



Aboriginal Caseload Midwifery

Warami. You are welcome here.

Aboriginal Caseload Midwifery is a model of care at Nepean Hospital that offers women culturally sensitive continuity of care with a primary midwife throughout pregnancy, labour, birth and postnatally.

We are here to support and help you feel culturally safe during your journey from pregnancy, childbirth and beyond.

Being part of the caseload program

Each of our caseload midwives have a dedicated group of pregnant women they care for each year.

There may be times when you call and another caseload midwife cares for you during your caseload journey. This is because your midwife may not be on call, they may have finished their shift, or they may be on a day off.

Our days can be unpredictable, so we ask that you are flexible for us as we are for you. This means we may be late for your appointment or we'll need to reschedule last minute. We also understand if you need to reschedule for any reason.

One of the benefits of caseload midwifery is home visits both in pregnancy and after birth. Please let us know before our visits if you or any family members are unwell or have been in contact with anyone with COVID-19.

Your care journey

So that we can support you and the other women in our caseload program, there are some simple guidelines that will help us both on your caseload journey.

Please call if you have any concerns about you or your baby. Make us your first point of call as we may

ask you to come into hospital for an assessment or refer you to your GP.

Calling is important as your midwife may be on a day off/asleep after night shift and may not see your text.

Reasons to call:

- You are concerned that baby's movements have changed or decreased
- You are bleeding
- Your waters have broken, even if you are unsure or not in labour
- You are in labour

If we don't answer when you call, please wait five minutes to call again as we might be with another client, perhaps while they are giving birth. If after the second try you don't get through please call the Birth Unit on 4734 2295.

It is best to wait until your appointment to ask non-urgent questions. During business hours (8:30am to 5pm) you can text us about rescheduling appointments/confirming appointment times.



Routine tests

There are some routine tests you will need to have during pregnancy. Extra tests may be offered if any risks arise.

11-13 weeks: Nuchal Translucency ultrasound (also known as the scan that screens for Down Syndrome)

18-20 weeks: Morphology ultrasound (Anatomy screen where you can choose to find out the sex of your baby)

24-28 weeks: Glucose Tolerance Test (2hr fasting blood test. We also check your iron levels at this time).

Approx. 28 weeks: Free whooping cough vaccine for you at the hospital. Please see your GP at any time for your flu vaccine.

28-34 weeks: Growth ultrasound

36 weeks: Vaginal swab for Group B Strep (GBS).

Other support services

Other services available include counselling with a psychologist, social work, mental health and drug & alcohol services for pregnant women, and *Quit for new life* smoking program.

Cultural support is available at any time - ask your midwife to page the Aboriginal Hospital Liaison Officer.

After bub is born, a Child and Family Health Nurse and Aboriginal Family Health Worker from Mudang

Mudjin (Building Strong Foundations) can see you and your child for developmental checks until your child starts school. We can see you at home or wherever you prefer to be seen in the Community.

Helpful resources and numbers

Scan the QR code for more information and resources.



YOUR PRIMARY MIDWIFE IS:

Aboriginal Caseload Midwifery

Before 20 weeks present to your GP or Emergency department if unwell.

After 20 weeks contact your primary midwife.

Birth Unit (24/7)
(02) 4734 2295

Antenatal Clinic (8:30am-5pm)
(02) 4734 2373

Ultrasound bookings (8am-4:30pm)
(02) 4724 2578

Artwork: Ngadhi – galila by Karen Lee. Meaning: Which means Belonging to me in Wiradjuri



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