



PIONEER HEALTH
Maternity Program

Congratulations on your pregnancy

Welcome to the Pioneer Maternity Program. We look forward to providing care throughout your pregnancy, birth and beyond in the newborn period.

Our obstetric team and services

Our GP obstetricians are (Dr Carly Roxburgh, Dr David Tadj, Dr Yen Lo, Dr Sourabh Joshi, Dr Shani Macaulay) and our Endorsed Midwife Mel Scott can provide comprehensive care throughout your antenatal and postnatal periods.

We support women's care choices for their pregnancy, from our share cared option between our GPO's, Endorsed Midwife, Albany Health Campus and if needed specialist care from King Edward Memorial Hospital or Fiona Stanley hospital in Perth.

GP OBSTETRICIANS



DR DAVID TADJ



DR CARLY ROXBURGH



DR YEN LO



DR SOURABH JOSHI



DR SHANI MACAULAY

Our obstetric team and services

Our GPO's are available 24/7 on a rotational on call basis, so whenever your needing to be at Albany hospital one of supportive GPOs will be there to support you and your family..

ENDORSED MIDWIFE



MATERNITY PROGRAM SUPPORT OFFICER



CASEY CHAMBERS

Facilities

The practice has several ultrasound machines which are used regularly to ascertain your baby's growth and wellbeing.

We have a cardiotocograph (CTG) machine and fetal doppler, which is used to monitor fetal wellbeing.

*Our GP
obstetric team is
available on call 24/7
for our maternity
patients.*



Pregnancy Care Options

GPO SHARED CARE

At each antenatal visit you will see our midwife or a nurse for a routine check. You will then see your doctor who will check you and your baby and arrange necessary tests.

Short ultrasound scans, including dating scans, may be done at your visits to Pioneer Health.

iMed Radiology, located in Albany, provides detailed ultrasound examinations, including dating scans, nuchal translucency screening (12 weeks) and the routine anatomy scan (at 19-20 weeks).

After you reach 16 weeks of pregnancy, we will arrange an appointment for you with our midwife. At this appointment the booking paperwork for Albany Health Campus will be completed.

Following discharge from hospital, the visiting hospital midwife or our Endorsed Midwife can

visit you daily at home if required. The local child health nurse will then monitor your baby's progress in the first few weeks of life.

We offer you and your baby a post-natal check up at 2 weeks and 6-8 weeks after the birth with either a GPO or Endorsed Midwife. During this check-up your baby can have their first immunisations. After this check, you and your baby are discharged from the Pioneer Maternity Program.

Of course, you are welcome to make an appointment with our midwife/lactation consultant at any time after the birth of your baby.

You are also welcome to select one of our non-obstetric GPs to consult with going forward, for any health issues you or child may have.

GPO FEES

Standard	Fee	Rebate	Gap
Standard Antenatal	102.15	45.65	56.50
Pregnancy Management and Planning (>20 wks) <i>(one per pregnancy)</i>	Bulk Billed		0
Health Care Card	Fee	Rebate	Gap
Standard Antenatal	86.20	45.65	40.55
Pregnancy Management and Planning (>20 wks) <i>(one per pregnancy)</i>	Bulk Billed		0

If you have private health cover, please discuss with your doctor. Patients are encouraged to discuss antenatal care costs with their GP Obstetrician if they have any concerns.

Pregnancy Care Options (cont.)

ENDORSED MIDWIFE CARE

Our Endorsed Midwife (EM) Mel Scott is able to offer a continuity of care plan for low risk women and their families during pregnancy and the post-natal period. She is able to prescribe medications, request ultrasounds and pathology tests that are relevant to your

pregnancy. The advantage is to have a main care provider that you see throughout your pregnancy and into your postnatal time. At this stage she does not attend births, but will collaborate with our Pioneer GPO's so you will have that ongoing support during that time.

ENDORSED MIDWIFE FEES

		<i>Fee</i>	<i>Rebate</i>	<i>Gap</i>
<i>Standard</i>	<i>Standard Antenatal</i>	<i>80</i>	<i>31.35</i>	<i>48.65</i>
	<i>Long Antenatal</i>	<i>100</i>	<i>51.75</i>	<i>48.25</i>
<i>Concession</i>	<i>Standard Antenatal</i>	<i>Bulk-billed</i>		<i>0</i>
	<i>Long Antenatal</i>	<i>Bulk-billed</i>		<i>0</i>
	<i>Pregnancy Management and Planning (>20 wks) (one per pregnancy)</i>	<i>Bulk Billed</i>		<i>0</i>

Extra services

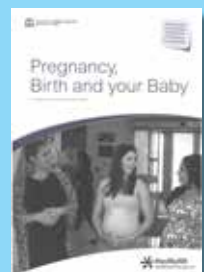
Iron infusion: \$82 out of pocket

Cardiotocography (CTG): \$0 out of pocket

PREGNANCY GUIDE

Available digitally "Pregnancy, Birth and your Baby". This guide has information regarding what to expect during your pregnancy and includes a description of the tests you may have, as well as advice about how to take care of yourself and your baby during pregnancy and after your baby is born.

You can access this book using this QR code



Lactation Consultant

Our Endorsed Midwife is also a qualified Lactation Consultant who can assist you with all things breastfeeding. Including antenatal education, early feeding, any issues or concerns with feeding such as low supply, pain, oversupply, nipple damage

and mastitis. We have access to Low Level Light Laser therapy to assist with the repair/healing of damaged nipples, plus ultrasound therapy that can help with uncomfortable lumps and mastitis prevention/healing.

LACTATION CONSULTANT FEES

<i>Baby is less than 6 weeks old:</i>		<i>Fee</i>	<i>Rebate</i>	<i>Gap</i>
<i>Standard</i>	<i>Standard</i>	121.75	51.75	70.00
	<i>Long</i>	146.10	76.10	70.00
<i>Concession</i>	<i>Standard</i>	91.75	51.75	40.00
	<i>Long</i>	131.10	76.10	55.00

NO REBATE IF BABY IS MORE THAN 6 WEEKS OLD.

Possums Educator

We also have a qualified Possums Educator that is able to help with all things around sleeping and settling for your baby. Utilising neuroprotective development science around how baby's sleeping and settling

patterns are developed in their brains. Your Possums Educator is able to give you practical skills to improve yours and your baby's sleeping and settling concerns.

Possums Clinic Fee

\$250



You may like to download the free **“My Baby WA Pregnancy”** app. This app delivers researched and evidence based information at the right time during pregnancy making it relevant to the user.

Antenatal visits and tests

<8 weeks	First visit with your GP Obstetrician or Endorsed Midwife (<i>dating scan</i>)
10 weeks	BLOOD TESTS
12 weeks	FIRST TRIMESTER SCREENING ULTRASOUND + GPO/EM appt
16 weeks	Appointment with Pioneer Health Midwife
19-20 weeks	ANATOMY SCAN
20-21 weeks	Appointment with EM (or hospital midwife)
24 weeks	Appointment with GPO/EM
26 weeks	GESTATIONAL DIABETES SCREEN
28 weeks	Appointment with Pioneer Health Midwife
32 weeks	Appointment with GPO or EM or Hospital Midwifery Clinic
34 weeks	Appointment with GPO or EM or Hospital Midwifery Clinic
36 weeks	Appointment with your GPO + Pioneer Midwife + BLOOD TESTS & SWABS
38 weeks	Appointment with GPO or EM or Hospital Midwifery Clinic
39 weeks	Appointment with GPO or EM or Hospital Midwifery Clinic (if required)
40 weeks	Appointment with GPO/EM
41 weeks	Appointment with your GP Obstetrician or EM (if required)
42 weeks	Appointment with GPO and Pioneer Health Midwife
Baby 2 weeks old	Check on mum and baby: feeding and weight check with GPO or EM if required.
Baby 6-8 weeks old	Baby has immunisations and mother and baby have consult with GP or EM. Discharge from Pioneer Maternity Program.

Common questions in pregnancy (source: RANZCOG)

FETAL MOVEMENTS

Do your baby's movements slow down closer to its due date?

You may feel your baby's movements as anything from a kick or a flutter, to a roll or a swish. If your baby's movement pattern changes, the routine, strength or frequency, it may be a sign that it is unwell. There is no set number of normal movements. It is NOT TRUE that babies move less or slow down towards the end of your pregnancy. You should continue to feel your baby's regular movement patterns right up to the time of its birth. The myth that having something to eat or a cold drink to stimulate your baby does NOT work. Trust your intuition and if you are concerned about your baby's movements, contact your doctor or midwife immediately.

SLEEPING POSITION

Is lying on your back dangerous when you are pregnant?

Tossing and turning at night is common during pregnancy and at times it may be difficult to get comfortable in any position. The best position to sleep when you are pregnant, particularly after 28 weeks, is on your side. It is not a good idea to lie flat on your back, as the weight of your baby and uterus presses down on some major veins that carry blood back to the heart. This may make you feel short of breath or light-headed, and lead to lower oxygen levels in the baby which will compromise the baby's wellbeing. Recent scientific studies have shown that women who go to sleep on their back have up to an 8 times higher chance of having a stillborn baby compared to women who go to sleep in another position. Don't lie awake worrying about which position you should be in, put pillows behind your back and between your knees to prevent falling on your back and if you wake up on your back, just settle back to sleep on your side.

FOODS TO AVOID

Which foods should be avoided during pregnancy?

Food precautions are important during pregnancy to avoid potentially harmful bacteria and prevent exposure to disease such as toxoplasmosis and listeria which can cause birth defects, miscarriage and stillbirth. While cooking and pasteurisation can kill bacteria, there are other important tips to follow:

- Avoid eating raw and undercooked meat (including deli meats)
- Avoid eating undercooked fish or shellfish
- Avoid unpasteurized dairy products
- Do not eat soft cheeses
- Wash all fruits and vegetables before eating them
- Wash hands, knives, and cutting boards after handling uncooked foods
- Avoid foods recalled for contamination

ALCOHOL

Is an occasional glass of wine okay during pregnancy?

Some people believe that drinking an occasional glass of wine is harmless during pregnancy and can have no effect on the baby. The sensitivity of the baby to the adverse effects of alcohol varies between women and between the different stages of pregnancy. Babies of mothers who have consumed higher levels of alcohol during pregnancy have a higher chance of malformations and developmental delays including Fetal Alcohol Syndrome. Currently there is no consensus on the safe level of alcohol during pregnancy so alcohol should be avoided.



PIONEER HEALTH Maternity Program

Pioneer Health Albany 2 Pioneer Road
Centennial Park WA 6330 | t: 9842 2822 | f: 9842 8219
e: admin@pioneerhealth.com.au | www.pioneerhealth.com.au