLHD-rhw-complexpreconceptionclinic@health.nsw.gov.au">SESLHD-rhw-complexpreconceptionclinic@health.nsw.gov.au</a></td>
</tr>
<tr>
<td>Day Surgery</td>
<td>02 9382 6649 / 26650 / 26651</td>
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<tr>
<td>Delivery Suite</td>
<td>0439 869 035</td>
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<tr>
<td>Diabetes Educator</td>
<td>02 9382 6010</td>
</tr>
<tr>
<td>Dietician</td>
<td>02 9382 6544</td>
</tr>
<tr>
<td>Service</td>
<td>Phone Number</td>
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<tr>
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</tr>
<tr>
<td>Director of Medical Services</td>
<td>02 9382 6511</td>
</tr>
<tr>
<td>Discharge Planner</td>
<td>02 9382 6337</td>
</tr>
<tr>
<td>Early Pregnancy Advisory Service (EPAS)</td>
<td>02 9382 6701</td>
</tr>
<tr>
<td>Department of MFM - all</td>
<td>02 9382 6098</td>
</tr>
<tr>
<td>Department of MFM-(referrers only)</td>
<td>0437 537 448 (Fetus Phone)</td>
</tr>
<tr>
<td></td>
<td><a href="https://www.seslhd.health.nsw.gov.au/royal-hospital-for-women/services-clinics#a-z-directory">Link</a></td>
</tr>
<tr>
<td>Genetic Counselling</td>
<td>02 9382 6098</td>
</tr>
<tr>
<td>GPSC Liaison Midwife</td>
<td>02 9382 6016</td>
</tr>
<tr>
<td>Gynaecological Cancer Centre</td>
<td>02 9382 6290 / 02 9382 6291</td>
</tr>
<tr>
<td></td>
<td><a href="https://www.seslhd.health.nsw.gov.au/royal-hospital-for-women/services-clinics#a-z-directory">Link</a></td>
</tr>
<tr>
<td>Gynaecology Outpatients</td>
<td>02 9382 6248 / 02 9382 6249</td>
</tr>
<tr>
<td></td>
<td>Email to: <a href="mailto:SESLHD-RHWGynaerefferal@health.nsw.gov.au">SESLHD-RHWGynaerefferal@health.nsw.gov.au</a></td>
</tr>
<tr>
<td></td>
<td><a href="https://www.seslhd.health.nsw.gov.au/royal-hospital-for-women/services-clinics#a-z-directory">Link</a></td>
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<tr>
<td>Gynaecology Registrar</td>
<td>02 9382 6111 – page Registrar</td>
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<tr>
<td>Hepatitis B and C</td>
<td>02 9382 2750</td>
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<tr>
<td>Home Midwifery Services (MSP)</td>
<td>02 9382 6333</td>
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<tr>
<td>Infection Control</td>
<td>02 9382 6339</td>
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<tr>
<td>Lactation Consultant</td>
<td>see Breastfeeding Support Service</td>
</tr>
<tr>
<td>Lactation Services</td>
<td>see Breastfeeding Support Service</td>
</tr>
<tr>
<td>Medical Imaging Service</td>
<td>02 9382 6080</td>
</tr>
<tr>
<td>Medicines in Pregnancy &amp; Lactation</td>
<td>See MotherSafe</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.mothersafe.org.au/">Link</a></td>
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<tr>
<td>Menopause</td>
<td>02 9382 6248 / 02 9382 6249</td>
</tr>
<tr>
<td></td>
<td><a href="https://www.seslhd.health.nsw.gov.au/royal-hospital-for-women/services-clinics#a-z-directory">Link</a></td>
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<tr>
<td>Midwifery Unit Manager (Outpatients)</td>
<td>02 9382 6047</td>
</tr>
<tr>
<td>MotherSafe</td>
<td>02 9382 6539 or 1800 647 848</td>
</tr>
<tr>
<td>Newborn Care Centre</td>
<td>02 9382 6160</td>
</tr>
<tr>
<td>NSW Women’s Breast Centre</td>
<td>02 9382 6610</td>
</tr>
<tr>
<td></td>
<td><a href="https://www.seslhd.health.nsw.gov.au/royal-hospital-for-women/services-clinics#a-z-directory">Link</a></td>
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<tr>
<td>Nursing Supervisor</td>
<td>02 9382 6111 - page 44020</td>
</tr>
<tr>
<td>Operating Theatres</td>
<td>02 9382 6857</td>
</tr>
<tr>
<td>Service</td>
<td>Phone Number</td>
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<tr>
<td>-----------------------------</td>
<td>-------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Outpatient Bookings</td>
<td>02 9382 6048 &lt;br&gt;Online booking available &lt;br&gt;<a href="https://www.seslhd.health.nsw.gov.au/royal-hospital-for-women/services-clinics/directory/having-a-baby/im-pregnant">https://www.seslhd.health.nsw.gov.au/royal-hospital-for-women/services-clinics/directory/having-a-baby/im-pregnant</a></td>
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<tr>
<td>Outpatient Enquiries</td>
<td>02 9382 6048 / 02 9382 6049 (Phone) &lt;br&gt;02 9382 6118 (Fax)</td>
</tr>
<tr>
<td>Perinatal Mental Health</td>
<td>02 9382 6337 / 0457 733 554 &lt;br&gt;02 9382 6091 &lt;br&gt;02 9382 6303</td>
</tr>
<tr>
<td>- Clinical Midwifery Consultant</td>
<td></td>
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<tr>
<td>- Perinatal Psychiatrist Appointments</td>
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<tr>
<td>- Perinatal Outreach Mental Health Service (POMHS)</td>
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<tr>
<td>Physiotherapy</td>
<td>02 9382 6540</td>
</tr>
<tr>
<td>PLaN Clinic</td>
<td>02 9382 6382 &lt;br&gt;Email: <a href="mailto:SESLHD-PlanRHW@health.nsw.gov.au">SESLHD-PlanRHW@health.nsw.gov.au</a></td>
</tr>
<tr>
<td>Postnatal Ward</td>
<td>02 9382 6398 (Oxford) &lt;br&gt;02 9382 6348 (Paddington)</td>
</tr>
<tr>
<td>Pregnancy Day Stay</td>
<td>02 9382 6417</td>
</tr>
<tr>
<td>Prenatal Diagnosis</td>
<td>02 9382 6098</td>
</tr>
<tr>
<td>Reproductive Medicine</td>
<td>02 9382 6633 &lt;br&gt;<a href="https://www.seslhd.health.nsw.gov.au/royal-hospital-for-women/services-clinics#a-z-directory">https://www.seslhd.health.nsw.gov.au/royal-hospital-for-women/services-clinics#a-z-directory</a></td>
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<tr>
<td>Social Work</td>
<td>02 9382 6670</td>
</tr>
<tr>
<td>Switchboard</td>
<td>02 9382 6111</td>
</tr>
</tbody>
</table>
OBSTETRICIANS
Bisits, Professor Andrew
Medical Clinical Co-Director
Maternity Services Division
Royal Hospital for Women
Randwick
PH: 9382 6011

Bowyer, Dr Lucy (MFM)
c/-Maternal Fetal Medicine
Department
Royal Hospital for Women
Randwick
PH: 9382 6098

Challis, Dr Danny, (MFM)
Maternal Fetal Medicine
Department
Royal Hospital for Women
Randwick
PH: 9382 6098

Clements, Dr Sarah
Royal Hospital for Women
Randwick
PH: 9382 6048 or
POWP PH: 9650 4972

Coogan, Dr Stephen (GPSC)
Suite 2, Level 7
Prince of Wales Private Hospital
Randwick
PH: 9650 4050

Fay, Dr Louise Fay (GPSC)
Royal Hospital for Women
Randwick
PH: 9382 6111

Harpham, Dr Margaret
c/-Maternal Fetal Medicine
Department
Royal Hospital for Women
Randwick
PH: 9382 6098

Hawke Dr Wendy
(Diabetes & MGP)
Suite 2, Level 7
Prince of Wales Private Hospital
Randwick NSW
PH: 9650 4050

Horrowitz, Dr Stephen, (GPSC)
Private Consulting Suite
Royal Hospital for Women
Randwick
PH: 9382 6677

Lee, Dr Siobhan (GPSC)
Royal Hospital for Women
Randwick
PH: 9382 6111

Shand, Dr Antonia
Maternal Fetal Medicine Department
Royal Hospital for Women
Randwick
PH: 9382 6098

Welsh, Professor Alec (MFM)
Maternal Fetal Medicine
Department
Royal Hospital for Women
Randwick
PH: 9382 6098

CLINICAL GENETICIST
Kennedy, Dr Deborah
Director MotherSafe
Royal Hospital for Women
Randwick
PH: 9382 6382

Pinner, Dr Jason
c/- Maternal Fetal Medicine
Department
Royal Hospital for Women
Randwick
PH: 9382 6098

ENDOCRINOLOGIST
Lau, Dr S M
Royal Hospital for Women
Randwick
PH: 9382 6048 or

Private Rooms
Suite 20, Level 7
POW Private Hospital
Randwick
PH: 9650 4988

HAEMATOLOGIST
Kidson- Gerber Dr Giselle
Royal Hospital for Women
Randwick
PH: 9382 6048 or

SEALS
Level 4, Campus Centre
Prince of Wales Hospital
Randwick
PH: 9382 9000, or
Professorial Suite, Level 2
Prince of Wales Hospital,
Randwick
PH: 9382 9047.

Will see women prior to pregnancy
call 9382 6044 to book, fax referral
9382 6118.

Mondays, Thursdays and Friday

MEDICAL DISORDERS OF
PREGNANCY PHYSICIAN
Lowe, Professor. Sandra
Obstetric Physician
Suite 5, Level 7
POW Private Hospital
Randwick
PH: 9650 4957
Fax: 9650 4903
or
High Risk Clinic (will see women
prior to pregnancy)
PH: 9382 6044 to book, fax referral
FAX: 9382 6118

Beech, Dr Amanda
Royal Hospital for Women
Randwick
PH: 9382 6044
APPENDIX B
MENTAL HEALTH CONTACTS

CRISIS TEAM TRIAGE NUMBER: 1800 011 511

PRIVATE PSYCHIATRISTS

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone</th>
<th>Location</th>
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<tbody>
<tr>
<td>Austin, Prof Marie-Paule</td>
<td>02 9382 6091</td>
<td>RHW</td>
</tr>
<tr>
<td>Harrison, Dr Ian</td>
<td>02 9251 7877</td>
<td>City</td>
</tr>
<tr>
<td>Koder, Dr Stephen</td>
<td>02 8021 1260</td>
<td>Bondi Junction</td>
</tr>
<tr>
<td>Mindcare Centre</td>
<td>02 9212 4445</td>
<td>City</td>
</tr>
<tr>
<td>McPherson, Dr Andrew</td>
<td>02 9344 0936</td>
<td>Maroubra</td>
</tr>
<tr>
<td>Montgomery, Dr Debra</td>
<td>02 9399 3114 02 9232 7117</td>
<td>Randwick  City</td>
</tr>
<tr>
<td>Morgan, Dr Hugh</td>
<td>02 9212 4445</td>
<td>City</td>
</tr>
<tr>
<td>Smith, Dr Michelle</td>
<td>02 9334 3888</td>
<td>Burwood</td>
</tr>
<tr>
<td>Schneiden, Dr Vivienne</td>
<td>0412 261 281</td>
<td>Edgecliff</td>
</tr>
<tr>
<td>Southview Clinic</td>
<td>02 9553 1160</td>
<td>Kogarah</td>
</tr>
<tr>
<td>Vaux, Dr Peter</td>
<td>02 8021 1260</td>
<td>Bondi Junction</td>
</tr>
<tr>
<td>Wijeratne, Dr Chanaka</td>
<td>1300 924 522</td>
<td>Kogarah</td>
</tr>
<tr>
<td>Wilcox, Dr Rosie</td>
<td>02 9387 3621</td>
<td>Waverly</td>
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PSYCHOLOGISTS

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone</th>
<th>Location</th>
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<tbody>
<tr>
<td>Anxiety Disorders Clinic</td>
<td>02 8382 1400</td>
<td>Darlinghurst</td>
</tr>
<tr>
<td>Beasty, Paula</td>
<td>0418 658 355</td>
<td>Randwick</td>
</tr>
<tr>
<td>Clarke, Leanne (infants)</td>
<td>02 9579 2480</td>
<td>Hurstville</td>
</tr>
<tr>
<td>Frilingos, Maureen</td>
<td>02 8354 1204</td>
<td>Paddington</td>
</tr>
<tr>
<td>McDowell, Lee</td>
<td>0403 005 429</td>
<td>Waverly / Randwick</td>
</tr>
<tr>
<td>Sydney Uni Psychology Clinic</td>
<td>02 9114 4343</td>
<td>Camperdown</td>
</tr>
<tr>
<td>UNSW Psychology Clinic</td>
<td>02 9385 3042</td>
<td>Kensington</td>
</tr>
<tr>
<td>St Vincent’s O’Brien Centre</td>
<td>02 8382 1300</td>
<td>Darlinghurst</td>
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PERINATAL OUTREACH MENTAL HEALTH SERVICE (POMHS)
Offered to all postnatal women in the SESLHD area
POMHS Office                      02 9382 6303
### EARLY CHILDHOOD CENTRES


### OCCASIONAL CARE AND MOTHER SUPPORT

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Baby Shed</td>
<td>02 8338 8506</td>
</tr>
<tr>
<td>Bondi Beach Cottage Family Support</td>
<td>02 9365 1607</td>
</tr>
<tr>
<td>Breastfeeding (Australian Breastfeeding Association)</td>
<td>1800 686 268</td>
</tr>
<tr>
<td>Holdsworth Community Centre, Woollahra</td>
<td>02 9302 3600</td>
</tr>
<tr>
<td>Karitane</td>
<td>1300 227 464</td>
</tr>
<tr>
<td>Mum for Mum</td>
<td>02 9363 0257</td>
</tr>
<tr>
<td>Parent Line</td>
<td>1300 130 052</td>
</tr>
<tr>
<td>Relationships Australia</td>
<td>1300 364 277</td>
</tr>
<tr>
<td>South East Neighbourhood Centre</td>
<td>02 8338 8506</td>
</tr>
<tr>
<td>Tresillian</td>
<td>1300 272 736</td>
</tr>
<tr>
<td>Well Women’s Clinic</td>
<td>02 9382 8321</td>
</tr>
<tr>
<td>Women and Children’s Deli</td>
<td>02 9667 4664</td>
</tr>
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