

2023 Checklist for Pregnancy GP Shared Care in the Murrumbidgee Region

Please note: advise women to book in with the nearest hospital midwife

For detailed guideline background & evidence review see: <https://beta.health.gov.au/resources/pregnancy-care-guidelines>
HealthPathways Womens Health can be accessed here: <https://murrumbidgeeclassic.communityhealthpathways.org/>

Preconception

- Identify pre-existing health conditions or medications that may increase risks in pregnancy
- Take history of smoking, nutrition, alcohol, substance use, physical activity and provide health information
- Discuss genetic carrier screening
- Determine risks, refer to specialists as appropriate
- Offer cervical screening test if due
- Consider pre-pregnancy all routine blood tests
- Offer influenza and rubella immunisation if needed
- Start iodine 150mcg and folate 400mcg (low risk)
- Suggest the woman keeps diary of her menstrual cycle and advise on contraception if needed
- Give out "Having a Baby in the Murrumbidgee Region" brochure

GP Diagnosis of Pregnancy Visit

- Confirm pregnancy (Medicare items 73806, 16500)
- Identify pre-existing health conditions, medications or substance use that may increase risks in pregnancy
- Check BP, weight, height and calculate Body Mass Index. See the High BMI pathway if BMI>35
- Assess nausea (PUQE score), treat according to severity
- Make sure the woman is taking iodine 150mcg and folate 400mcg (if BMI>30 or at risk, folate 5mg)
- Order "antenatal screening" with informed consent: Blood group and Antibodies, FBC, Ferritin, Rubella Ab, Hep BsAg, Syphilis, Hep C, HIV, TSH, Vitamin D, MSU
- If high risk, order fasting BSL/Hba1c (Diabetes), Vitamin B12, calcium (nutritional), urine Chlamydia PCR (<30 years), HbEPG (thalassaemia)
- cc pathology and imaging results to Pregnancy Care Centre WWBH (PCC) or regional obstetrician**
- Organise dating ultrasound for 8-13 weeks unless the last menstrual period or conception date is certain
- Recommend <http://www.pregnancybirthbaby.org.au> and <http://www.raisingchildren.net.au>
- Plan a long consult at 8-10 weeks

GP First Trimester Visit/s 8-10 weeks

- Start the NSW Health Antenatal Record "yellow card" with LMP and calculate Estimated Date of Birth
- Take family, medical, obstetric and psychological history. Assess risk and plan referrals. Use Medicare items 16500+ 23, 36, 2713, 2715, 4001 (training required) as needed, document times and 'clinically indicated'
- Explain pregnancy shared care and discuss options
- Plan influenza & COVID-19 immunisation
- Consider physical examination including breast, thyroid, heart sounds and cervical screening test if due

- Review results and PUQE, treat as needed
- Offer fetal anomaly screening, PAPP-A and QBHCG at 9-13 weeks **cc results to radiology** & NT scan at 11-13+6 weeks, **OR** cell-free DNA >10 weeks & structural scan at 12 weeks. Discuss genetic carrier screening.
 - Order morphology ultrasound for 20 weeks
 - If high risk of diabetes but no diagnosis, order FBSL at 12 weeks and if still negative, then order 75g 2-hour Glucose tolerance test for 16-20 weeks
 - If high risk of preeclampsia, plan calcium 1200mg and aspirin 150mg daily from 12 weeks
- Advise the woman to ring nearest hospital ASAP to make a midwife appointment to "book in" around 14 weeks
- Ask about plans for smoking, nutrition, alcohol, substance use, physical activity and breastfeeding. Discuss the importance of behaviours for the health of mother and baby. Offer referrals as needed including www.GetHealthyNSW.com.au
- Give information about food safety and dental care
- Send a GP referral by fax or email to PCC or your regional hospital maternity unit. List identified risks.**

Midwife Booking in 14 weeks at PCC

- Discuss pregnancy care options/models of care
- Complete the hospital file and provide handouts
- Offer and complete Edinburgh Depression Scale (EDS) and domestic violence screening
- Discuss birth plan. Start Next Birth After Caesarean pathway or High BMI pathway if needed
- Discuss the woman's plans for smoking, nutrition, substance use, physical activity and breastfeeding and encourage education
- Discuss Anti D prophylaxis with Rh neg women
- Give education and invite women to attend classes (Antenatal Education Sessions) from 28 weeks
- If BMI>40 or needing interpreter book 34 wk anaesthetist
- Reply to GP referral, include EDS score, risks identified, referral plans, and pregnancy model of care

GP 20 weeks

- Routine antenatal examination (see over)
- Review all investigations & progress
- Offer Pertussis immunisation

GP 24 weeks

- Routine antenatal examination (see over)
- Order 75g glucose tolerance test (unless diabetes is already diagnosed), FBC, ferritin, blood group antibodies, Syphilis. Plan for the test to be done at 26-28 weeks, **cc results to PCC**
- Remind consenting Rh neg women to have their blood tests before Rh D prophylaxis at 28 weeks

Midwife 28 weeks at PCC

- Rhesus negative women need to have blood tests done prior to this visit
- Routine antenatal examination
- Review all test results particularly GTT
- Review pregnancy risk level and involve obstetrician in pregnancy care as needed.
- Check need for any additional services e.g. physio, special needs, 34 week low placenta ultrasound, Next Birth After Caesarean, Birth Suite Tour, Breastfeeding Education.
- Give and discuss My Birthing Plan Form
- Give Anti D prophylaxis to consenting women if Rhesus negative and organise second dose at 34 weeks

GP 31 weeks

- Routine antenatal examination (Medicare item 16591)
- Order Group B Strep Ag (low vaginal/ perianal swab) for 36 weeks
- Order Hb for 36 weeks (Ferritin, Syphilis if indicated)
- Remind all Rh negative women having Anti D prophylaxis and all women expecting a Caesarean birth to attend PCC WWRH at 34 weeks
- Book ultrasound for women noted earlier to have a low placenta, **cc results to PCC**

Obstetric team 34-36 weeks at PCC

- Routine antenatal examination
- Confirm growth and presentation
- If breech presentation, start breech pathway
- If planning Caesarean, consent, and book at 34 weeks
- Anti D prophylaxis for Rh negative women at 34 weeks

GP 37-40 weeks

- Routine antenatal examination weekly if first baby
- Confirm growth and presentation
- Inform about post-partum care options

Senior midwife 40-41 weeks at PCC

- Monitor fetal wellbeing until timing of birth
- Discuss options for induction or continuation of pregnancy, offer vaginal exam with stretch and sweep
- Discharge planning: discuss follow up and any concern e.g. Who to contact after hours. Discuss the woman's support networks and what services are available

Each routine antenatal examination

- Emotional wellbeing
- BP
- Urinalysis and weight
- Fetal heart rate from 16 weeks
- Fetal movements from 24 weeks
- Fundal height from 24 weeks
- Fetal position from 36 weeks

GP Early Postnatal

(1-2 weeks if early discharge)

- Ask about mood, breasts/nipples, feeding, vaginal bleeding, bowel and bladder function, intercourse resumption, family relationships, and support network
- Discuss the birth and any complications
- Check BP if needed
- Examine breasts/nipples if symptomatic
- Examine sutures or Caesarean scar if needed
- Check any need for rubella/pertussis vaccination
- Plan for contraception
- Discuss attending Child & Family Health services including lactation consultant. Offer referrals as appropriate
- Examine the infant with special emphasis on examination of the heart and hips
- Remind the woman about infant immunisations

GP 6 weeks Postnatal

- As above (Medicare item 16407 if EDS & DV screen done)
- Check progress and maternal satisfaction
- Ask specifically about mood and infant feeding
- Review plans for contraception
- Examine abdomen, BP, breasts and perineum as indicated. Collect cervical screening test if this is due.
- Review any pregnancy complications and as needed check BP, EUC/LFT/urine ACR, plan GTT at 3 months postnatal after gestational diabetes
 - Examine infant and discuss with mother
- <https://www.health.nsw.gov.au/kidsfamilies/MCFhealth/Documents/8-week-checklist.pdf>
- Discuss attending Child & Family Health Services including lactation consultant. Offer referrals as appropriate. Discuss safe sleeping for babies.



Murrumbidgee GP Antenatal Shared Care Program



Referrals sent to PCC WWBH are scanned into the MLHD electronic record.

Hospital midwife booking in appointments are held at Maternity Units within the MLHD:

Wagga Wagga, Cootamundra, Deniliquin, Leeton, Griffith, Narrandera, Temora, Tumut, Young

Antenatal care is important

Regular antenatal care will help you and your baby stay healthy by giving you information and support, screening tests, preventative care, and treatments at the right times. The number of visits for a healthy pregnancy and childbirth depends on your individual situation.

See pregnancybirthbaby.org.au and raisingchildren.net.au

Keep your pregnancy record with you

Having your baby in Wagga Wagga?

Book a free appointment to prepare for your birth. Your hospital records will be started and you will be given important information for your pregnancy. A midwife will also discuss consent forms and education classes with you.

Book in at Wagga Wagga Base Hospital Pregnancy Care Centre (PCC) between 14–16 weeks of pregnancy. When you have your GP referral, call the PCC on 02 5943 2322.

Choose Your Antenatal Care Model

GP Obstetrician Care

Do you plan to give birth in Cootamundra, Young, Deniliquin, Temora, Tumut, Narrandera or Leeton? Start your visits with a GP obstetrician, who will contact Wagga Wagga Base Hospital if your pregnancy is higher risk.

GP Antenatal Shared Care

Most visits in a normal pregnancy are with your GP Antenatal Shared Care General Practitioner, listed on this brochure. You'll visit the PCC at 14 and 28 weeks (to see a midwife) and 36 weeks (to see an obstetrician).

Midwife Care

From 14 weeks, after your GP referral to the obstetric team, your antenatal visits are at PCC. This is a free service. You will return to your GP for postnatal care.

Riverina Medical & Dental Aboriginal Corporation

Visit the midwife, Aboriginal Health Worker, shared care GP, diabetes services, transport available.

Adolescent Pregnancy Support

Are you under 20 years old? Midwife visits are with the Pregnancy Support Midwife at the PCC.

Aboriginal Maternal and Infant Health Services

Visit the midwife and Aboriginal Health Worker at the PCC from 14 weeks.

Childbirth Education Classes

Classes prepare you for the arrival of your new baby

They cover preparation for birth; pain management; breastfeeding; baby's first few days; parenting skills; caesarean birth and a tour of the birth suite. Classes usually run from 28 weeks and are held at PCC. Put your name down at your 14 week booking in visit.

Adolescent Pregnancy Support and Education

Special classes for young pregnant women and their partners. Talk with other young women, learn more about your pregnancy and childbirth. Contact Shirley 02 5943 2328.

Start your antenatal care as soon as possible

Other services available in Wagga

Aboriginal Sustained Home Visiting WWBH

Home visits for Aboriginal families who meet the criteria for families requiring support.
Contact the Aboriginal Health Office on 1800 249 645

Australian calmbirth® childbirth classes

Empowering parents – discovering the joy of birth.
Contact Suzanne McGlynn on 0423 847 460, Karen Jones on 0438 541 967 and Chloe Neville on 0413 244 978 or calmbirthregister.com.au

The Australian Breastfeeding Association

Offers breastfeeding classes, local groups, information and online discussion forums. 1800 686 268 or breastfeeding.asn.au

Tresillian in Murrumbidgee Family Care Centre

Offers help for families experiencing challenges in the early parenting period. 02 5943 2713 or tresillian.com.au

Wagga Birthing and Babies Support Group (BaBs)

Discussions regarding the issues of pregnancy, birth and parenthood.
Contact Jenny on 0418 205 262 or info@waggababs.com.au

Doulas

Doulas are used by some women for pregnancy support.
doulanetwork.org.au

Disclaimer: This pamphlet has been prepared with due care to better inform the local community about antenatal care and local options. It is not intended that information contained should replace consultation with a suitably qualified health or medical practitioner.

Antenatal Shared Care Checklist

For health practitioner to complete

6–10 weeks to diagnosis of pregnancy, GP

- Confirm pregnancy and note due date
- If dates uncertain, organise dating ultrasound for 8–13 weeks
- Order antenatal screening: blood tests
- Start iodine and folate
- Health history, BP, BMI and PUQE Score Check
- Plan long consult at 8–10 weeks

8–10 weeks, GP (long visit)

- Standard check, diet, lifestyle, exercise, work, baby feeding
- Offer genetic screening, 12 week ultrasound, blood tests
- Book 18–20 week ultrasound
- Order early glucose test if needed
- Plan Flu Vax, COVID Vax and cervical screening test
- Discuss Anti D if Rh negative
- Explain options for antenatal care
- Refer to book in at hospital with midwife
- Fax a detailed GP referral to PCC

At all visits, a standard check is:

- Monitor emotional wellbeing, BP, weight, urine
- Review and discuss information/tests/symptoms
- Assess for any additional care needs

14 weeks, book in at PCC, midwife

20 weeks, GP

- Pertussis immunisation

24 weeks, GP

- Order 75g glucose tolerance test
- Refer for midwife appointment at 28 weeks

26–30 weeks Childbirth Education Classes start, midwife

28 weeks, PCC, midwife

- Review all tests and any risk factors, check for Anti D
- Plan obstetrician high risk clinic review if needed

31 weeks, GP

- Order GBS swab for 36 weeks and blood tests
- Book PCC visit for Anti D if needed

34–36 weeks PCC, obstetrician, Anti-D, Caesarian booking

37–39 weeks, GP

- Check position and growth of baby
- Plan support options after birth
- Refer for PCC appointment at 40–41 weeks

40–41 weeks, PCC, obstetrician

- Monitor baby
- Plan for birth and support options after birth

2 & 6 weeks, postnatal, GP

- Follow up and check health of baby and mother
- Plan GTT 4 months postnatal after GDM

Murrumbidgee Region Obstetric GPs

These GPs have advanced training in maternity care

REGIONAL AREAS

Cootamundra Medical Centre 6942 0222
Dr Scholtz, Dr Offermeier

Deniliquin Clinic 03 5881 1464
Dr James, Dr Magee, Dr Campbell

Leeton Medical Centre 6953 2699
Dr Sangster

Narrandera Medical Centre 6959 2100
Dr Romeo

Temora Medical Complex 6977 3600
Dr Jeri, Dr Christmas

Tumut Family Medical 6947 2211
Dr Darwiche

Victoria St Surgery Temora 6978 0063
Dr Kurtzer

Young District Medical Centre 6382 1544
Dr Larcombe, Dr Murphy

Your Health Griffith 6962 7661
Dr Kosaka

WAGGA WAGGA

Blamey St Surgery 6925 2242
Dr Oliver

Central Wagga Medical 5925 5333
Dr Fikkers

Morgan Street Healthcare Clinic
6971 7878 Dr Elliott-Rudder

Nova Health 6921 2040
Dr Beck

Riverina Family Medicine 6936 2088
Dr Henman, Dr Johnson

Riverina Medical & Dental Aboriginal Corporation 6923 5200
Dr Fikkers, Dr Elliott-Rudder

Murrumbidgee Region Shared Care GPs

REGIONAL AREAS

Adelong Medical Centre 6946 2033
Dr Roman

Fitzroy Medical Centre 9947 2011
Dr Ahmed, Dr Mia Youssef

Griffith Aboriginal Medical Service
6962 0000 Dr Thevashangar, Dr Islam

Griffith Medical Centre 6964 5888
Dr Sultana, Dr S Sivanathan

Hay Aboriginal Medical Service
6993 4866 Dr Karunapalan

Henty Medical Centre 6929 3760
Dr Wahba

Hanwood Surgery 6963 0214
Dr Sultana

Howlong Medical Centre 6026 5555
Dr Ismail

Junee Medical Centre 6924 3022
Dr Kirolos, Dr Boshra, Dr Marcos, Dr Saeed,
Dr Salama

Leeton Family Clinic 6953 2733
Dr Pavlovskaya, Dr Garutsa

Leeton Medical Centre 6953 2699
Dr Wang

Murrumbidgee Medical and Primary Care Centre 6953 4333 Dr Senavirathna

Narrandera GP Management 6958 1000
Dr Mudiyansele, Dr Arachchi, Dr Arachchige

Temora Medical Complex 6977 3600
Dr Murphy

Vecare Health 6036 2952
Dr Jayaraman

West Wyalong Medical Centre 6972 2866
Dr Matrook, Dr Al-Bajalan

Your Health Griffith 6962 7661
Dr Velpula, Dr Patabendi, Dr Vasuthevan,
Dr Fernando, Dr Wathawana Vithanage

WAGGA WAGGA

Blamey St Surgery 6925 2242
Dr Wilson, Dr Hinch

Central Wagga Medical 5925 5333
Dr Dominguez

Dr Duncan's Rooms 6925 7451
Dr Duncan, Dr Millard

Estella Medical and Dental Centre
6933 1300 Dr Mansour, Dr Michail,
Dr Awasthy

Forest Hill Medical Centre 6922 8888
Dr Elmosallamy

Glenrock Country Practice 6971 2000
Dr Nwezza, Dr P. Fernando, Dr Azarm,
Dr Azab, Dr Sedrak, Dr Pospeshnaya, Dr Lisa,
Dr Rezaei, Dr Uyagu

Hammond Health 6936 7020
Dr Overvliet, Dr Smith, Dr Gear, Dr Rouhirad

Kapooka Health Centre 6921 0446
Dr Selga

Kincaid Medical & Dental 6971 0811
Dr Jalhoom, Dr Dryas, Dr Raju, Dr Khalil

Koorngal Medical Centre 6922 6144
Dr Aziz, Dr van der Merwe

KRS Health 6922 6144
Dr Azer, Dr Samuel, Dr Mesak, Dr S. Wang,
Dr Tadros

Riverina Family Medicine 6936 2088
Dr Thompson, Dr Culbert

Trinity Medical Centre 5908 3000
Dr Edwards

Wagga Wagga Medical Centre
6921 4053 Dr Bartusek

Private health insurance

You can opt to use your private health insurance in a public hospital. Some health funds may charge a gap. The hospital's specialist obstetricians will support the midwife at your birth. A private room may be available.

Private specialist obstetricians

Calvary Hospital Wagga Wagga 6925 3055
Specialist Clinics (Griffith) 6969 5811

Pregnancy and pelvic floor muscle care

Physiotherapy: Cathy Arnell 6921 7021
Physiotherapy: Lexi Missen 6921 3390
Physiotherapy: Jenna Mooney 6921 2040
Physiotherapy: Susan Cox 6969 5648

Ultrasounds

Wagga Wagga Base Hospital Medical Imaging Department 5943 3222
I-MED Radiology (Wagga) 6932 1300
Imaging Associates 6971 6100
Deniliquin District Hospital 03 5882 2880
Young Diagnostic Imaging 6382 6901
Young District Hospital 6382 8888
Insight Radiology (Leeton) 6953 4644
Griffith Base Hospital 6969 5593
Regional Imaging (Griffith) 6966 8500
Insight Radiology (Griffith) 6962 3335

Hospital Contact Numbers

Wagga Wagga Base Hospital 5943 1334
Maternity Unit 24 hours or 5943 1335
Pregnancy Care Centre (PCC) 5943 2322
Gynaecology / Early Pregnancy Clinic 5943 2476
Community Health 5943 2300
Sexual Health 6938 6492
Genetic Counsellor 5943 2343
Adolescent pregnancy midwife 5943 2328
Aboriginal mothers/babies 0448 671 822
Aboriginal sustained home visits 0447 286 608
Cootamundra Hospital 6942 0444
Deniliquin Hospital 03 5882 2800
Temora Hospital 6980 0200
Tumut Hospital 6947 0800
Griffith Maternity Unit 6969 5631
Leeton Maternity Unit 6953 1235
Narrandera Hospital 6951 0200
Mothersafe pharmacist 1800 647 848
Young District Hospital 6382 8888

Murrumbidgee GP Antenatal Shared Care Program

Options for Antenatal (Pregnancy) Shared Care

Brochure updated July 2023

Having a baby in the Riverina?

Ring the midwife at your local hospital to book your 14 week appointment ASAP