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Addenbrooke's Hospital **NHS**
Cambridge University Hospitals NHS Foundation Trust

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Italian

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Cantonese

तमने आ माहिती नीछ भाषाओमां, मोटा अक्षरोमां अथवा सांभजी शकाय जेवा माध्यम (ओडीओ इमेज)मां जेछती छोय तो कृपा करीने पूछो.

Gujarati

تکایہ پرسیار بگہ نہ گہر نہ وزانیاریہت دہوی بہ زمانیکی تر . بہ پیتی گہورہ یانیس بہ شیوہی دہنگ

Kurdish

آگه کوریه معلومات دوسری زبانون شه. بڑے الفاظ کی اشاعت میں یا آڈیو ٹیپ پر درکار ہوں تو برائے مہربانی اس کیلئے درخواست کریں۔

Urdu

Addenbrooke's is smoke-free. Please do not smoke anywhere on the site.



For advice on quitting, contact your GP or the NHS smoking helpline free, 0800 169 0 169

The Rosie Hospital

Patient Information

The midwifery-led birth unit

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The Midwifery-led Birth Unit (MLBU)

The Midwifery-led Birth Unit (MLBU) has been developed to offer another safe birth option of place of birth to low risk women.

The MLBU is situated on level two of the Rosie Hospital, an area previously known as Christine Ward.

What is a Midwifery-led Birth Unit?

A Midwifery-led Birth Unit:

- Is organised and managed by midwives.
- Offers midwifery led care for women through out labour, birth and immediate post-natal period who have no significant medical or obstetric problems.
- Has an identity separate from the established delivery unit.
- Has a senior midwife responsible for service operation.

Philosophy of care

The philosophy of care at the MLBU is to provide midwifery care to low risk women in a comfortable designated home from home environment.

Women will be able to make informed choices regarding their care and be encouraged to have a normal physiological birth without the need for intervention. The unit offers a relaxed environment, which has been shown to facilitate normal labour and birth. We offer early discharge once you have your baby. This ranges from 2-24 hrs.

What to do when labour begins?

When you are in labour or/and your waters have broken, after you are 37 weeks pregnant, and the midwife has confirmed that you are suitable for care on the MLBU then call:

01223 217003

There is a midwife on 24-hours a day that will do a telephone assessment before you come to the MLBU.

Who can choose to birth in the MLBU?

A discussion on all birth options will take place with your community midwife during pregnancy. An assessment of you and your baby's health will contribute to deciding what is appropriate for you. The midwife can help you decide on the type of care that will be suitable for your individual needs and wishes. On admission to the MLBU a midwife will take a full health and needs assessment and review all your pregnancy care and any scan and blood results. Following this initial assessment it may be that the MLBU is not the appropriate place for your labour and birth. The MLBU midwife will then organise your transfer to the delivery unit on the third level where your care will be continued by the Delivery Unit team.

Advantages

- This option may suit women who do not want a homebirth but do not feel comfortable with a hospital environment.
- The emphasis will be to support and encourage physiological birth without interference using: birthing balls, birthing stools, support bar on the wall, support rope to hold onto, birthing/labour pool, massage, music and positions.
- Area to make simple refreshments in labour.
- Room to walk around in labour.
- The MLBU is in the hospital, therefore, if you need medical assistance to birth your baby you can be transferred to the Delivery Unit on level three quickly.

Disadvantages

There is no epidural service on the MLBU. If you decide you want an epidural in labour you will need to be transferred to the delivery unit midwifery team on the third floor.

What about safety on an MLBU?

MLBU's or birth centres as they are also called, have been shown to be a safe option for low risk women, that is women without significant medical or/and obstetric conditions. International studies have demonstrated their safety in terms of material and neonatal mortality (death rates) and morbidity (long and short term illnesses). The studies have found that the outcomes are equal to or better for low risk women when cared for on MLBU's. It is argued that this effect is in part due to the increased availability of one to one care in labour and birth.

Monitoring during you labour

This will be similar to checks carried out in a homebirth situation. If during your stay in the MLBU there becomes a need for medical review, transfer to the obstetric delivery unit on level three can easily take place.

Transfers from the MLBU to Delivery Unit

Transfer from the MLBU to the Delivery Unit is occasionally required for the safety of either mother or baby. Transfer rates vary and range from 6.5% to 16% nationally. Most transfers occur within the first hour of admission following the midwife's full admission examination.

Who does the examination of my baby?

Either specially trained midwives on the MLBU or a paediatrician can perform these examinations before you leave the hospital. Several of the midwives in the community are able to do this initial examination. It is worth asking your community midwife if this service is available in your area. This examination is recommended anytime in the first week of life.

How do I prepare to use the MLBU?

Preparation will not differ from standard pregnancy care and your community midwife can answer any questions during the birth plan discussion. This will take place at around 34 to 37 weeks of the pregnancy. Please bring in any CD's that you may want to use.

Can my family and friends visit me on the MLBU?

Following the birth of your baby, the plan is to ensure transfer home as soon as possible to the care of your community midwife, this is usually within two to twelve hours. While on the MLBU close family members and friends can visit you as long as this does not inconvenience or compromise the care and comfort of other women and families on the MLBU at the time. Visiting times are 2.30-4.30 & 7-8.30. No more than 2 at a time please.

Can I visit the MLBU while I am pregnant?

The MLBU is included in the weekly hospital tours, available by booking through Rosie reception. Individual tours can be arranged by calling the MLBU direct 1 hour before you come.