Saint Mary’s Hospital

Saint Mary’s Birth Centre
in Salford

Information For Patients
From December 2011 Saint Mary’s Hospital is offering women who live in Salford a choice to have their baby at the Saint Mary’s Birth Centre in Salford.

The Birth Centre will be run and staffed by midwives with the support of health care assistants. The centre will be open 24 hours a day, seven days a week for healthy women with no complications who have chosen to have their baby there.

The Birth Centre is situated on the second floor, in the Orange Zone of Salford Royal NHS Foundation Trust (SRFT). Although the Birth Centre is situated in SRFT, it will be managed by staff employed by Central Manchester University Hospitals NHS Foundation Trust (CMFT).

At your first antenatal appointment and during your pregnancy you will have the opportunity to discuss where you would like to have your baby with your midwife and one of the options will be the Birth Centre in Salford.

**Who can use Saint Mary’s Birth Centre?**

You will be able to book into the Birth Centre in Salford if your pregnancy is uncomplicated and you have a good chance of having a normal birth around the time your baby is due.

The Birth Centre in Salford may be suitable for you if you:

✓ were fit and well before you became pregnant and have no under-lying health problems,
✓ are having your first baby, or,
✓ have had a previous uncomplicated pregnancy and delivery before,
✓ have no concerns about your expected baby’s health,
✓ don’t want to have an epidural,
✓ haven’t experienced any complications during your nine months of pregnancy,
go into labour naturally between 37 and 42 weeks of pregnancy with the baby in the head down position; (please discuss this with your midwife as your local hospital will have its own policy if you do not go into labour within a certain time period).

If you are unable, for whatever reason, to deliver at this Centre you will be able to have your baby in one of the new maternity units at Saint Mary’s Hospital, Royal Bolton Hospital or Pennine Acute Hospitals NHS Trusts (North Manchester).

**What are the benefits of using the Birth Centre in Salford?**

The Birth Centre in Salford has six relaxed and homely birthing rooms including access to a pool. Three of the delivery rooms have ensuite facilities and there is also a large bathroom.

The centre will be staffed by highly skilled midwives who are experienced in providing midwife led care. The midwives will support you during labour; helping with breathing and relaxation. You will also be encouraged to be mobile during labour, change your position and use the pool, birthing balls and mats. The midwives’ aim will be to work with you to enable your birth experience to be natural, with a more flexible approach to pain relief.

Your partner will be able to stay with you during your labour and until you are ready to be discharged home.

The rooms are designed to enable you to use the facilities for birth and the early postnatal period so the midwife will discuss with you about your early transfer home after you have had your baby.

As with all the delivery options available, you will be given support with breastfeeding and transferred to the care of your community midwife when you go home.
If I decide to have my baby at the Birth Centre in Salford, which services will not be available?

There will not be any doctors working at the Birth Centre in Salford. This means that the following services are not available:

- an epidural,
- a drip to speed up the contractions if your labour is not progressing,
- an assisted delivery with forceps or ventouse or a caesarean section,
- medical care if you develop other problems during or after your labour or delivery,
- medical care if your baby is in difficulty when born.

If you need any of the above treatments or your baby is in a very poor condition at birth you will need to be transferred in an ambulance to Saint Mary’s Hospital, which will prevent you or your baby receiving medical care immediately. The journey from Salford to Saint Mary’s Birth Centre is approximately 7 miles. All midwives who work at the Birth Centre are trained to deliver emergency care, and there is no evidence to suggest that it is inadvisable for women without complications to deliver at home or in a low risk unit such as the Birth Centre.

A midwife who is trained to deal with emergency situations will accompany you and your baby during your transfer to Saint Mary’s Hospital in Manchester. You will stay at Saint Mary’s for the rest of your delivery and postnatal period and be cared for by the midwifery and medical teams.

Having your baby in the Birth Centre is very like having your baby at home where you do not have doctors or specialised equipment present. The research evidence shows that, in such environments, your labour and birth is associated with a reduction in the need for pain relief, a drip to speed up your labour (augmentation) or the need for forceps or caesarean section.
Women also feel greater satisfaction with the care they have received.

If you would like more information with regard to Midwifery Led Care in Labour have a look at the following website:

www.rcm.org.uk

Will I have tours of the Birth Centre?

Yes, there will be tours of the Birth Centre. The tours will be held every Tuesday and will start at 7 pm.

You will need to make an appointment for the tour by telephoning on the following number:

0161 206 5296 (24 hours)

When you visit the Birth Centre or go into labour you will need to follow the external signs at the hospital marked ‘Saint Mary’s Birth Centre at Salford Entrance 5A’. There is an intercom system at this door that rings through to the Birth Centre.

Next steps

When you are 36 weeks pregnant you and your midwife will discuss whether delivery at the Birth Centre is still a safe option for you. She will also advise you and your partner to visit the centre. We would recommend a visit to the Birth Centre as this will give you an opportunity to see the centre and ask any further questions.

We look forward to meeting you and your family from December 2011 and will keep you informed about the Birth Centre in Salford with updates which will be available from the Salford Royal antenatal clinic or from your community midwifery team.
When you go into labour:

- Please telephone **0161 206 5296** (24 hours) for advice from the midwife.
- Please remember to bring your hand held notes with you, as all the information we have gathered about you and your baby throughout your pregnancy is in there.

**Zero Tolerance Policy**

We are committed to the well-being and safety of our patients and of our staff. Please treat other patients and staff with the courtesy and respect that you expect to receive. Verbal abuse, harassment and physical violence are unacceptable and will lead to prosecutions.

**Supervisors of Midwives**

All Midwives are supported by a Supervisor of Midwives whose aim is to ensure the safety and wellbeing of you and your baby. If you have any issues regarding your pregnancy or maternity care you can contact a Supervisor of Midwives at any time, day or night on:

Tel: **0161 276 1234** (Ask for bleep number 6060)

**Suggestions, Concerns and Complaints**

If you would like to provide feedback or have a complaint there are several options available to you:

- Speak to the ward or department manager – they may be able to help straight away.
- Contact our Patient Advice and Liaison Service (PALS) – Tel: 0161 276 8686 e-mail: pals@cmft.nhs.uk. Ask for our information leaflet which can also be found in the Centre.
- Through the NHS Choices website www.nhs.uk by clicking on the ‘Comments’ section.

We welcome your feedback so we can continue to improve our services.
Questions

We understand that there may be questions that either you or your child would like answering. Most of us forget what we were going to ask the doctor or the nurse.

Please write your questions below.
No Smoking Policy

The NHS has a responsibility for the nation’s health.

Protect yourself, patients, visitors and staff by adhering to our no smoking policy. Smoking is not permitted within any of our hospital buildings or grounds.

The Manchester Stop Smoking Service can be contacted on Tel: (0161) 205 5998 (www.stopsmokingmanchester.co.uk).

Translation and Interpretation Service

Do you have difficulty speaking or understanding English?

আপনি কি ইংরেজিতে বুঝতে কিংবা বুঝাতে পেরেছেন ? (BENGALI)
क्या आपको अंग्रेजी बोलने या समझने में कठिनाई हैं ? (HINDI)
तभे भाषा कारखाने वातावरण कर्मचारी या भर्तियां मुश्किल हो रहे हैं ? (GUJARATI)
वे उर्दू अभ्यासी वेबसाइट से माहिर हैं डिवाइड है ? (PUNJABI)
Miyey ku adagatahay inaad ku hadasho Ingiriisida aad sahamtto (SOMALI)
 هل لديك مشاكل في فهم أو التكلم باللغة الإنجليزية ؟ (ARABIC)

你有困難講英語或明白英語嗎？ (CANTONESE)

کیا آپو آنگرینی کشیش اور منہاس دے بھیش آئی ہے ؟ (URDU)

0161 276 6202/6342

Maternity Service
Saint Mary’s Hospital
Oxford Road
Manchester M13 9WL
Tel: 0161 276 6506
www.cmft.nhs.uk

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