

Class 1

10am-12noon

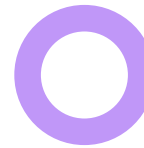
Antenatal Ed Programme



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Session Plan

- First up... we will meet a member of The Physiotherapy Team
- Followed by The Medical Social Work Team
- Followed by The Mental Health Support Team
- Finishing with the Parent Education Team



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To ensure the session runs smoothly....

- The expectation is that you have reviewed the Class 1 YouTube Videos prior to this session
- It would be great if you could turn off your mic to reduce interference.
- Any technical issues please let us know via the live chat



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Physiotherapy

- Exercise during pregnancy
- Pelvic floor exercises
- Good bladder and bowel habits
- Posture and managing pelvic girdle or low back pain
- Hormonal and circulatory changes



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Meet the Medical Social Work Team....

- We provide confidential information, support and counselling to all Mom's attending the hospital, as needed.
- If you would like to speak to your medical social worker, please ring the hospital and ask for the MSW Department.
- If you have questions regarding benefits and entitlements, we suggest you look at the Citizens Information website <https://www.citizensinformation.ie/> , which is a government website also providing links to other sites related to pregnancy.
- The Medical Social Work Dept. is located beside the Nurse's Station in Adult outpatients



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Meet the Medical Social Work Team.... (cont'd)

- All moms attending the Rotunda Hospital are asked about their experience of domestic violence, usually during their first antenatal visit. This reflects the Rotunda's dedication to keeping mothers and babies safe, as research has shown that domestic violence can commence or escalate during pregnancy. It is your decision whether to talk to your health provider about your situation but it is important that mothers are aware that help is available and that they are not alone.
- <https://www.womensaid.ie/>
- <https://www.safeireland.ie/>



The Rotunda Specialist Perinatal Mental Health Service



Located in the Sheridan Suite, in front of the Physio Dept.



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Parent Ed Session

- Normal pregnancy symptoms-Video online
- What isn't normal-Videos online
- Antenatal Nutrition Video online
- Real Talk with Real Mums Podcast
- The Rotunda Series: Go to the RTÉ Player www.rte.ie/player and search 'The Rotunda' where you will find Series 1, 2 & 3.



Real Talk
with
Real Mums



Clinic Appointments

Out Patients and Semi Private Clinic Schedule (subject to change)	Community Midwife Team Appt Schedule (subject to change)	Consultant Led Care Schedule
16 wk GP Visit vaccinations 20-23 wks Anatomy Scan 24 weeks GP 28 weeks Hospital 30 weeks GP 32 weeks Hospital 34 weeks GP 36 weeks Hospital 37 weeks GP 38 weeks Hospital 39 weeks GP 40 weeks Hospital	16 wk GP Visit vaccinations 20-23 wks Anatomy Scan 20 weeks GP 24 weeks CMT 28 weeks GP 30 weeks CMT 32 weeks GP 34 weeks CMT 36 weeks GP 37 weeks CMT 38 weeks GP 39 weeks CMT 40 weeks GP	This differs from consultant to consultant so please link in with the private clinic reception for more details.



Some reminders....

Vaccinations

- Whooping Cough 16-36 weeks (GP)
- Flu (GP-Available from September)
- Covid-19 vaccinations and boosters

Miscellaneous

- Visiting Times (8am-8pm)
- Anatomy Scan (bring partner)
- Routine Appointments and scans
- Travel

Smoking Cessation:

- [Email: stopsmoking@rotunda.ie](mailto:stopsmoking@rotunda.ie)
- **Mobile: 087 1468240**
- The service involves behavioural support sessions and Nicotine replacement therapy.




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For more information:
www.thrombosis.ie

BLOOD CLOT ALERT CARD

WHAT IS A BLOOD CLOT?

This is the formation of a clot inside a blood vessel, usually in the leg, which may break off and go to the lungs. This can be fatal.

60% of clots happen in **HOSPITAL** or in the **90 DAYS** following admission. 

 Blood clots can be very serious - but there are effective treatments to deal with them and help prevent them

SIGNS AND SYMPTOMS OF A BLOOD CLOT

- Swelling or pain in one leg or calf
- Warmth or redness in the leg
- Short of breath or rapid breathing
- Chest pain (particularly when breathing deeply)
- Coughing or coughing up blood

If you have one or more of these, you may have a clot and need urgent treatment



CSN:
20154240



Seirbhís Sláinte
Níos Fearr
á Forbairt


Building a
Better Health
Service

BLOOD CLOT ALERT CARD

Am I at risk?

WHAT CAN I DO TO HELP MYSELF?

- Ask for your risk of blood clots to be assessed, especially if you are in one of the higher risk groups listed opposite
- Walk and move as much as possible
- Drink plenty of fluids
- If directed to use stockings or medication to prevent or treat a clot follow instructions exactly
- Remember, a clot can form up to 90 days after being in hospital
- If you have any signs or symptoms of a clot, take **immediate action** to seek medical help

You have a **HIGHER CHANCE** of getting a clot in **HOSPITAL**   than on an **AEROPLANE!**

YOU MAY BE AT HIGHER RISK IF YOU:

- are admitted to hospital and for 90 days after you go home
- have active cancer or receiving cancer treatment
- are pregnant or have had a baby less than 6 weeks ago
- become immobile (more than 3 days in bed / travel non-stop more than 6 hours / in a leg cast)

RISK MAY INCREASE FURTHER IF:

- you or a close relative had a blood clot
- you had surgery in the last 90 days
- you have thrombophilia (tendency to clot)
- you are on the oral contraceptive pill or HRT
- you have heart, lung or inflammatory disease
- you are over 60 years of age or are overweight
- you have varicose veins that become red and sore

Some reminders (VTE)....



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Parent Ed Session

Class Schedule: 1st Time Parents

- Class 2 (30-31 wks) Labour (1.5hrs)
- Class 3 (31-32 wks) Birth (1.5hrs)
- Class 4 (32-33 wks) Infant Feeding (2hrs)
- Class 5 (33-34 wks) BabyCare and Going Home (2hrs)
- Class 6 (34-35 wks) Physiotherapy session (1.5hrs)

Class Schedule: Refresher Class

- Class 1 (Prev Vaginal Birth): 28-32wks (2hrs)
- Class 1 (Prev C-Section): 28-32wks (2.5hrs)
- Class 2 (everyone): 32-34weeks (2hrs)

You will receive dates and times for subsequent Zoom sessions in the post (this letter will serve as proof of attendance for your employer)

Partners more than welcome



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HypnoBirthing Courses

2hr Online Hypnobirthing Masterclass

- Free for all (CMT/Public/SPC/Private)
- 30-34 weeks gestation
- Once a month
- Fridays @ 10am-12noon
- Email apptscheduling@rotunda.ie
- Include Name/DOB/Due Date/Hosp Number in email
- Max 50 women + partners

OR

4 week Online Hypnobirthing course

- Free for all (Public/SPC/Private)
- 28-36 weeks gestation
- Monday evenings (1st 4 Mondays of Month)
- 6pm-9pm
- Email: apptscheduling@rotunda.ie
- Include Name/DOB/Due Date/Hosp Number in email
- Max 12 women + partners

CMT Online HypnoBirthing Course

- 28-36 weeks gestation (CMT Only)
- Thursday evenings (1st 4 Thursdays of Month)
- 5:30pm-8:30pm
- €30 to cover cost of book.
- Phone: 01 817 6849
- Max 8 women + partners

OR

Private Online Hypnobirthing Classes

- 28-36 weeks gestation (Public/SPC/Private)
- Tuesday Evenings (1st 4 Tuesdays of Month)
- 5:30pm-8:30pm
- €225 per course for all
- Email: semiprivate@rotunda.ie
- Include Name/DOB/Due Date/Hosp Number in email
- Max 8 women + partners

Breastfeeding Workshop (34 weeks)

When?

Tuesday @ 5pm-6:30pm.

How to book:

apptscheduling@rotunda.ie

Message from IBCLCs:

'Please review all Breastfeeding Workshop Videos prior to attending'



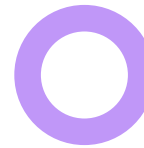
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Useful Telephone Numbers

- Covid-19 Queries: [01 8172575](tel:018172575) (Mon-Fri 8am-4pm)
- Pregnancy Queries: [01-817 1700](tel:018171700) (ask for ER)
- physiotherapy@rotunda.ie (Queries for Classes 1-6)
- apptscheduling@rotunda.ie (Queries for Breastfeeding workshop and Hypnobirthing Class)
- parent@rotunda.ie (no emergencies)



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Thankyou!

- We look forward to seeing you for class 2 @ approx. 30 weeks gestation!
- Have a great day 😊



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