

Friday, 2 March 2012

INNOVATIVE PREGNANCY CENTRED CARE PROGRAM LAUNCHED AT ROYAL HOSPITAL FOR WOMEN

Pregnant women currently receiving antenatal care through the Royal Hospital for Women's (RHW) General Practitioner Antenatal Shared Care Program, now have the option of participating in a new Pregnancy Centred Care Program (PCC) - a first for the GP Shared Care Program in NSW.

The PCC is available to pregnant women who are due in the same month and have chosen to have their baby at RHW, and is arranged through four group sessions of up to twelve women for the full duration of their pregnancy. This offers longer exposure to education time within their antenatal period; as well as significantly increasing time spent with the same two midwives.

Through PCC, pregnant women have the opportunity to be active in their own care, air concerns about their pregnancy and form support networks - which is particularly invaluable to women who have limited local family support. It also gives women participating in the PCC a greater sense of empowerment and confidence in themselves and in their ability to care for their new baby.

Midwifery Clinical Co-Director, Royal Hospital for Women, Ms Helen Jarman said this innovative approach to antenatal care provides pregnant women with a comprehensive service through midwifery-led care.

"We are particularly happy to have introduced this model within GP Shared Care with midwives. This is a first for the GP Shared Care Program in NSW, and we look forward to further developing antenatal services for women," Ms Jarman said.

Every group session through the PCC includes: an antenatal check-up, blood pressure check, review of baby's movements, review of mother's tests, private time with midwife, relaxation ideas, interaction with other pregnant women; as well as information on a wide range of antenatal care topics as: pregnancy problems, nutrition, exercise and relaxation, infant care and feeding and life with a new baby.

The benefits of antenatal care - also known as prenatal care - are well documented for early detection of any problems in the developing foetus and with the pregnancy, through recommendations and to direct mothers to appropriate health care and treatment if necessary.

The availability of routine antenatal care has played a part in identifying birth defects, low birth weight and other preventable infant problems.

For enquiries about the Pregnancy Centred Care Program at the Royal Hospital for Women, contact: Joanne Arkwright on 9382 6047.

South Eastern Sydney Local Health District
Media contact: Poppy Diamantis 02 9382 8398 or 0411 730 842