

# Dr Lourdes Fernandez – Midwife Led Birthing Suite



## **Welcome:**

Having a baby is an exciting time for all the family. At Fernandez Hospital, we want to help you welcome your newborn baby into the world, by providing you our support and care.

Our highly respected maternity services are available throughout your pregnancy to help you plan the birth you want, whilst ensuring the wellbeing of you and your baby.

## **Planning your baby's birth:**

You may wish to have an appointment with a member of our professional midwifery team – if you haven't already – who can discuss professional midwifery care and what to expect from a Midwifery Led Unit (MLU)

## **So, what is a Midwifery Led Unit? (MLU)**

MLU is a specialised unit where professional midwives are the lead professionals; In Fernandez Hospital this means a separate birthing suite, next door to the main labour ward.

## **Who can give birth in a Midwifery Led Unit?**

- You are healthy without any medical problems
- If you have been pregnant before it was straightforward and you had a vaginal birth without any major complications
- This pregnancy has been straightforward for you and your baby
- Your BMI is between 18-35kg/m<sup>2</sup>
- Your baby is growing well and is bigger than the 10<sup>th</sup> centile
- You go into labour spontaneously
- Your waters are broken less than 24 hours

If you are unsure as to whether to birth in the MLU; please discuss with the midwifery team.

## **Evidence suggests if you birth under Midwifery Led Care in a Midwifery Led Unit:**

- You are LESS likely to have a caesarean section
- You are LESS likely to have a blood transfusion
- You are LESS likely to have an episiotomy or cut in the vagina
- You are LESS likely to have an instrumental birth
- You are MORE likely to have a positive birth experience
- You are MORE likely to start breastfeeding in the first hour after birth

### **For your baby:**

- Research has shown that Midwifery led care is as safe as Obstetric led care for mothers with uncomplicated pregnancies

Women who choose to have their baby in an MLU are less likely to have intervention during labour and report a greater satisfaction with the care that they receive.

### **What do the rooms offer?**

The rooms are decorated in warm colours that help you feel calm and peaceful. You can also have the lights dimmed to help you relax.

They each have a:

- Birthing pool for birth or hydrotherapy
- Birthing Ball
- Ceiling mounted sling/rebozo for achieving active birth
- Floor Mats
- Gas and Air(Entonox Gas)
- Traditional bed or couch for some rest
- Attached washroom with shower
- Privacy



Care in the MLU will be provided by the Fernandez team of Professional midwives. An Obstetrician will review you only if needed. Example: If you or your baby develop any complications where immediate delivery may be required.

You may opt for MLU care but circumstances during the labour may compel you to be transferred to the obstetric unit so your care can be continued with the midwifery and obstetric team. You will also need to transfer to the obstetric unit if you request further pain relief such as an epidural.

### **Reasons for transfer from the MLU to Obstetric unit:**

- Your waters have broken and the baby has passed thick meconium (Green waters)
- You request an epidural
- You develop a fever which is not resolving
- Labour is progressing much slower than expected
- We have concerns about you or your baby

This list is not exhaustive and may depend on your individual circumstances.

Emergencies are rare and research suggests the most common reason for transfer from an MLU to an obstetric unit is for an epidural. This is classified as a non-emergency transfer.

However, emergencies can sometimes happen unexpectedly, wherever you choose to birth and our team of professional midwives are expertly trained to deal with these emergencies and will call on support from the obstetric team.

If you would like to know more about Professional Midwifery and the Midwifery Led Unit please book an appointment with the Midwifery Team. Currently, we have clinics throughout the week. You can also discuss your options with your named Consultant or Doctor.

### **MIDWIFERY LED OP CLINICS:**

**Bogulkunta** – Tuesdays and Thursdays 11 am – 7 pm

**Stork Home** – Mondays and Fridays 9 am – 2 pm

**Miyapur** – Saturdays 8 am – 2 pm

You do not need to pre-book to birth in the Midwifery Led Unit. If your pregnancy and early labour remains uncomplicated you can opt to birth in the Midwifery Led Unit stage of your pregnancy any time. The midwifery team will again discuss your options with you when you come to the hospital in labour.

