

## Case Study

Amina is 35 years old and 10 weeks pregnant with her second child. Since week 4 of her pregnancy, she has suffered with severe nausea and vomiting. This is a medical condition known as hyperemesis gravidarum or HG.

Amina has a 2 year old child who requires her full attention. Her husband Ahmed works long hours, 6 days per week in the construction industry as a builder. Amina does not have immediate family nearby that are able to help her. She is having difficulty managing day to day tasks such as preparing meals, shopping, tidying the house, changing the linen and keeping on top of her laundry.

Amina was receiving intravenous fluids for rehydration at her local hospital when a midwife spoke to her about ComPacks and how this service could assist her with the tasks at home. Amina agreed to a referral and a ComPacks Case Manager contacted her to discuss her needs. She was able to arrange someone to come to her house twice a week to help her with housework, shopping and meal preparation.

The ComPacks Case Manager reviewed Amina prior to the end of the 6 week package. Amina was very grateful for the services and agreed she would benefit from another 6-week package. This was approved. At 16 weeks of her pregnancy Amina was beginning to feel better and the services were reduced to 2 hours one day per week. At 32 weeks of her pregnancy Amina felt she would be able to cope on her own and the ComPacks services were ceased.

## Contact Information on Discharge

### Hospital Contact:

Name:

Phone:

### Out of Hospital Care Service Provider:

Name:

Phone:

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# The Out of Hospital Care Program

## ComPacks

for women experiencing hyperemesis gravidarum



Information for Patients and Families



## ComPacks

is a short term package of home care services that can support you at home.

### A Six Week Package

ComPacks is available for **up to six weeks** at a time. A Case Manager will develop a care plan with you and arrange services to be delivered in your home.

## Eligibility

Women who are suffering from hyperemesis gravidarum who need case management and support services in the home.

## Referrals

Referrals are made by delegated health staff when an individual is in hospital. These may include:

- Nurses
- Midwives
- Social Workers
- Occupational Therapists/Physiotherapists
- Discharge Planners

## ComPacks Services

When you are referred to ComPacks you are allocated a Case Manager who will be your key contact during the package.

The Case Manager will arrange services to help you at home. These may include:

**Domestic assistance** –house cleaning, vacuuming, mopping, laundry and shopping.

**Meals** –meals delivered to your home or meal preparation.

**Transport** –for medical and other appointments.

**Social support** –accompaniment to: appointments, shopping or other tasks.

**Personal care** –assistance with bathing, oral care, dressing, hygiene, dressing, grooming and monitoring medication.

**In home respite care** –support for carers.

## How much does ComPacks cost?

You will be asked to make a contribution of up to \$10 per week towards your package. If you have any concerns regarding your contribution, please discuss this with your Case Manager.

## What happens when ComPacks finishes?

If you have ongoing needs the Case Manager may recommend a repeat package or link you with services that can assist you further.

## Questions

If you have any questions regarding a referral to ComPacks, please contact hospital staff.

If you have any questions while receiving your ComPacks service please contact your Case Manager.