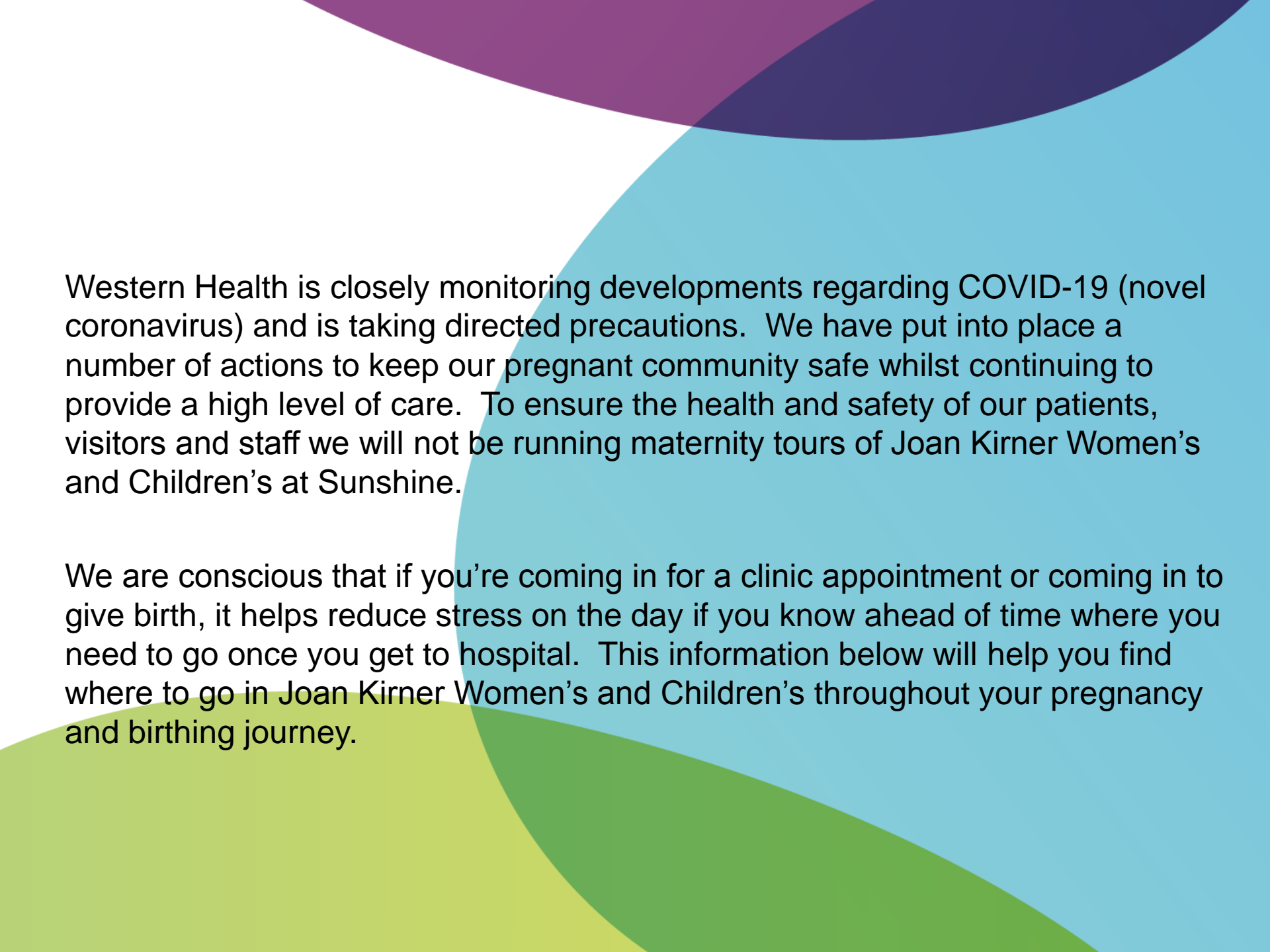




Having your baby at Joan
Kirner Women's and
Children's – Virtual
Hospital Tour



Western Health is closely monitoring developments regarding COVID-19 (novel coronavirus) and is taking directed precautions. We have put into place a number of actions to keep our pregnant community safe whilst continuing to provide a high level of care. To ensure the health and safety of our patients, visitors and staff we will not be running maternity tours of Joan Kirner Women's and Children's at Sunshine.

We are conscious that if you're coming in for a clinic appointment or coming in to give birth, it helps reduce stress on the day if you know ahead of time where you need to go once you get to hospital. This information below will help you find where to go in Joan Kirner Women's and Children's throughout your pregnancy and birthing journey.

Arriving at Joan Kirner Women's & Children's

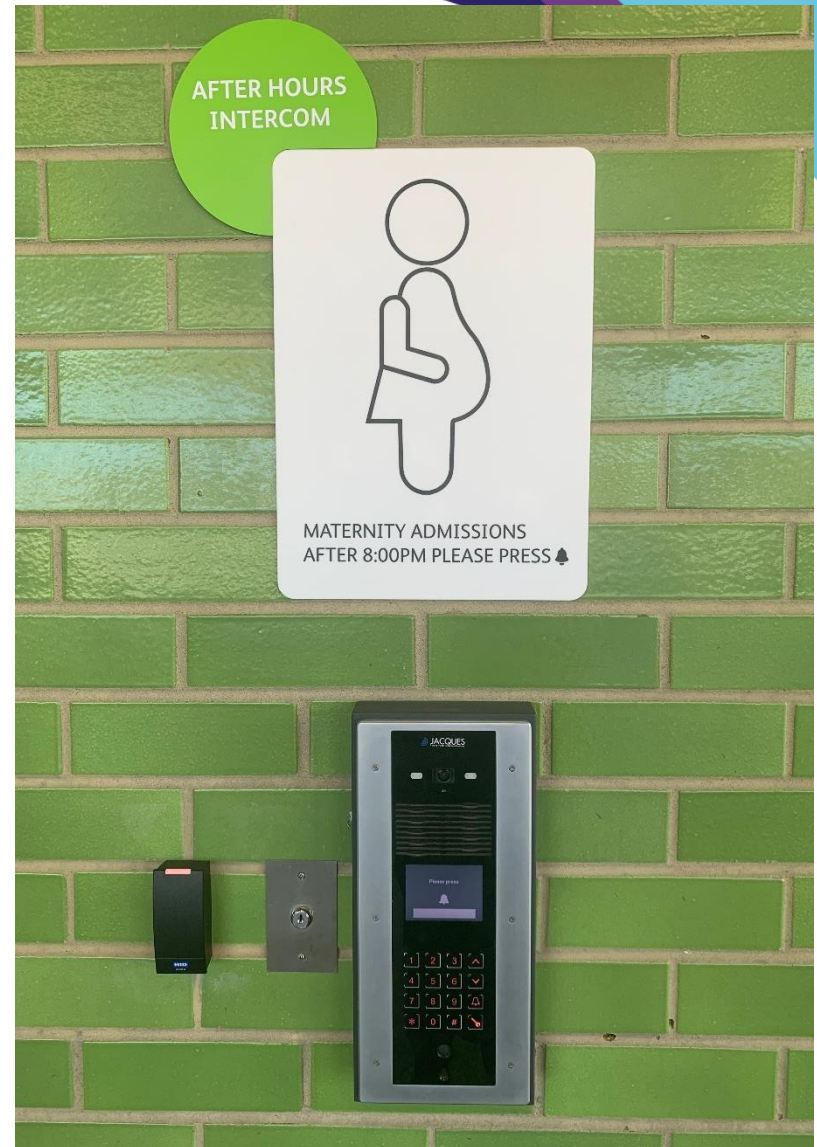
- There is a 5 minute drop off zone at the front of the Joan Kirner entrance.
- This area is not suitable for parking longer term
- Joan Kirner Women's and Children's, has gynaecology, neonatal, paediatric and maternity services. This includes a mixture of inpatient, outpatient, theatre and home visiting services as well as the Maternity Assessment Centre (MAC)

This slideshow will focus on the hospital maternity services areas that you may visit during your pregnancy, birth and postnatal care.



Access to the hospital

- The front doors are open from 6.30am until 8.30pm.
- Outside of these times, if you have been asked to come to the hospital, you will need to press the buzzer at the front door for security to provide you access.



Information for your visitors

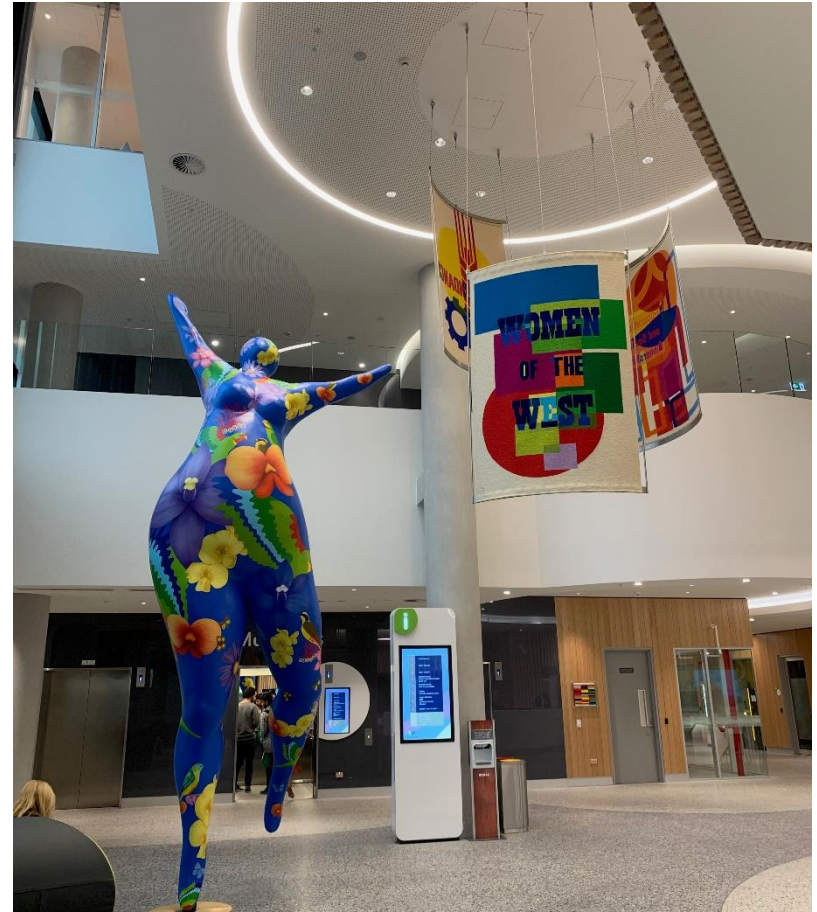
The following restrictions now apply across the whole hospital, including the Emergency Department and clinical appointments:

- ONE (1) visitor per patient per day
- Due to the size of consulting rooms, out patients appointments may be restricted to the patient only, no support people
- Visiting hours are 4pm to 8pm
- No visitors aged under 16 (except parents of hospitalised children)
- Visitors feeling unwell will not be permitted into the hospital
- If you are not visiting a patient, you must not enter the hospital
- Visitors must wait outside the building, not in reception areas or cafes
- Exemptions to visiting rules will apply in special circumstances



The Atrium on Ground Floor

- This is where you will find the information desk, parking and pathology.
- If you need assistance to find the location of a department, during our opening hours there will be someone available at the information desk to provide you with directions.
- If you are sent a letter for an appointment, please bring this with you to the hospital so that we can direct you to the right location.
- You will find the main lifts behind the 'Joy' statue. These lifts will take you to each of the floors. To the right of the atrium you will see the clinic lifts which travel between ground floor and Level 1 only.





Link way to the main hospital building

- Access to the main hospital building, including the café, retail pharmacy, florist, and an ATM is available via the corridor to the right of the lifts
- Along this corridor you will also see Dorevitch Pathology services , for those that ay need a blood test during pregnancy as well as our pharmacy for any discharge scripts you may require. These services are available during weekday hours.
- Please make sure you pay for your parking at the pay station prior to leaving.

Women's Clinic – Level 1

All Women's Clinics are located on Level 1.

Routine antenatal clinic runs from Clinic A.

Clinic B and C are for a number of specialist clinics such as gynaecology, Early Pregnancy Assessment Service (EPAS), Integrated Ultrasound Service and Maternal Fetal Medicine (MFM). Your appointment letter or the self check-in kiosks, can direct you to the appropriate location for your appointment.



Joan Kirner Women's
& Children's Hospital
Western Health



Operating theatres also known as DOSA (Day of Surgery Admission) – Level 2

If you are scheduled for an elective caesarean, on the day you are booked to have your baby, you will come straight to level 2 to be admitted.

If your baby is born in the operating theatre and you are awake during the procedure, one support person will be able to accompany you. Your support person will need to change into special theatre clothing which will be provided on the day.

Please make sure you have had bloods/pathology tests completed the day before your elective caesarean date.

Maternity Assessment Centre & Birthing – Level 3

- Birthing and Maternity Assessment Centre (MAC) is located on Level 3.
- MAC provides both hospital assessment and telephone advice services, and is open 24 hours a day, 7 days a week.

Before coming to the hospital call MAC on 9055 2300 when you think your labour has begun.



Maternity Assessment Centre (MAC)

- Women may need to attend MAC for a number of reasons, including tests and investigations to check the health and wellbeing of you or your baby. It is also the location for all labour assessments.
- You may be referred to MAC by your care provider in clinic, or may be invited in after calling a midwife.
- If an induction of labour is planned, you will begin in a room similar to this. You will be monitored using a Cardiotocography (CTG)
- You may have a support person remain with you in all areas in MAC. You may be moved between a room and the waiting area, depending on the demand for rooms.



When do I need to contact Maternity Assessment Centre (MAC)?

It is very important to contact MAC and obtain advice from a midwife, if you have any of the following:

- Any vaginal bleeding
- Contractions or abdominal cramping before 37 weeks pregnant. This may be premature labour.
- If your baby is not moving as much as usual.
- When your membranes rupture (waters break) or you think they may have. This can be a sudden gush or slow trickle of fluid.
- If you have a constant headache or visual problems such as blurred vision or spots before your eyes. This may mean that your blood pressure is too high.
- Sudden or increasing swelling of hands, feet, legs or face, which can also sometimes mean your blood pressure is too high.
- Pain which is persistent or severe.
- Vomiting.
- When you are in labour and having regular painful contractions (these are felt in the lower abdomen or back) and no longer feel comfortable at home.
- If you have any concerns or are worried about your wellbeing or your baby.

Birthing

- When you are transferred to Birthing you and your support person will meet a Birthing midwife, and will be shown into one of the rooms. These are the rooms where you will give birth to your baby.
- We encourage you to make the room your own. There is plenty of space for you to move around, and each room has a birthing ball and floor mats or support bars, so that you can stay active and upright in labour. There is a bed in each room, and this can be positioned and adjusted in a variety of ways so that you can use it for kneeling or leaning or whatever is comfortable.
- It is important that you feel as relaxed as you can in labour. You are encouraged to bring your own music and portable speakers to play music from your phone or iPad, etc.



Birthing Rooms

- Each room looks a little bit different, but all have the same furniture and equipment, other than four of our birth rooms which have a built in bath.
- If you are considering using water immersion in a bath during labour or if you wish to have a water birth, it is important that you discuss this with your midwife at your appointments, so that they can discuss whether this would be suitable for you and your baby. They can also then write this plan in your electronic record.
- Whether you use water immersion or not the midwife will be monitoring you and your baby throughout your labour and birth by taking your blood pressure, temperature and pulse rate. Your baby's heartbeat will also be monitored.



Newborn Services – Level 5

- Newborn Services provide specialist care for babies who are premature or for those who require extra support. If your baby needs care in the Newborn Services, you will be orientated to this area.



Women's Ward 7 and 8 – Level 7 or 8



- Women's Ward Level 7 and 8 provide care to women and their babies after birth (postnatal period). Women who are pregnant with particular medical needs may also be required to stay on either of the Women's Wards. Throughout the wards there are a mixture of double and single rooms, with a staff bases at either end.
- In each room you will find a bed, a baby's cot, an area to store your belongings, and a visitor couch. We recommend you leave your valuables at home.

During your stay

- You are able to connect to the WiFi for free, and you can bring your own device for streaming television or movies – fast speed internet can be purchased for a fee.
- Meals are provided for women throughout their stay. Visitors will need to bring their own or purchase food and drinks from Café Adamo or from vending machines located throughout the hospital.
- You will be supported to care for yourself and your baby. Whilst you are in the hospital you will be supported to get to know your baby as well as how to feed, wrap, change, bath and general cares for your baby.





Each room has an ensuite which includes a built in baby bath and nappy changing area.



Each of the Women's wards has a patient lounge that you can utilise during your stay.

What to bring to Hospital

The follow checklist is a guide to help you plan what you might bring to hospital when you come to have your baby.

For Mum:

- Your Antenatal Book/Pregnancy Care Book
- Medicare card / Healthcare card
- Health insurance details
- Packets of maternity sanitary pads
- Nursing bras
- Cotton underwear
- Sleep wear
- Comfortable daywear
- Camera and charger
- Mobile phone and charger
- Personal entertainment devices (tablet, laptop)

For Baby:

- 4 singlets
- 4 grow suits
- 1 hat
- 4 bunny rugs/wraps or blankets
- Nappy wipes
- Newborn disposable nappies





How long will I stay?

Women who have a vaginal birth will stay a minimum of 4 hours, up to two nights. Women who have a caesarean section will usually stay for three nights. If women or babies have unexpected complications, then the length of stay is adjusted as needed. After you go home, you may have a visit from one of the midwives from Joan Kirner Women's and Children's at Sunshine Hospital.