

Class 1

Introduction to the Rotunda Hospital



**THE
ROTUNDA
HOSPITAL**
DUBLIN

Class 1 : Parent Education

- Clinic Appointments
- Antenatal Classes
- Antenatal In Person Workshops
- General Health Advice
- Contacts Details



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 (GP & Pharmacists) vaccinations and boosters

Miscellaneous

- Visiting Times (8am-8pm)
- Anatomy Scan (Bring Partner)
- Routine Appointments and Scans
- Travel (H.S.E Website)

Smoking Cessation

- Email : stopsmoking@rotunda.ie
- Text : 087 1468240
- H.S.E Website : www.hse.ie/quit/now
- Information on Behavioural Support Services and Nicotine replacement Therapy



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



CSN:
20154240



Seirbhís Sláinte
Níos Fearr
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Building a
Better Health
Service

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

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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Parent Education Antenatal Classes

We offer our Antenatal Classes

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

- Any Queries :

Email : parentedsec@rotunda.ie



Parent Education 'ZOOM' Antenatal Classes

Class Schedule: 1st Time Parents

- Class 2 Labour (2hrs)
- Class 3 Birth (2hrs)
- Class 4 Breast Feeding (2hrs)
- Class 5 Baby Care ,Going Home & Infant Feeding (2.5hrs)
- Class 6 Physiotherapy session (1.5hrs)

Class Schedule :Refresher Classes

- Class 1 (Prev Vaginal birth) (3hrs)
- Class 1 (Prev C-Section) (3hrs)
- Class 2 Physiotherapy (Everyone)

Partners more than welcome



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HypnoBirthing Courses

Parent Education Midwife

Online Introduction to Hypnobirthing

- Free for all (CMT/Public/Semi Private / private)
- 28-36 weeks gestation
- Once a month
- On ZOOM
- Friday (3rd Fri of each month)
- 10am-1pm
- Email apptscheduling@rotunda.ie
Include : Name/D.O.B/Due Date/Hosp No.
- Max 50 women + partners

Community Midwives Team (CMT)

Hypnobirthing Course

- Free for CMT women only
- 24-30 weeks gestation
- Thursday evenings (1st 4 Thursdays of the month)
- Hybrid Course (Wk 1-3 Online ,Wk 4 In Person)
- 5pm-8.30pm
- Phone 01 8176849
- Email dominoadmin@rotunda.ie
Include : Name/D.O.B/Due Date/Hosp No.
- Max 8 women + partners

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Hypnobirthing Course

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Community Midwives Team(CMT)

Online Hypnobirthing Course

- 24-30 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 8176849
- Email dominoadmin@rotunda.ie
Include : Name/D.O.B/Due Date/Hosp No.
- Max 8 women + partners

Parent Education Free 'In-Person' Workshops

1. Labour & Birth

- When:** Monday Evenings@ 6pm-9pm (Except B.H)
- Where:** In the Rotunda Hospital
- How To Book :** Details provided in **ZOOM Class 3 Birth**

2. Baby Care

- When:** Thursday Evenings@ 6pm-9pm
- Where:** In the Rotunda Hospital
- How To Book :** Details provided in **ZOOM Class 5 Baby Care**

3. Breast Feeding

- When:** Wednesday Evenings@ 5pm-7pm (2nd/3rd/4th of the month)
- Where:** In the Rotunda Hospital
- How To Book :** Email : apptscheduling@rotunda.ie

Please review all Breastfeeding Workshop Videos prior to attending

Partners more than welcome



Useful Telephone Numbers/ Emails

- **Pregnancy Queries/ Concerns :**

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

- parent@rotunda.ie

- Parent Education Midwife :(No Emergencies)

- parentedsec@rotunda.ie

- Queries/ To Book**

- Classes 1-6

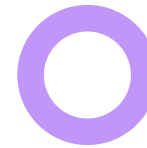
- Refreshers Classes

- apptscheduling@rotunda.ie

- Queries/ To Book**

- Breastfeeding workshop

- Introduction to Hypnobirthing



Thank you



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