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PLAZA MEDICAL CENTRE

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On Behalf of Sterry Care Pty Ltd
ABN 52 134 020 072

Pregnancy Care at Plaza Medical Centre

Congratulations on your pregnancy! Pregnancy is very special time and we are here to help make it as enjoyable and safe as possible. This sheet will help outline routine pregnancy care with our Team.

Care options (please let Plaza know which model of care you would prefer)

For an uncomplicated pregnancy in the Goldfields you have the following options for care;

- All your pregnancy care with our midwife and GP Obstetricians at Plaza (visit fees apply)
- All your pregnancy care with the Kalgoorlie Hospital Antenatal Clinic (free)
- Shared care with our team and either your GP (if they are trained to do shared care) or the Hospital

Visits at Plaza

During an uncomplicated pregnancy you would expect to see either the Dr or the midwife about 8-10 visits. Please download Zoom mobile app (<https://zoom.us/download>) on your phone so that we can do video telehealth with you.

- First visit (By Telehealth) ~6-8 weeks – the midwife will take your medical history and you will be started on a hand held antenatal record. An appointment with a doctor will be then arranged.
- Face to Face visit with GP Obstetrician at 8wks for a dating ultrasound (Come with a full bladder please)
- Telehealth at 14wks (GPO), 18wks (Midwife) and 22 weeks (GPO).
- Face to Face with your GP Obstetrician and do your glucose tolerance test at 26 wks.
- Telehealth with Midwives at 30 weeks
- Telehealth first then short Face to Face (to check your BP, Feel your growing bump & listen to your baby) At 33 wks (GPO), 36 wks (Midwife), 38 wks (GPO), 40 wks (GPO)
- If this is your first baby we may also see you at 37wks and 39 wks.

Normal antenatal visits with Dr will be \$85 (out of pocket cost ~\$40). Midwife visits are \$45 (out of pocket cost ~\$20). One of the visits (usually the 26 week visit) will be \$160 (out of pocket cost ~\$40). We will keep your antenatal book until 33 wks but after that it is important that you bring your **antenatal book** with you. Please do a urine sample while waiting for your appointment (pots are available in the toilets or take one during your visits for the next one). You will need to book into the hospital for your delivery around 16-22 wks - Your doctor will send in a referral and the hospital will contact you for a phone appointment.

The doctors at this practice are General Practice Obstetricians. Please note should you develop significant complications in your pregnancy or delivery you may be referred to the Kalgoorlie Hospital High risk Obstetrician clinic for further advice/management. Should you have any further questions regarding this please discuss this further with one of our doctors.

Ultrasounds

It is common for the Dr to do ultrasounds during your pregnancy. The fee for ultrasounds is \$60. If these are done for medical reasons there is a medicare rebate that can be claimed when you claim for the consult (out of pocket ~\$35). It is important to understand that our Dr's are not specialists trained in ultrasound and therefore any suspicious features seen on ultrasound here will need to be followed up with a formal ultrasound.

Delivery

If you have private insurance your chosen doctor will manage your pregnancy and be responsible for you during your labour and delivery (unless you are advised otherwise). Should you choose to use your private insurance for your delivery care there will no out of pocket costs for your delivery.

If you are choosing to be admitted as a public patient you will be covered by medicare for the delivery. You will be cared for at the hospital for your delivery by the midwives supervised by the rostered doctor on-call. That may include the hospital resident doctor, Dr Keen, Dr Sterry, Dr Riffat or the on-call obstetric team.

Plaza Medical Antenatal Care Planner		Date	Initial
5-6 wks – Midwife Via ZOOM Telehealth	First Antenatal booking Check Full hx, diet/exercise, folate, smoking/alcohol, Links for handouts – Folic acid, listeria, healthy eating, screening tests in pregnancy Arrange Dating Scan appointment Links to Flu vaccine VIP handout on webpage discussed Discuss Models of Care / Schedule of Visits (email this)		
7-8 wks – GPO IN PERSON	Dating Scan, give form for blds to be done while here Do weight/hgt/BMI Arrange First Trimester Screen,+/- NIPT +/-Genetic Give Flu vaccine if available		
13-14 weeks- GPO Via ZOOM Telehealth	Results of FTS, Request for Anatomy Scan Update blds in HHR & scan Pg 5,6,7 to send with booking Email Request for Admission to KRH		
16-18 weeks – Midwife Via ZOOM Telehealth	EPNDS/DV Screen/check alcohol & smoking Discuss healthy weight gain Link for Pertussis VIP Handout on web discussed		
21-22 weeks – GPO Via ZOOM Telehealth	Results of Anatomy Scan Request for GTT & 26 week bloods (leave at desk)		
26 weeks – GPO IN PERSON	General Check up while attending GTT Check has booked into KRH Weight and BMI, Give Pertussis vax Anti D now if required Give info on NBHT,NBST, Vitamin K and Hep B (laminated sheet to read whilst doing GTT and then wipe over)		
29-30 weeks – Midwife Via ZOOM Telehealth	GTT & other blood results EPNDS and DV screen /check alcohol & smoking Check patient feels bump is growing and baby is active Talk about fetal movement and when to seek review Email still aware handout Update bloods in HHR low threshold for Face to Face if any concerns		
33 weeks – GPO IN PERSON	General check-up, offer antenatal classes (Plaza) Do consents NBHT,NBST, Vitamin K and Hep B Growth scan if required Anti D if necessary Provide Grp B Strep pack AND give pt HHR now		
36 weeks – Midwife IN PERSON	Check has returned GBS and done 36 week bloods Weight and BMI, repeat EPNDS & DV Discuss Safe sleeping & provide pamphlets 36 week Advice sheet, Discuss when to call Plaza/KRH If primip labour/pain relief/what to pack info		
37 weeks - GPO IN PERSON ONLY PRIMIP	This visit ONLY if first baby Can do by phone if not primip if pt wants – Discuss what to pack, analgesia, feeding		
38 weeks – Midwife/GPO IN PERSON GPO if multi and not having 37/39 visits	R/v GBS and 36 week blood results Discuss Analgesia & labour/birth concerns Consider handout perineal massage & nipple stimulation Update results page		
39 weeks – GPO IN PERSON PRIMIP ONLY	General Check-up & Offer S&S		
40 weeks – GPO IN PERSON	General Check-up & Organise IOL Discuss postnatal follow-up at Plaza		