Ashford and St. Peter's Hospitals NHS
NHS Foundation Trust

Maternity Services



Patient Information

Introduction

Whether you are pregnant and thinking about where to have your baby or someone thinking about joining our team, I am delighted to welcome you to Ashford and St Peter's Hospitals.

Our team here is committed to providing the best possible support before, during and after labour. As well as having the only full range of neonatal services in Surrey we have also developed a midwife-led birth unit, the Abbey Birth Centre, which offers something unique in the local area.

I hope you find the information enclosed useful but if there is something you would like to know and you cannot find the answer here, please give our admin support a call on 01932 722903 or send the team an email at **maternity.mailbox@asph.nhs.uk** and we will put you in touch with the right person to talk to.



Jane Urben

Associate Director of Midwifery and Gynaecology



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Early Pregnancy Unit

The Early Pregnancy Unit is a nurse-led, specialist unit providing care for women experiencing problems in early pregnancy (6 to 12 weeks of pregnancy).

The EPU unit takes referrals from:

- GPs
- Accident and Emergency
- Midwives
- Urgent Care Centres / Walk-In Centres



Indications for attending the EPU:

- Vaginal bleeding
- Abdominal pain
- Excessive vomiting in early pregnancy (Hyperemesis).
- Women with a previous history of ectopic pregnancy, molar pregnancy or recurrent miscarriage can self-refer.

The **EPU** is located on the ground floor of Abbey Wing and **can be contacted on 01932 722662**, 9am – 3pm Monday to Friday (except bank holidays). There is an answer phone outside of these hours. Ultrasound scanning is available from 9am - 1pm weekdays on an appointment only basis. Outside these hours you are advised to go to our Accident and Emergency Department (A&E) at St Peter's Hospital.

Antenatal Care

Our antenatal department has a team equipped with a wealth of knowledge and skills to provide tailored care for women who need a high level of specialised care, to those who may have a lower dependency. Below are the areas the individual Community Teams serve.

Team	Area Covered
AMBER	Weybridge, Walton on Thames, Hersham
JADE	Woking, Old Woking, St. John's, Knaphill, Westfield, Goldsworth Park
RUBY	Chertsey, Thorpe, Egham, Englefield Green, Virginia Water, Staines
TOPAZ	Ashford, Stanwell, Shepperton, Sunbury, Upper Halliford
OPAL	Addlestone, New Haw, Ottershaw, West Byfleet, Maybury, Sheerwater
OUT OF AREA	Any area not listed above

The first booking appointment is at around 8-10 weeks of pregnancy and is usually carried out by the community midwife in your local health centre. At this appointment, lasting for about 1 hour, the midwife will discuss antenatal screening tests and scans, and can refer you to an obstetrician if appropriate. You will also be given your handheld maternity record.

At each antenatal appointment the midwife or GP will check your blood pressure and test your urine and on certain occasions they may record your height and weight. They feel your abdomen to your baby's growth and position. From 21 weeks onwards they may listen to the baby's heart beat if you want them to.

During each appointment you will be able to ask questions or talk about anything that is worrying you and you will be given written information on:

- infant feeding
- preparing for labour and birth
- how to recognize when you are in labour
- looking after yourself and your new baby
- screening tests for yourself and your baby
- Induction of labour
- Postnatal care



Antenatal Classes

We offer the following parent education resources:

- Active birth class
- Physical skills for pregnancy and labour
- Back Care Class
- Core Exercise Class
- Teen Parent Classes
- Breast feeding workshops
- Breast feeding clinics and support
- Multiple births classes
- Dads to Be classes
- Postnatal Ward sessions

Self Referral Service

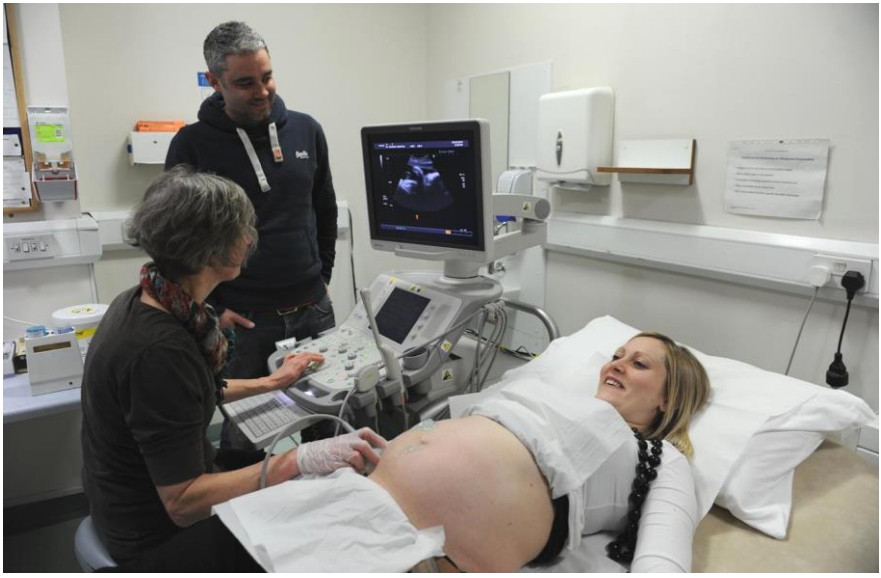
If you are more than six weeks pregnant you can now book your maternity care directly with Ashford and St Peter's maternity services by completing our self-referral form online at: **www.asph-maternity.org** or by contacting the Trust's antenatal clinic on **01932 722388**.

Obstetric Ultrasound

The Obstetric Ultrasound Department is based next to the Antenatal Clinic on the ground Floor of Abbey Wing, at St Peter's Hospital. You can also have your scan at Ashford Hospital.

You will be offered two scans:

- one early in pregnancy between approximately 11–14 weeks gestation (combined screening scan) and,
- another at 18–21 weeks (anomaly scan) to check the growth and development of your baby.



The **Ultrasound department can be contacted on 01932 722665**.

Day Assessment Unit (DAU)

The Day Assessment Unit provides antenatal care in addition to the routine care delivered by our Community Midwives. It is for the women who need more intensive monitoring, clinical care or support that can be given in the community setting, but less than on the ante-natal ward. It provides a facility for frequent outpatient assessment with access for all women with complications.

You will be sent to the DAU if the midwife has any concerns about the following:

- reduced fetal movements
- on-going blood pressure monitoring
- slight vaginal bleeding, spotting
- spontaneous rupture of membranes at term
- Itching in pregnancy
- abdominal pain

To make an appointment at the **Day Assessment Unit** please call **01932 722366**; if you have question about the service the **Day Assessment Unit can be contacted on 01932 722389**.

When Pregnancy isn't straight forward . . .

Midwives work alongside Consultant Obstetricians to provide supportive care for women whose pregnancies and / or births have become complicated. Even where pregnancies are complicated most care will be on an 'outpatient basis' with as few stays in hospital as possible. When pregnancies are not so straightforward, your timetable of pregnancy care will be agreed between yourself and the Consultant Obstetrician planning your care. When complications arise they do not always cause problems for the baby or for yourself but they do need the specialist input of an obstetrician; your midwife will arrange a referral to our **Specialist Consultant Delivered Clinics** as necessary.

Women's Health Physiotherapy

A specialist Women's Health team is located in the Physiotherapy department at St Peter's Hospital, with a weekly outreach clinic from Ashford hospital on a Thursday. Working alongside other health professionals including Midwives, Obstetricians, the Urogynaecology team, the Colorectal team and the Continence nurses, they provide joined up care to treat a variety of conditions suffered by pregnant ladies and also those with pelvic floor problems.

Your Doctor or midwife will refer you for treatment sessions which include a range of:

- One to one treatments
- Education sessions
- Group exercise



Common conditions which benefit from physiotherapy

Pain in your pelvis

50% of pregnant ladies will suffer some form of back or 'pelvic girdle' pain during their pregnancy. Education sessions, last 90 minutes including a 5-10 minute individual examination.

Pelvic floor weakness

1 in 3 ladies will have some weakness in their pelvic and the aims of physiotherapy are to rehabilitate the pelvic floor muscles, and provide education on how to reduce strain on the area through lifestyle modification.

You can contact the team at **St Peter's** Physiotherapy Department on **01932 722547** or **Ashford** Physiotherapy Department on **01784 884484.**

Options for Birth

St Peter's Hospital supports approximately 4,000 deliveries a year. It is known as a tertiary centre because of the neonatal intensive care (NICU) which is attached to the unit. This means we can provide intensive care for very premature babies and are the only unit in Surrey who can support this level of care. The NICU takes transfers of both pregnant women and newly delivered babies from across the South East, and also from London.



In general, **women who are 'low risk'** have a range of options:

- birth at home
- birth in the Abbey Birth Centre
- birth at the hospital in the Home-from–Home rooms
- birth at the hospital within the Labour Ward

Women who have some risk factors are encouraged to discuss their requirements with their midwife and a Consultant Obstetrician For example:

- A previous Caesarean section
- An on-going medical problem
- When pregnancy goes into its 43rd week
- When the placenta is low but not obstructing the passage of the baby

Women who have had a complicated pregnancy or are having significant medical treatment are usually advised to birth within a hospital setting. For example:

- Blood pressure problems especially pre-eclampsia
- When labour is premature (at less than 37 weeks)
- When the baby has not been growing well
- When the woman has problems with blood clotting



Maternity Triage

If you find you have a concern outside of your schedule antenatal visits you may wish to access our Maternity Triage service. This is a Midwifery–led unit, operating 24 hours a day, where a midwife is able to assess you in a timely manner and give you the appropriate advice. You may wish to call us if you feel labour is starting, your waters have broken, or if your baby's usual pattern of movements have changed.

If you are over 31/40 weeks and are booked for either a homebirth or the **Abbey Birth Centre** then the **Triage Team** can be contacted on **01932 723761,** and you will be assessed at the Abbey Birth Centre.

If you are booked for a hospital birth or are under 37 weeks then the **Maternity Triage Team** can be contacted on **01932 722835**. The Triage Unit is situated on the 3rd floor of Abbey Wing, St Peter's Hospital.

Home Birth

If you are healthy, are having an uncomplicated pregnancy and live within the area where we provide a community midwifery service, you may want to consider a homebirth as an option. Homebirth has been shown to reduce the likelihood of interventions in health pregnancies. Homebirth is not an advisable option should a complication arise in your pregnancy, or if you have either a medical or obstetric history that indicates that a hospital birth is more appropriate.

We aim to run a 24-hour service of on call Midwives but very occasionally this not possible because the community midwives maybe attending another homebirth. On these very rare occasions your Midwife will keep you informed and explore other options with you.

Hospital Birth

If you have chosen a hospital birth there are a number of options available as you may receive care in the Home-Home rooms or the main Delivery rooms. The Labour Ward consists of:

- 7 En-suite Delivery Rooms
- 4 bedded Obstetric Observation Bay for high dependency women
- 2 Home-from-Home rooms
- 1 birthing pool room
- Bereavement Suite
- 2 Obstetric Theatres

All rooms on Labour Ward have resources for supporting active birth, (such as beanbags, mats and birthing stools), and facilitating relaxation and a homely environment (such as radios and ipod docks).



Home-Home rooms offer facilities to the women who have had uncomplicated pregnancy and wish to give birth naturally without the use of an epidural. Upright positions, moving around and the use of the birthing pool are encouraged. If you require an epidural you will be admitted to one of the **main delivery rooms**. Your Midwife will be happy to discuss the options with you. The **Labour Ward** is situated on the 3rd Floor in the Abbey Wing, St Peter's Hospital, and can be contacted on **01932 722663**.

Abbey Birth Centre – midwifery led unit

Leading the way for normal birth the Abbey Birth Centre has been purpose built to provide a 'home from home' environment for women who have normal and uncomplicated pregnancies and want to give birth in a less clinical setting. There are four en-suite birthing rooms, three with pool facilities and extra touches such as iPod docking stations and a small outside garden space. Run by midwives rather than doctors with a homely and relaxing environment, where women can move around freely during in labour, the centre will offer something unique in the local area.



The Birth Centre will not be suitable for all women and for those who experience complications during pregnancy or are 'at risk' of difficulties during labour and birth, consultant led care will continue to be available on the labour ward. All women assessed to be 'low risk' at their booking appointment by their midwife, will be booked to deliver in the Abbey Birth Centre, provided they meet the criteria or they choose not to and 'opt out'. The **Birth Centre** is located beside the Abbey Wing and can be contacted on **01932 723761**.

Joan Booker Ward

The Joan Booker Ward offers **postnatal** and **antenatal** inpatient services and is located on the 1st floor of Abbey Wing at St Peter's Hospital.



There are a total of 39 beds which consist of:

Postnatal beds, antenatal beds, 10 single rooms, and 9 beds in our special care unit. We also have an infant feeding room.

Joan Booker Ward can be contacted on **01932 722291.**

Postnatal Care

The postnatal care team is made up of midwives, maternity assistants, nursery nurses and housekeepers who will provide care for you and your baby.

You and your baby will have a daily check performed and your baby will have a full examination performed by the paediatrician before being discharged home. The community midwife will provide regular visits at home.

Neonatal Intensive Care Unit (NICU)

The **Neonatal Intensive Care Unit** is based at St Peter's Hospital and is the only Level 3 Unit in Surrey. It has 24 Cots, 8 of which are for intensive care and 4 for high dependency, with the remaining 12 being special care.



The babies, ranging from 23 weeks gestation to term, have complex needs which the clinical team meets, in a purpose built environment to deliver safe high quality care. The unit is equipped with the latest in high tech equipment for both treatment and monitoring purposes, and provides all modes of breathing assistance for babies. Other newer developments include CFM monitoring, body cooling and Vapotherm therapy.

We have developed strong experienced teams who provide, Clinical Practice Education, Transitional Care, Transport, Developmental Care, Community follow up and Bereavement Support.

The Unit also has a thriving Breast Milk Bank which enables extremely premature babies to receive pasteurized breast milk when their mothers are unable to produce adequate quantities. This avoids the use of formula milk which is less easily tolerated by these babies. Parents are encouraged to visit and participate in the care of their baby, and the Gallagher Suite for parents enables them to stay on the unit prior to taking their baby home, if their baby is seriously ill, or if the family has an unusually long distance to travel.

Birth Reflection Service

The **Birth Reflection Service** is available to any woman who has given birth at Ashford and St. Peter's Hospitals and her partner. The service provides women and their partners the opportunity to talk about their birth experience, to share feelings and reflect on their birth, discussing the whole experience in an atmosphere of trust and safety, helping to clarify events. Although women are encouraged to talk through their experiences while they are still in hospital, many find they need to have time at home adjusting to family life before being able to reflect upon their experience.

A birth reflection experience can help considerably to obtain a greater understanding of events surrounding the birth, why possible intervention was necessary, and the possible implications for future births. A birth reflection takes place in a room signposted 'Birth Reflections' which is situated next to the ultrasound department on the ground floor of Abbey Wing at St. Peter's Hospital. You can access the service by contacting the midwife counsellor or support midwife directly on 01932 722879 or by writing to:

Midwife Specialist Counsellor
Maternity Unit, Abbey Wing, Ashford and St. Peter's Hospitals
Guildford Road, Chertsey, Surrey KT16 0PZ

Further Information

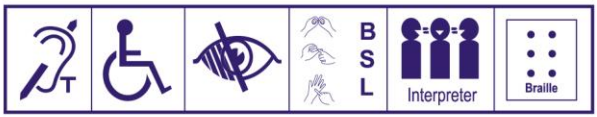
We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you remain concerned, PALS can also advise upon how to make a formal complaint.

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We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.

To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمه دارید، لطفا با شماره 01932 723553 تماس بگیرید.

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگر آپ اس کا اُردو زبان میں ترجمہ چاہتے ہیں، تو براہِ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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