

Routine timing of visits and investigations for women in the **Shared Maternity Care Program**

Contacts			
Maternity Unit	5320 4971	Labor Ward	5320 4979
Emergency Department	5320 4801 (admitting officer)	Hospital Switch	5320 4000
Antenatal GP Hotline	5320 4820	Lactation Line	5320 4977
Antenatal Bookings	5320 4533	Genetic Service	(03) 8458 4250 (MHW)
Referrals Fax	5320 4324		(03) 8345 2180 (RWH)

Issues for Discussion

Pre pregnancy

- Genetic counselling
- Diet
- Exercise
- Drug & alcohol use
- Fertility
- Smoking cessation
- Medication
- Thyroid status
- Folate supplementation
- Listeria infection
- Toxoplasmosis
- Models of care
- Mental health & well being
- Influenza immunisation

1st Trimester

- Models of care
- Hand held pregnancy record
- Routine antenatal care and investigations
- Prenatal/genetic testing
- Changes in pregnancy
- Hospital & community supports
- Smoking cessation
- Alcohol/other drugs
- Childbirth education classes
- Breastfeeding
- Role of Anti D
- Driving & seatbelt use
- Relationship & social well being
- Work, exercise & rest
- Travel
- Mental health & well being
- Influenza immunisation

2nd Trimester

- Expectations of pregnancy & birth
- Smoking cessation
- Breastfeeding/infant feeding
- Mental health & well being

3rd Trimester

- General birth plan
- Labour & birth
- Neonatal Vitamin K/ Hepatitis B
- Neonatal screening
- When to come to hospital
- Post term care
- Newborn care
- Postnatal check
- Smoking cessation
- Breastfeeding & infant feeding
- Mental health & well being
- Pertussis immunisation

Post Natal

6 weeks

- Sleep & rest
- Smoking cessation
- Exercise including pelvic floor
- Maternal nutrition
- Breastfeeding & infant feeding
- Appropriate feeding & weight gain
- Settling techniques
- Immunisation
- SIDS prevention
- Emotional well being: GP, M&CHN & other community supports
- Relationships & social well being
- Child safety
- Parenting supports
- Contraception
- Pap smear (if due)

Complications of Pregnancy:

Business Hours:

Maternity Outpatients: 5320 4820 or 5320 4533

After Hours

Emergency Department:

All problems **before** 20 weeks gestation

Labour Ward:

All problems **after** 20 weeks gestation

Risk of pregnancy associated with Down Syndrome according to maternal age at birth:

Maternal age	Risk of Down Syndrome
20	1:1528
25	1:1351
30	1:909
35	1:384
37	1:242
39	1:146
41	1:85
44	1:37