

MATERNITY CARE IN
ORBOST

The doctors and midwives of Orbost Regional Health work together to give you expert care during pregnancy and birth and to assist you and your family to achieve the birth you would like..

We will provide you with...

- Normal pregnancy care
- Support and care coordination for mothers with specialized needs
- Preparation for labour & birth
- Preparation for feeding and care of your baby following birth
- Post-natal care in the hospital and also in those early weeks at home



*Orbost Regional Health
Maternity Unit*

To contact a doctor or midwife please phone Orbost Medical Clinic on 5154 6777 or Orbost Regional Health on 5154 6617

Orbost Regional health is committed to the education and training of future rural health doctors and midwives.

Orbost Regional Health provides clinical experience and education for students of Monash University medical and midwifery schools.

Medical and midwifery students will be working with the doctors and midwives involved in your care.



MATERNITY
SERVICES AT
ORBOST REGIONAL
HEALTH



*Orbost Regional Health:
Maternity Unit Ph: 51546 617*

*Orbost Medical Clinic:
Drs and Midwives Clinics
Ph: 5154 6777*

YOU ARE HAVING A BABY - WHAT TYPE OF CARE IS AVAILABLE IN ORBOST?



Orbost Regional Health provides care for women who are considered to be low risk and for whom we can provide safe care. Only 12% of women in Australia need specialist medical or obstetric care during pregnancy. This is a very low number.

Our service consists of a

1. A Community Maternity Program that provides your pregnancy care, your labour & birth care and care once you are discharged from hospital.
2. A Hospital based maternity care program that will provide support and care when you are in the hospital.

You will soon learn that some of the doctors and nurses work in both teams and others you will only see in the hospital.

However sometimes you need a little extra care (see page 3)

AIMS:

We aim to provide you with continuity of care so that you get to know a small team of midwives and doctors and are able to feel really comfortable with those staff members who are going to provide your care during labour and birth.

Firstly you are free to choose a doctor of your choice who has qualifications in obstetric care.

What happens if Orbost Regional Health Can't Provide all the Care I need?

During pregnancy? If you need specialist care we will arrange for you to see an Obstetrician. The nearest Obstetricians are based at Sale, though run a clinic at Bairnsdale. Sometimes you may only need to see an obstetrician once and then care will be resumed by ORH or sometimes you might need frequent visits depending on your needs. We will still coordinate your care if this is what you wish.



During labour and birth:? Sometimes things don't go according to plan which may mean you may need to be transferred to a bigger facility during labour. We will arrange all this for you so that you still receive expert care during this transfer time. A midwife will accompany you when you are transferred.

What if my doctor is away? If your doctor is away when it is time for you to have your baby, he or she will let you know this and another Orbost Medical Clinic obstetric doctor will provide the medical care for you during this time. If no obstetric doctor is available, the midwives are highly skilled in managing your labour and/or transfer to another facility.

What if there is no medical cover available in Orbost when I go into labour? When this happens ORH implements its 'Obstetric Bypass Policy' for women having their first baby or with increased risks. This means that when you first contact your midwife they will assess your care needs and transfer to Bairnsdale Regional Health Service will be arranged. If your labour is progressing rapidly the midwives are very skilled at dealing with this and will keep you informed at all times.

What if I need a caesarian? Mostly you will be able to have your caesarean at ORH. If you need a caesarean section when one of our doctors is away, one of two things may happen:

1. One of the Bairnsdale doctors will come to Orbost to assist us to provide you with the care you need or
2. You will be transferred to Bairnsdale Regional Health for birth

If I am transferred when can I come back to Orbost? Providing you experience no complications you can return to ORH for care soon after the birth. If you have had a vaginal birth this can be only a few hours after birth. If you have had a caesarean this may be the next day. Transfer back will be arranged for you.

If this is not your first baby you may choose to go straight home and have your team of midwives visit you at home.

