



# Midwifery@Home

## Providing continued support for you and your baby at home

**Midwifery@Home is a follow up support service provided by Nepean Hospital for you and your baby for up to the first 2 weeks after the birth. The number of visits you receive will depend on the needs of you and your baby.**

The hospital stay is not long enough to complete all the education and information needed for life with a new baby. Most women find it helpful to get further education and support in their own home.

If you have had a healthy pregnancy and an uncomplicated vaginal birth and both you and your baby are well, you may like to consider going home from the Birth Unit after a minimum 4 hour stay. If you have had a caesarean section, requests to go home before 48 hours will need to be assessed by a doctor.

A midwife will visit you in your own home to attend to your baby's care as well as your postnatal care. The midwife will:

- See you on a daily basis, if necessary, or contact you by phone to see how you and your baby are (based on individual needs).
- Visit you between 9.00am and 4.00pm.
- Support you with feeding your baby.
- Educate you about helping your baby to sleep and settle.
- Weigh your baby.
- Perform necessary blood tests for your baby (including the Newborn Blood Spot Screening test).
- Attend to your postnatal check-ups.

- Provide you with support and reassurance.
- Put you in contact with your local Child and Family Health Centre and any other support services you may need.

### When is the service available?

The Service operates 7 days a week. It may include follow up by phone or a visit to your home.

The visit will occur sometime between 9.00am and 4.00pm and generally lasts 30-45 minutes, depending on your needs. No specific appointment time is given and the midwife will not phone before they arrive at your home. Please let your midwife know if you will not be at home on the day of our visit.

Please make sure we have the address of where you will be staying and your phone number before you leave the hospital.

### Who is eligible for Midwifery@Home?

Most women who have had their baby at Nepean Hospital are eligible. If you live outside the Nepean Blue Mountains Local Health District you may be referred to a hospital closer to your own home, within your own local health district.

### Is there a fee involved?

This Service is free for Medicare card holders. If you do not have a Medicare card you will need to pay in advance. Proof of payment must be shown at the time of the visit.

## Safety for the midwife

We will ask you some questions about accessing your home. Please let us know if your house is difficult to locate or if there may be any potential safety issues.

Our midwives are unable to remove their shoes when visiting your home due to work, health and safety regulations. If this is not suitable due to cultural or religious reasons, alternative arrangements can be made, such as visiting you and your baby outside of your home or an appointment can be made for you to visit the hospital.

### Consider seeking help sooner if you:

- are passing blood clots, or experience a heavier blood loss
- have fevers, faintness or dizziness
- have a leg that is painful, red, hot and/or swollen
- have severe headaches
- have pain, discharge, or redness from your caesarean wound
- have pain, discharge and a large amount of swelling around your vagina, following a vaginal birth
- have burning, or difficulty passing urine
- have painful breasts with a reddened area
- are generally feeling unwell.

### Or if your baby:

- seems tense and irritable
- seems too floppy or very sleepy
- has any change in their skin colour
- has blood in their nappy
- has nappies that are less wet or dirty than previously
- is not feeding enough
- has anything that you may be concerned about.

## Contact Information

### Midwifery@Home

Phone: (02) 4734 2530 8.30am-9.30am and  
3.00pm-4.30pm

Postnatal Ward (02) 4734 2312 or  
(02) 4734 2294

Home visits: 9.00am-4.00pm 7 days a week

After hours services are not available from the Midwifery@Home Service.

Please visit your GP if you are concerned about yourself or your baby.

In an emergency go directly to the nearest hospital emergency department or call an ambulance on 000.



**Health**  
Nepean Blue Mountains  
Local Health District

PO Box 63  
Penrith NSW 2751  
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