

Class 1: Introduction to the Rotunda Hospital



In Class 1: Meet and Greet our Multidisciplinary Team

You will meet a member of

- The Parent Education Team
- The Medical Social Work Team
- The Physiotherapy Team
- The Mental Health Support Team



**THE
ROTUNDA
HOSPITAL**
DUBLIN

Parent Education Session

- Antenatal Classes/Workshops
- **Additional Information** : Nutrition In Pregnancy
Breastfeeding,
Hypnobirthing
- Clinic Appointments
- Vaccinations
- Antenatal Visits/Scans
- Health Advice



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Parent Education Antenatal Classes

We offer our Antenatal Classes

- Live on Zoom
- In-Person
- Pre-Recorded

Email

parentedsec@rotunda.ie

- **Note:** Bank Holidays: No Classes held
- **Advised to** -PRE PLAN your classes



Parent Education 'ZOOM' Antenatal Classes

Class Schedule: 1st Time Parents

- **Class 2** (guide only, 30-31 weeks) **Labour** (2hrs)
- **Class 3** (guide only 31-32 weeks) **Birth** (2hrs)
- **Class 4** (guide only 28-35 weeks) **Breast Feeding** (2hrs)
- **Class 5** (guide only 33-34 weeks) **Baby Care , Going Home & Infant Feeding**
(2.5hrs)
- **Class 6** (guide only 34-35 weeks) **Physiotherapy** session (1.5hrs)

Additional Antenatal Classes :

- **Nutrition In Pregnancy** (1hr)
- **Introduction to Hypnobirthing** (2hrs)

Partners more than welcome



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Parent Education 'Refreshers' Antenatal Classes on ZOOM

Class Schedule:

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

Email: apptscheduling@rotunda.ie

- **Details** : Name:
D.O.B:
Due Date;
Prev : Vaginal Delivery / C-Section

Partners more than welcome



Parent Education 'In-Person' Antenatal Classes

1. Labour & Birth

-**When:** Tuesday Evenings@ 6pm-8.30pm

-**Where:** In the Rotunda Hospital

How To Book : Details given out in **Class 3 Birth**

Partners more than welcome

2. Baby Care

-**When:** Thursday Evenings@ 6pm-8.30pm

-**Where:** In the Rotunda Hospital

How To Book : Details given out in **Class 5 Baby Care**

Partners more than welcome

3. Breast Feeding Workshop

-**When:** Wednesday Evenings@ 5pm-7pm

-**Where:** In the Rotunda Hospital

How To Book : Details given out in **Class 4 Breast Feeding**



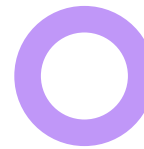
Parent Education 'Pre-Recorded' Antenatal Classes

1. Introduction to The Rotunda Hospital
2. Labour
3. Birth
4. Breastfeeding
5. Baby Care & Going Home
6. Physiotherapy

Additional Pre-Recorded Classes

- Nutrition in Pregnancy
- Introduction to Hypnobirthing
- Breastfeeding
- Parental Discharge Education

<https://rotunda.ie/parent-education/resources/>



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Breastfeeding Workshop (>28 weeks)

When/Where

Wednesday @ 5pm-6:30pm.(ZOOM & In Person)

With Who?

Lactation Consultants

How to book:

apptscheduling@rotunda.ie

Message from IBCLCs:

'Please review all Breastfeeding Workshop Videos prior to attending'



Antenatal Nutrition Class

When?

2nd Wednesday @ 11.00a.m

Where?

On Zoom

Who?

Dietitians

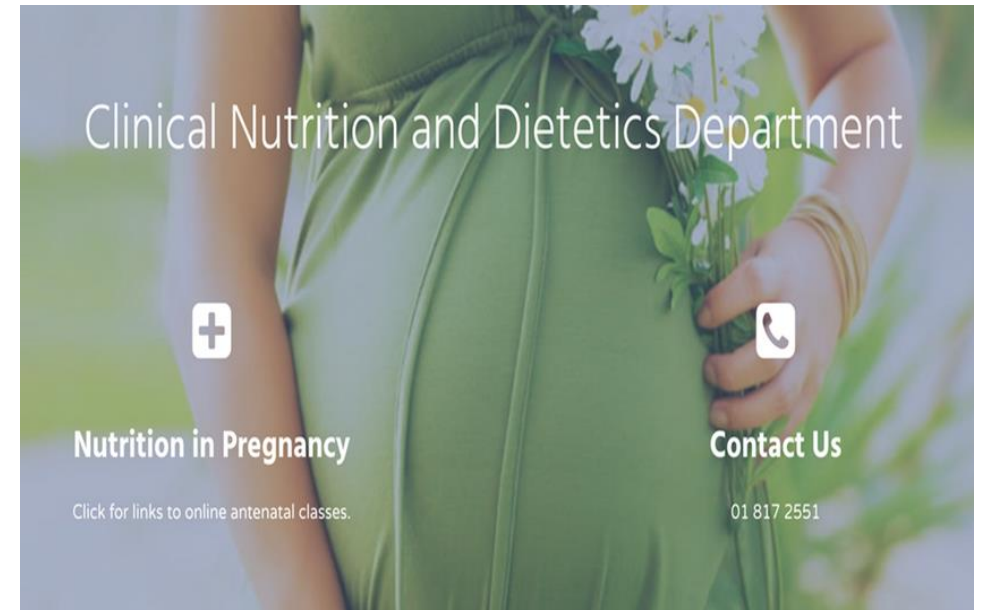
How to book:

Call: 01-8730596, 01-8730632

Email : ClinicalNutrition@rotunda.ie

- **The class talks about**
 - Healthy Diet in pregnancy
 - Food safety
 - Healthy foods
 - Nutritional Supplements ,vitamins,
 - How to avoid diabetes in pregnancy
 - Tips for managing pregnancy sickness.

- **Our Dietitians help people with**
 - Healthy Eating ,
 - pregnancy sickness,
 - weight changes, & More
- If you want to see a dietitian, talk to your **doctor or midwife.**



HypnoBirthing Courses

Parent Education

Introduction to Hypnobirthing

2hr Online

FOR ALL (CMT/Public/SPC/Private)

- 24-36 weeks gestation
- Once a month
- Friday @ 10am-12noon
- (3rd Fri of each month)

Email apptscheduling@rotunda.ie

- Include Name/DOB/Due Date/Hospital Number in your email

*Partners Welcome *

Community Midwives Team(CMT)

Online HypnoBirthing Course

24-35 weeks gestation **(CMT Women Only)**

- Thursday evenings
(1st 4 Thursdays of Month)
- Hybrid course
(Weeks 1-3 online, Week 4 in-person)
- 5:30pm-8:30pm
- **Phone: 01 817 6849**
- **Email: dominoadmin@rotunda.ie**
- Max 8 women + partners



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To Book: Additional Antenatal Classes

1. Breastfeeding Workshop

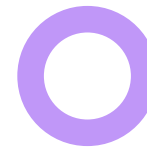
Email : apptscheduling@rotunda.ie

2. Nutrition in Pregnancy

Email : ClinicalNutrition@rotunda.ie

3. Introduction to Hypnobirthing

Email apptscheduling@rotunda.ie



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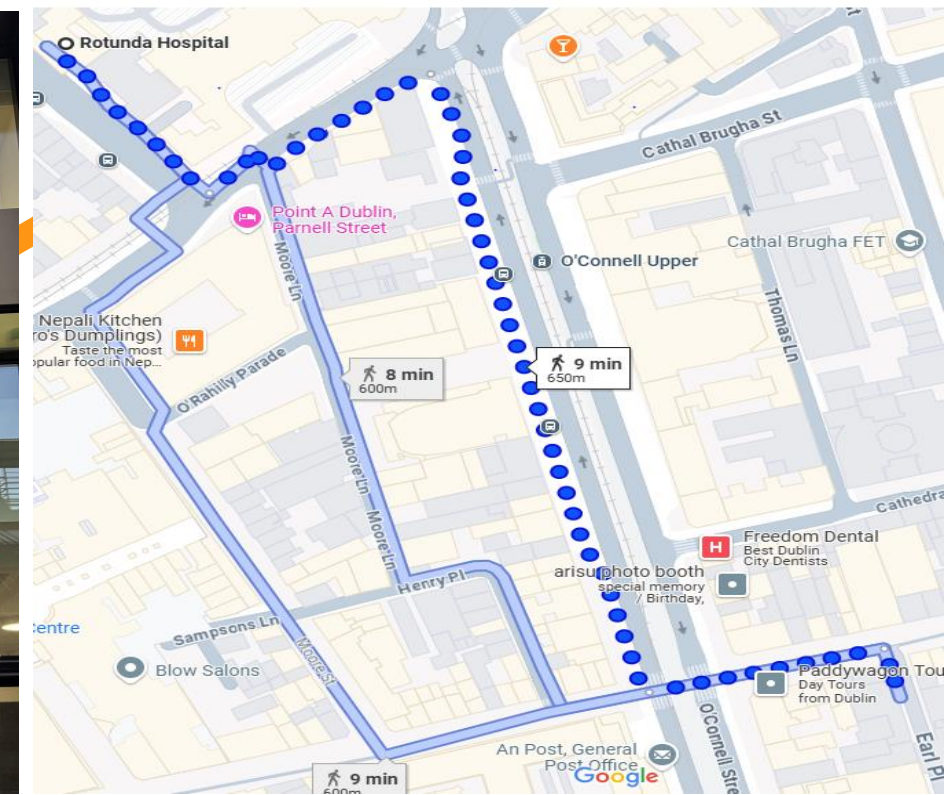


Clinic Appointments

NEW: Hampson House

Dublin 1
D01 T6W2

(O Connell St, 'Dublin Portal'-Left at the Spire)



Anatomy Scan

Rotunda 'Main Hospital'
2nd Floor

(This is not an Antenatal Visit)
Anatomy Scan (bring partner)



Clinic Appointments

Out Patients and Semi Private Clinic Schedule (subject to change)	Community Midwife Team Appt Schedule (subject to change)	Consultant Led Care Schedule
12-14 wks Booking Visit 20-23 wks Anatomy Scan 24 wks GP Visit (vaccinations) 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	12-14 wks Booking Visit 20-23 wks Anatomy Scan 20-22 wks GP Visit(vaccinations) 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 AMP-Advance Midwife Practitioner	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
- <https://www.hse.ie/eng/health/immunisation/pubinfo/pregvaccs/>



Some reminders...

Miscellaneous

- Anatomy Scan (bring partner)
- Routine Appointments and scans
- Travel (HSE Website)

<https://www2.hse.ie/pregnancy-birth/keeping-well/health-lifestyle/flying/>

Smoking Cessation:

- Email : stopsmoking@rotunda.ie
- TEXT: 087 1468240
- The service involves behavioural support sessions and Nicotine replacement therapy.

<https://www2.hse.ie/pregnancy-birth/keeping-well/health-lifestyle/smoking>



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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



Thrombosis Ireland
Spot The Signs... Save A Life

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)...

<https://www2.hse.ie/conditions/blood-clots-pregnancy/>



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Parking

- **In Rotunda Hospital**
Mon-Fri (Evenings) 4.30pm-11.00 pm ,
Sat, Sun & BH (all day) 08.00am-11.00pm (€8.00)
- **Parnell Square (Around the hospital)**
Hourly rate, FREE (19.00-07.00)
- **Q-Park Parnell**
Parnell Centre,
Loftus Lane
Dublin (D01 W7P4) (Max of €12.00, open 24hrs)
We stamp your car parking ticket
- **Q-Park The Spire**
Cathal Brugha St.
(01) 878 8957 (Discount, Book Online)

Visiting Times

Partners

In patient: Prenatal / Postnatal Ward (8am-8pm)

Early Labour/ Est Labour :

No Restrictions

+1 visitor (4pm-8pm) With your partner

+Siblings (2pm-8pm) With your partner

Up to-date Information:

<https://rotunda.ie/visitor-information/>

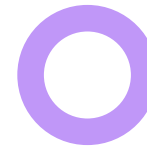
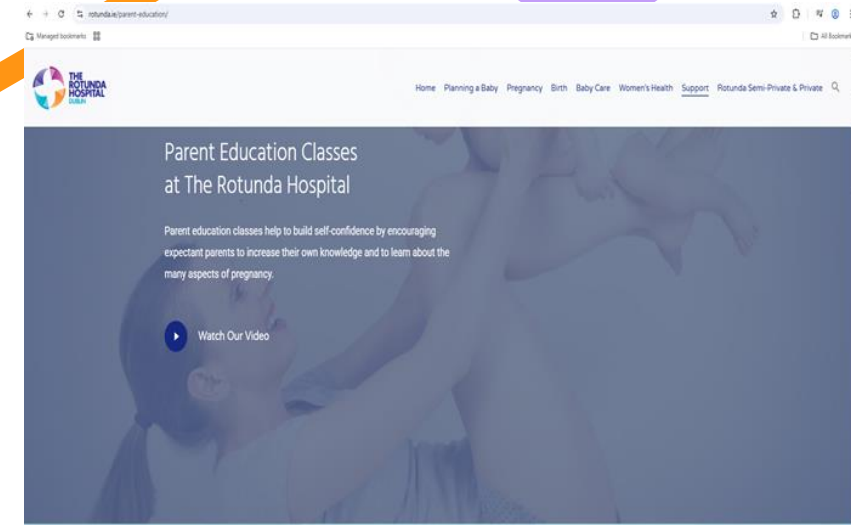


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Parent Education Resources

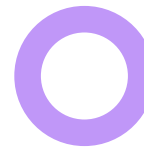
Some useful resources:

- Rotunda Hospital Website <https://rotunda.ie/parent-education/resources/>
- Normal pregnancy symptoms <https://rotunda.ie/problems-concerns/>
- What isn't normal <https://rotunda.ie/problems-concerns/>
- Antenatal Nutrition Video online (Parent Education resource page)
- 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.



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/>



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Meet our Physiotherapist

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



The Rotunda Specialist Perinatal Mental Health Service



01-8172541



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



Mid West ARIES
in partnership with
Specialist Perinatal Mental Health
Mid West Community Healthcare



AUDIOBOOK

My Perinatal Self Care Workbook

LISTEN NOW
OR DOWNLOAD

24/7

Laptop, Tablet
or Mobile

Are you pregnant or had a baby in the last year?
Are you finding it challenging sometimes to self care?
Then this audiobook is for you!

** Audiobook version of "My Perinatal Self Care Workbook".
Listen or download in full to your device or choose to listen chapter by chapter.

Listen & Build Your Own Personalised Self Care Toolkit



01 Physical Wellness

» Taking Care of Your BODY

02 Emotional Wellness

» Taking Care of Your MIND

03 Social Wellness

» Taking Care of Your RELATIONSHIPS

04 Intellectual Wellness

» Taking Care of Your BRAIN



WANT TO START LISTENING NOW?

Scan the QR Code or go to:
<https://tinyurl.com/Perinatal-Self-Care-Audiobook>

A Mid West Community Healthcare Mental Health Initiative
Mid West ARIES in Partnership with
Specialist Perinatal Mental Health Team, LMH &

Contact SFMHT: Pauline Walsh
ANP Perinatal Mental Health
Email: pauline.walsh1@hse.ie

Course Contact: Margaret Keane,
Mid West ARIES
Email: margaret.keane9@hse.ie



The Rotunda Specialist Perinatal Mental Health Service



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Useful Telephone Numbers/ Emails

- **Pregnancy Queries/ Concerns :**

 - *Main Hospital **01-817 1700** (ask for Emergency Room)

- parentedsec@rotunda.ie

 - Classes 1-6 &

 - Refreshers classes

- apptscheduling@rotunda.ie To book

 - Breastfeeding workshop

 - Introduction to Hypnobirthing

- parent@rotunda.ie

 - Parent Education Midwife : (no emergencies)

- Medical Social Workers

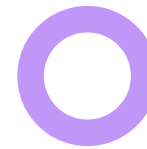
 - socialwork@rotunda.ie

 - Tel:** 01 8171722

Perinatal Mental Health Services

spmhs@rotunda.ie

Tel: 01-8172541



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Thank you!

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

