

Pregnancy care at Nepean Hospital



Nepean Hospital offers a range of options for care during your pregnancy, including shared care with your GP, caseload midwifery, obstetric led and midwifery led care.

We also offer outreach community midwife clinics, and early morning and evening midwifery clinics for busy mums.

Types of antenatal care

Midwifery clinic

Pregnancy care is provided by midwives. Our midwives will work in partnership with you to give support, care and advice during pregnancy. Midwifery clinics are suited to women with low risk pregnancies to meet the individual needs of each woman and her family.



Nurse Unit Manager Samantha and Midwife Brooke checking the baby's position during a midwifery clinic

Outreach clinic

This is the same care as the midwifery clinic, however midwifery outreach clinics offer women antenatal care in the community. This is to help reduce travelling to the hospital and to reduce parking costs. The appointments and check-ups that are completed at the outreach facility are the same as hospital clinic appointments.

Student led care

There are different options available for student led care. Our Graduate Diploma student midwives are linked with a member of our antenatal team to provide continuity of care throughout your pregnancy journey. They can be linked with a hospital or outreach midwifery clinic. Bachelor of Midwifery students also support women in the same way as our graduate student midwives do, however you can choose to be cared for in the Acacia Clinic. This model of care is provided by a team of student midwives who support you throughout your pregnancy, birth, and the postnatal period. The Acacia Clinic runs on Monday and Wednesday evenings. At all times our students are supported by a registered midwife.

Adolescent's clinic

Women aged 20 and younger are welcome with their partners and family to attend this group. This group is specific to the needs of our young families. The clinic is conducted at an outreach setting every Tuesday. You may also attend a hospital Adolescent clinic every second Friday if Tuesday does not suit you.

Caseload

Caseload midwifery provides you with continuity of care. You will have a dedicated midwife throughout your journey. Midwifery group practice is also available and is a team model program with a primary midwife supporting you, however other midwives can see you at different stages throughout your journey. Women who have the same midwife caring for them throughout pregnancy, labour, birth and post birth have the opportunity to build a trusting relationship which increases their confidence.

It has been shown that women who have the same midwife caring for them throughout their pregnancy build trust in their midwife and confidence in themselves.

Midwife Antenatal Postnatal Service (MAPS)

MAPS offers continuity of care with the same team of midwives for your pregnancy and early postnatal period. Your antenatal care will be provided by a primary midwife, who will also support you in the early postnatal period with midwifery in the home. This model of care excludes the birth of your baby, which will be provided by one of our amazing birth unit midwives.

Aboriginal Caseload

Aboriginal caseload midwifery offers women culturally sensitive continuity of care with a primary midwife throughout pregnancy, labour, birth and postnatally.

OPAL

The OPAL clinic is for pregnant women with a body mass index (BMI) of >35 or history of bariatric surgery. Women attending the clinic have access to a midwife, obstetrician, dietitian, physiotherapist and a psychologist.

Gestational Diabetes Midwives (GDM) clinic

The GDM clinic is for women who develop high blood sugar levels during pregnancy, with no previous history of diabetes. The clinic offers specialist multidisciplinary support from midwives, obstetricians, endocrinologists, diabetes educators, and dietitians.

Doctor's clinic

Women who need specialised obstetric care due to medical conditions will need to receive their care in one of our Doctor's clinics. Each Doctor's clinic is led by a senior obstetrician. At times, your doctor may suggest a shared model of care with our midwifery team and will book you in at different stages of your antenatal period.

More information

Scan the QR code for more information and resources.



We are passionate in providing women-centred care and look forward to being part of your pregnancy. If you are interested or would like to know more, please contact our Women and Childrens Outpatient Department for early referral into one of our models. Alternatively, speak to your midwife at your next booking visit.

Get in contact with the Women and Childrens Outpatient Department

Phone: (02) 4734 2373

Email: NBMLHD-WCHReferrals@health.nsw.gov.au

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