

Midwifery in The Home

Care when you go home

St George and Sutherland Hospital Maternity Services

The Midwifery in The Home (MiTH) team cares for mothers and babies at home, following a hospital stay of up to 2 days for a Vaginal birth or up to 3 days for a Caesarean birth. It is available to women and their babies who live within the South Eastern Sydney Local Health District.

Advantages of care in the home

- Family members can become more involved with the care of your new baby.
- A more restful/comfortable environment, in familiar surroundings for mother and baby.
- Individualised care for both you, your baby and family, where you will have a personal visit with a midwife.
- Maintain your cultural and religious beliefs.

Types of support

Within the home, the midwife will assist you in gaining confidence in feeding and parenting skills. The midwife will complete a check on you and your baby, to assess your needs and provide care accordingly.

Each family is given individual attention. Your midwife will answer questions and work with you on matters that may arise. With respect for your views, beliefs and values, your midwife will offer support and information to you and your family and make informed decisions about the care that's right for you.

In this way, women can support both their own health and well-being, as well as that of their babies. Whilst also being able to identify and address any issues as they arise.

Interpreting services are also available to you if needed.

What can you expect from us?

We offer a midwifery service with a combination of home visits, phone calls and no contact days. Your midwife will normally visit between 9-4pm (no appointment times are able to be given). If you are not available, please phone your midwife before 9 am to cancel your visit for the day.

You will usually have up to 3 visits; however, your individual needs will be assessed daily between you and your midwife to determine if further visits are required.

You will be given information regarding support services in the community e.g. Child and Family Health Services in your local area. Once discharged from MiTH you can contact a midwife on the maternity ward if you have any questions or concerns in the first 2 weeks after the birth of your baby.

Safety for the midwife

You and your family are required to provide a safe environment for the visiting midwife. Before discharge from hospital, we will ask questions regarding your home environment. If any issues arise, we may not be able to visit you at home. All family pets should be secured during the visit.



If there is no street parking available for the midwife, alternative arrangements need to be made. You will need to provide a parking space for the visiting midwife.

Is there a fee involved?

MiTH is provided free to Medicare card holders. If you are not eligible for Medicare, each visit and any related services such as pathology will be charged separately.

In case of the following, please contact the Midwifery in The Home team immediately:

MOTHER

- Increase in vaginal bleeding
- Fainting or dizziness
- A painful hot area in the lower leg
- Burning or difficulty passing urine or opening the bowel
- Severe headaches
- Painful breasts with a reddened area
- Generally feeling unwell
- If you have any other concerns

BABY

- Any change in usual skin colour
- Blood in bowel motions
- If baby is excessively irritable or tense
- If baby is very sleepy or floppy
- Baby is not feeding or feeding poorly
- If you have any other concerns

In the case of an emergency, go to the Emergency Department of your closest hospital or call for an ambulance by dialling 000

Midwifery in the Home contact numbers

ROYAL HOSPITAL FOR WOMEN

Phone: (02) 9382 6333

Mobile: 0404034147

After- Hours (4pm - 8am): (02) 9382 6348 or (02) 9382 6398

ST GEORGE HOSPITAL

Phone: (02) 9113 3148

Mobile: 0411 282 932

After- Hours (4pm - 8am): (02) 9113 3187

SUTHERLAND HOSPITAL

Phone: (02) 9540 7948

Mobile: 0411 754 638

After- Hours (4pm - 8am): (02) 9540 7994

Once discharged from the MiTH program you can contact a maternity ward midwife anytime, if you have any questions within the 2 weeks after the birth of your baby.

