



# CIRCULAR

**Applicable to:**

GENERAL MEDICAL UNITS  
(excluding teaching hospitals)

**Enquiries to:** Miss E L Bohan  
**File No.** 328 0241 ext 4023  
401/78

**Number:** N199

**Date:** 21/5/86

**Subject**

**ANTE-NATAL EDUCATION**

1. The benefits of ante-natal education to mother, baby, father and all concerned are well-known, and no doubt there is an ongoing programme of ante-natal education in your hospital. It will therefore be a means of evaluation and possible revision, to check your programme with that conducted at KEMH, a copy of which is enclosed.

Circulation of this programme was recommended by the Midwives Association. This body is also in the process of preparing a short course/workshop on teaching midwives how to teach ante-natal education. When finalised I will let you know so that midwives on your staff can participate.

2. A Report issued by the National Health & Medical Research Council, of the Working Party on Implementation of the WHO International Code of breast-milk substitutes is also enclosed for circulation among your staff.

WD ROBERTS  
COMMISSIONER OF HEALTH

KING EDWARD MEMORIAL HOSPITAL FOR WOMEN

ANTENATAL EDUCATION DEPARTMENT

Early Pregnancy Discussion

Held first Wednesday of each month in Antenatal Education Department.

Objectives:

At the completion of the early pregnancy discussion, the mother/couples

- 1) will feel welcome to attend the Antenatal Education series of classes and the physiotherapy classes at King Edward Memorial Hospital
- 2) will be aware of the Community agencies that conduct antenatal and physiotherapy classes
- 3) will understand the physical and emotional changes they may experience during their pregnancy
- 4) will have watched the conception and foetal segment of the movie "The First Days of Life"
- 5) will understand the ideal life style/habits for a healthy mother to be during pregnancy
- 6) will have discussed nutrition in pregnancy with the Dietitian
- 7) will have met the Physiotherapist and had an introduction to breathing and relaxation classes
- 8) will have had the opportunity to discuss their specific questions with three members of the health care team.

People involved: mothers/couples either pre-conception or early pregnancy, Antenatal Educator, Dietitian and Physiotherapist

EARLY PREGNANCY DISCUSSION

First Wednesday  
each month - 4.00pm

1 hour duration

TIME	CONTENT - OBJECTIVES	SPEAKER	RESOURCES
4.00 - 4.05pm	<ul style="list-style-type: none"> <li>- Welcome and Introduction</li> <li>- Outline the hour to follow - what we hope they will achieve</li> <li>- Self introduction by Christian name and due date</li> </ul>	ANE Jan or Olly	
4.05 - 4.10pm	<ul style="list-style-type: none"> <li>- Community agencies that conduct AN classes and physiotherapy classes</li> </ul>	Jan or Olly	Handout: Directory of Parent Support Services in WA 198
4.10 - 4.15pm	<ul style="list-style-type: none"> <li>- Physical and emotional changes</li> </ul>	Jan or Olly	
4.15 - 4.26pm	<ul style="list-style-type: none"> <li>- Conception and foetal development</li> </ul>	Film/Video	Film segment from "First Days of Life"
4.26 - 4.30pm	<ul style="list-style-type: none"> <li>- Ideal life style/habits for a healthy mother and baby</li> </ul>	Jan, Olly, Robynne	
4.30 - 4.40pm	<ul style="list-style-type: none"> <li>- Nutrition in pregnancy</li> </ul>	Dietitian Robynne Skinner	Handout
4.40 - 4.50pm	<ul style="list-style-type: none"> <li>- Introduction of physiotherapist and breathing and relaxation</li> </ul>	Physio-therapist	Handout
4.50 - 4.58pm	<ul style="list-style-type: none"> <li>- General discussion - questions</li> <li>- Books to read</li> </ul>	<u>All</u>	
4.58 - 5.00pm	<ul style="list-style-type: none"> <li>- Conclusion</li> </ul>	Jan or Olly	Great Expectations

KING EDWARD MEMORIAL HOSPITAL FOR WOMEN

TALK 1

TIME: ONE HOUR

PREGNANCY AND ANTENATAL CARE

FILM -. THE FIRST DAYS OF LIFE"

OBJECTIVES:

At the completion of the first talk, the mothers/couples will -

- Feel welcome to the Antenatal Education series of talks
- Understand the combined programme being offered at King Edward Memorial Hospital for Women:-
  - (a) Antenatal education series of talks
  - (b) Physiotherapy - breathing and relaxation
- Understand the intended content of the series of talks and extra talks available
- Be aware of the need for antenatal care for both mother and baby
- Have discussed their emotional and physical growth during pregnancy
- Be aware of complications of pregnancy that should be reported to the doctor
- Have had an opportunity to view the film - "The first days of Life"
- Have had the opportunity to ask any questions about talk and film
- Received a copy of "Great Expectations" and "Healthy Motherhood".

March, 1985

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TALK 2

TIME: ONE HOUR

FIRST STAGE OF LABOUR

At the completion of the second talk, the mothers/couples will -

- Feel welcome to the talk on the First Stage of Labour
- Understand the terms first, second and third stages of labour
- Be aware of the average length of time spent in first stage of labour
- Be able to recognize the signs of onset of labour
- Understand what is happening to the baby during the first stage of labour, including transition
- Have discussed the emotional and physical response of the mother to the first stage of labour
- Be aware of the breathing and relaxation skills to use during early first stage of labour
- Have discussed the admission procedure at King Edward Memorial Hospital
- Have discussed the role of the support person (husband, close friend, relative) during labour
- Have discussed various methods of pain relief during labour
- Have watched segments from the video "Have a Healthy Baby" (optional)
- Have had the opportunity to ask questions relating to the first stage of labour
- Have received a copy of "When Do I Come to Hospital"

March, 1985

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TALK 3

SECOND AND THIRD STAGES OF LABOUR

TIME: ONE HOUR

AT THE COMPLETION OF THE THIRD TALK, THE MOTHERS/COUPLES WILL:

- . FEEL WELCOME TO THE TALK ON SECOND AND THIRD STAGE OF LABOUR.
- . UNDERSTAND THE TERMS 'FIRST, SECOND AND THIRD' STAGE OF LABOUR.
- . BE AWARE OF THE AVERAGE LENGTH OF TIME SPENT IN SECOND AND THIRD STAGES OF LABOUR.
- . HAVE DISCUSSED THE DIFFERENCE BETWEEN THE CONTRACTIONS IN SECOND AND THIRD STAGE OF LABOUR.
- . UNDERSTAND WHAT IS HAPPENING TO THE BABY DURING THE SECOND STAGE OF LABOUR. (OVERHEADS AND DOLL AND PELVIS DEMONSTRATION)
- . HAVE DISCUSSED THE EMOTIONAL AND PHYSICAL RESPONSE OF THE MOTHER TO THE SECOND STAGE OF LABOUR - CROWNING, STRETCHING SENSATION, RELEASE OF PRESSURE.
- . BE AWARE OF THE BREATHING AND RELAXATION SKILLS TAUGHT BY PHYSIOTHERAPIST DURING SECOND AND THIRD STAGE OF LABOUR.
- . HAVE DISCUSSED THE ROLE OF SUPPORT PERSON DURING DELIVERY OF THE BABY, (MIRROR, BEAN BAGS)
- . HAVE DISCUSSED EPISIOTOMIES AND TEARS AND THE REASONS WHY EPISIPTOMIES ARE PERFORMED.
- . HAVE DISCUSSED FEELING FOR THE CORD AROUND THE NECK OF THE BABY BEFORE THE BABY IS DELIVERED, CLAMPING AND CUTTING THE CORD AFTER DELIVERY.

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SECOND AND THIRD STAGES OF LABOUR.....PAGE 2

- . UNDERSTANDING THE NEED FOR AN INJECTION TO BE GIVEN TO THE MOTHER TO ASSIST THE DELIVERY OF THE PLACENTA.
- . BE AWARE OF THE LABELING PROCEDURE USED FOR THE IDENTIFICATION OF THE BABY.
- . BE AWARE THE BABY WILL USUALLY BE DELIVERED ONTO THE MOTHERS CHEST OR ABDOMEN AND THE POSSIBILITY OF IMMEDIATE CLOSE CONTACT OR BREAST FEEDING.
- . DISCUSSED THE SUTURING OF THE PERINEUM AND THE CARE AND OBSERVATIONS BY THE STAFF FOLLOWING THE BIRTH OF THE BABY.
- . HAVE WATCHED SEGMENTS FROM THE VIDEO "HAVE A HEALTH BABY".
- . HAVE HAD THE OPPORTUNITY TO ASK QUESTIONS RELATING TO THE BIRTH OF THEIR BABY AT KING EDWARD MEMORIAL HOSPITAL.

MARCH 1985

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BIRTH FILM & DISCUSSION ON DIFFERENT TYPES OF DELIVERIES

TALK 4

TIME: ONE HOUR

At the completion of the fourth talk, the mothers/couples will -

- feel welcome to the talk on different types of deliveries and film on six couples' birth experience.
- have discussed induction of labour
- have discussed the use of forceps and vacuum extractors in the delivery of the baby
- have discussed labour when the foetus is in the "posterior position"
- have discussed caesarean births and the procedure at King Edward Memorial Hospital
- have had the opportunity to ask questions about any other deliveries they may have concerns about, e.g. breech, premature labour, twins
- have discussed some of the feeling couples may experience when assisted deliveries are necessary for mother's or baby's health.

May, 1985



KING EDWARD MEMORIAL HOSPITAL FOR WOMEN

TALK 5

TIME: ONE HOUR

BREAST FEEDING

At the completion of the fifth talk, the mothers/couples will

- Feel welcome to the talk on preparation for breast feeding
- Have discussed attitudes to breast feeding
- Be aware of the factors to consider when purchasing maternity bras and be able to examine the displayed maternity bras
- Be aware of the methods of preparing the breasts for breast feeding
- Have discussed the variations of the female breast anatomy
- Be aware that every mother and baby is different and will be assessed and advised individually, according to their needs at the time
- Have received a handout on breast feeding published by The Health Department and a handout on breast preparation from King Edward Memorial Hospital
- Have watched the video "Right From the Start"
- Have had the opportunity to ask any questions relating to successful breast feeding
- Be aware of the Nursing Mother's Association and how they may be contacted and some of the services they offer.

March, 1985

KING EDWARD MEMORIAL HOSPITAL FOR WOMEN

TALK 6

TIME: ONE HOUR

PARENTING - THE THEORY

At the completion of the sixth talk, the mothers/couples will

- Feel welcome to the talk on the theory of parenting
- Have had the opportunity to handle Selina (the class 3170g doll) and guess her weight
- Have discussed different attitudes to parenting and the factors and people that affect the choices
- Have discussed the needs of the newborn (using poster on Needs of the Newborn):
  - Social Interaction and Behaviour
  - Protection Security,
  - Nourishment
  - Elimination
- Be aware that no two babies are the same and that babies have their own personalities and own rates of growth
- Be aware of the usual care of the newborn at King Edward Memorial Hospital (including tests and investigation, bathing, antistaph, weighing, rooming in, first bowel movement, weight loss, doctor's checks, cord clamp removal, Vitamin K injection, hip check, metabolic screen)
- Have watched the video "From Birth to Walking"
- Have had the opportunity to ask any questions relating to parenting
- Have seen several of the books on parenting currently available in book shop.

March, 1985

KING EDWARD MEMORIAL HOSPITAL FOR WOMEN

TOUR OF THE HOSPITAL

TIME: ONE HOUR

On completion of the tour of the obstetric section of King Edward Memorial Hospital for Women, the mothers/couples will

- feel welcome to the tour of the hospital
- understand what to do and where to come when in labour
- have discussed the parking facilities and the emergency entrance to the hospital
- be aware of the location of STD and ISD telephones
- have received a card advising visiting hours at the hospital
- be aware of the location of Special Care Nursery and have discussed the mother's/couples involvement when a baby is in the nursery.

LABOUR WARD

- be aware there is a visitors lounge where coffee, tea and toilet facilities are available
- have visited the preparation room and discussed the assessment and care of the mother, and the role of the support person
- be aware the private mother's/couples doctor will be notified of the admission after the mother has been assessed by the senior midwife
- have visited the observation area, shared and single accommodation and the sitting room facilities
- have viewed a simulated normal delivery in the teaching room
- have had the opportunity to see forceps, vacuum extractor and nitrous oxide machine if desired
- have discussed the care of the mother and baby after delivery
- be aware there is a telephone in each delivery room for patients to use to keep the family/friends informed
- have seen a baby resuscitation trolley, scales and monitoring equipment if available.

POST NATAL AREA

- be aware mother's rest time is between 11am and 1 pm daily, and there is restricted visiting during this time
- have discussed the accommodation available for the mother after the baby is born
- have seen a single room in B Block (if available) and be aware of the rental facilities for the telephone and television
- be aware there are four rooms with shared accommodation in B Block
- have located the nursery and seen a baby (if available)
- have seen the coffee and tea area, laundry, television room, flower room, public telephone in both A and B Block
- have located the smokers area
- have visited the postnatal ward in A Block
- have located the Chapel
- be given the opportunity to ask questions about the hospital and care they might receive.

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NO LONGER APPLICABLE

OBJECTIVES FOR GOING HOME TALK

TIME: ONE HOUR

AT THE COMPLETION OF THE POSTNATAL TALK, THE MOTHERS/COUPLES WILL,

- 1 BE AWARE OF THE AVAILABLE COMMUNITY SUPPORT SERVICES.
- 2 IDENTIFY WITH THEIR NEW ROLE AS MOTHERS/PARENTS.
- 3 UNDERSTAND HOW TO COPE WITH PROBLEMS THAT MAY ARISE WHEN THEY ARE AT HOME.
- 4 HAVE HAD THE OPPORTUNITY TO ASK QUESTIONS SPECIFIC TO THEIR CIRCUMSTANCES.
- 5 HAVE DISCUSSED THEIR FEELINGS AND FEARS WITH OTHER MOTHERS, NURSING MOTHER-COUNSELLOR AND STAFF IN AN INFORMAL SETTING.
- 6 HAVE WATCHED THE VIDEO "ONE AND ONE MAKES THREE".

## ANTENATAL EDUCATION DEPARTMENT

GOING HOME TALK: (time: approximately 3/4 hour)

REQUIREMENTS:

- video machine
- video film "One and One Makes Three"
- wire trolley with leaflets and extension cord

### PREPARATION:

- 1 Prepare lounge area seating and display information/handouts.
- 2 Check with Charge Sister prior to inviting parents to the talk; baby may accompany mother (if talk is on her floor) or leave in nursery.
- 3 Invite mothers to collect handouts as they arrive.

### INTRODUCTION:

Welcome mothers to the talk and congratulate them on becoming mothers/parents. Reassure the mothers/couples that they won't be kept sitting for too long and that they should feel free to leave if they wish. Explain the film content and invite the mothers/couples to participate in a general discussion following the film.

### TOPICS DISCUSSED:

- 1 Available community services -  
Child Health Clinics  
Nursing Mothers Association ... invite nursing mothers to discuss Meet a Mum Association.
- 2 Mother's new role - awareness of own needs, baby's and partner's.
- 3 Mother's priorities - rest, nutrition, nappies.
- 4 How to cope -  
Awareness of own expectations and readjustments to motherhood  
Reorganise day  
Available help from family and friends  
Communication with partner  
Seek help from support services
- 5 Crying baby.
- 6 Pamphlets available.
- 7 Milton sterilising unit available if desired.
- 8 Books on parenting.
- 9 Queries from mothers
- 10 Close - emphasize taking baby home is an exciting and happy time and remember to enjoy their baby - they are babies for such a short while.