

## Outreach Midwife Clinic Care - Townsville Aboriginal and Islander Health Service (TAIHS)

There is a midwife available for antenatal care on Monday and Thursday. This service is only available to clients of TAIHS.

You will also have some antenatal care at the hospital with the obstetrician.

Contact Jacqui 0459 815 4598 or Mothers and Babies Clinic at TAIHS 4759 4045.

## Obstetric Specialist Clinic

You will be referred to this clinic if you or your baby requires specialist care during pregnancy. For example: multiple pregnancy, cardiac disease, epilepsy, high blood pressure, diabetes, thyroid disease, fetal structure anomaly or tertiary ultrasound scanning.

Your care will be coordinated by you and an obstetric team / medical team to best manage your needs.

You will have your care with obstetricians and physicians at the hospital. Visits can be combined to see a midwife. You will expect to labour and give birth in the birth suite unless you are booked for an elective caesarean.

If all is well after the birth of your baby, plan for discharge within 48 hours (72 hours following caesarean section). Once you return home you will be visited by a midwife for up to five days (if within the Townsville area).

## How can I get more information?

### Women's & Children's Clinic

T: 4433 1450

### The Townsville Birth Centre

T: 4433 2779

### Midwifery Group Practice

T: 4433 2353

E: TSV-MGP@health.qld.gov.au

### Hospital Maternity website

[www.health.qld.gov.au/townsville/tour\\_baby/pregnancy-welcome](http://www.health.qld.gov.au/townsville/tour_baby/pregnancy-welcome)

### Australian College of Midwives

[www.midwives.org.au](http://www.midwives.org.au)

### Friends of the Townsville Birth Centre

[www.fbctownsville.org.au](http://www.fbctownsville.org.au)

### Maternity Coalition

[www.maternitycoalition.org.au](http://www.maternitycoalition.org.au)

### Queensland Centre for Mothers and Babies

[www.qcmb.org.au](http://www.qcmb.org.au)

### Having a Baby in QLD (QCMB)

[www.havingababy.org.au](http://www.havingababy.org.au)

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Published by Townsville Hospital and Health Service  
[www.health.qld.gov.au/townsville/](http://www.health.qld.gov.au/townsville/)



This patient information brochure supports  
National Safety and Quality Health Service  
Standard 2 - Partnering with Consumers



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Townsville  
Hospital  
and Health  
Service



# Maternity Care

Options for maternity care at  
The Townsville Hospital



## Options for Maternity Care at The Townsville Hospital

Your pregnancy, birth and early weeks as a new mother are a special time for you and your family.

The Townsville Hospital has a number of options for care. You are able to choose from these options based on your obstetric or medical health. These choices include; Birth Centre Care, Hospital Based Midwife Clinic, Midwifery Group Practice or GP shared care.

If your pregnancy is identified as having no risk factors this is classified as a low risk or normal pregnancy. If risk factors are identified it may be recommended that you receive all your pregnancy care at the hospital clinic.

During your first visit your GP or midwife will discuss the choices that are available to you.

The purpose of this pamphlet is to explain the different types of care that may be available to you.

### Birth Centre Care

The Birth Centre offers care in a home-like environment and is suitable if you wish to have a natural approach to childbirth and have a low or normal risk pregnancy. You will receive one-to-one care by a known midwife throughout your pregnancy, during labour and birth, and after birth for up to 6 weeks.

If complications arise during your pregnancy,

your midwife will refer to the obstetric team in the hospital. Decisions will be made in consultation with you, your midwife and obstetrician.

### All Risk Midwifery Group Practice

In Midwifery Group Practice (MGP) you will be cared for by a known midwife who works in a group of four midwives. The midwives work in collaboration with an obstetric team.

In consultation with your obstetrician, the midwife will care for you throughout your pregnancy, birth and postnatal period. Antenatal care is provided at Kirwan, Deeragun and The Townsville Hospital.

You will expect to give birth in the birth suite unless you are booked for an elective caesarean. If all is well following the birth of your baby, you can plan for discharge between six and 24 hours (72 hours following caesarean). Your midwife will arrange to visit you for up to six weeks following the birth.

If you choose this option, please ask your GP to add MGP to your referral or you can self refer from 12 weeks.

### Midwife Clinic Care

The midwives who work in clinics provide antenatal care four afternoons a week. You will give birth in the birth suite at the hospital and your labour and birth will be attended by

midwives and doctors working in the birth suite that day. You may go home after six hours or choose to be transferred to the Maternity Ward. The average length of stay after a normal birth is 48 hours.

Once you return home, you will be visited by a Midwife for up to five days (if you live in the Townsville area).

### Shared care with your GP

You may choose shared care between your GP and an allocated obstetric team at the hospital.

You will be referred to the hospital antenatal clinic for a booking in visit before 20 weeks plus a visit at 36 and 41 weeks.

You will give birth in the birth suite at the hospital and your labour and birth will be attended by midwives and doctors working in the birth suite on that day.

You may go home after six hours or choose to be transferred to the Maternity Ward. The average length of stay for a normal birth is 48 hours.

Once you return home you will be visited by a midwife for up to five days (if you live in the Townsville area).

Following the birth of your baby, regardless of which option of care you chose, you will be referred to your GP and child health for ongoing support.