Midwifery Led Care

For women with low risk pregnancies

January 2011
What is Midwifery Led Care?

Midwifery Led Care is part of the Southern Trust’s Maternity Strategy, which aims to enhance women’s choice and promote normality in pregnancy and childbirth.

When you are attending your pregnancy booking appointment in the Southern Health and Social Care Trust you may be offered Midwifery Led Care as one of your options of maternity care.

Your care will be undertaken and managed by Midwives, experienced in caring for women with uncomplicated pregnancies, labours and in the postnatal period.

The Midwife will monitor your pregnancy and if she identifies any problems, you will be referred to a Doctor specialising in maternity care (Obstetrician). You will be kept fully informed throughout this process.

We can offer women with low risk pregnancies a choice of delivery options, including water birth.

Who can receive Midwifery Led Care?

Women choosing our Midwifery Led Care option undergo an assessment to ensure that their pregnancy considered low risk. If you are in good general health, have had no previous complicated pregnancies, deliveries or postnatal periods, you may benefit from this service provided by experienced midwifery staff.
What can I expect from Midwifery Led Care?

To be cared for exclusively by Midwives throughout your pregnancy, delivery and postnatally, unless there is an indication that you require the care of an Obstetrician.

- Option of a water birth 24 hours a day.

- Emergency 24 hour medical cover by Obstetricians, Anaesthetists and Paediatricians should this be necessary.

- The possibility of going home 6 hours after your baby is born, if both you and your baby are well.

Who will look after me in labour?

- A Midwife will care for and support you and your partner, throughout your labour.

- A second Midwife may be there when your baby is born to help care for both you and your baby.

Midwives are professionally trained to care for women throughout pregnancy, childbirth and postnatally.

Midwives are also skilled in referring any complications to a Doctor as they arise.
What pain relief do you offer when I am in labour?

We offer a range of pain relief methods, for example:

- Relaxation techniques and music;
- Freedom to walk about;
- Rocking chairs;
- Heat pads and bean bags;
- TENS (mild electric current);
- Water Bath/Pool.

In addition we can also offer:

- Entonox (Gas and Air);
- Pain relieving injections.

Antenatal support

Antenatal Education classes, led by Midwives, take place throughout the Trust. Your midwife will advise you of your nearest venue as your pregnancy progresses.

For further information

Discuss this option of care with the midwife at your antenatal booking appointment.