



Community Midwifery Program

www.kemh.health.wa.gov.au/For-patients-and-visitors/Pregnancy-patients/Community-Midwifery-Program

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Clinical Locations: North, South, East and Central, visit our website for details.

Women and Newborn Health Service

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This document can be made available in alternative formats on request for a person with a disability.

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Government of Western Australia
North Metropolitan Health Service
Women and Newborn Health Service

Community Midwifery program

Supporting normal birth



- ▶ Women and family centred care
- ▶ Positive and empowering labour and birth
- ▶ Continuity of care with known Midwife
- ▶ Water birth, homebirth, birthing centres and hospital
- ▶ Antenatal classes
- ▶ 10 days – 4 weeks postnatal support
- ▶ Lactation support

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Congratulations on your pregnancy. You can have a positive empowering birth experience with the Community Midwifery Program. Enjoy care with a known midwife at home, birthing centre or a public hospital.



Community Midwifery Program

The Community Midwifery Program (CMP) is a unique service available to Perth women experiencing a low risk pregnancy. We pride ourselves in protecting, promoting and supporting normal birth with a high percentage of our clients choosing to give birth in water. The CMP provides safe, evidence-based, continuity of care from known Midwives throughout pregnancy, labour, birth and for 10 days – 4 weeks postnatally. The CMP can support you to have your baby at home, at the Family Birth Centre or Kalamunda Birth Unit, or in a public hospital.

The CMP is publicly funded service provided by WA Health and delivered under the governance of King Edward Memorial Hospital.

Community Midwives

All the CMP Midwives are highly trained and have extensive experience in providing care for low risk pregnancies, labours and births. CMP Midwives are experienced in homebirth and water birth. The Midwives work in close collaboration with the Obstetricians at your chosen support hospital ensuring a smooth transition of safe care if the need arises. Your Midwife will continue to support you and help advocate for normal birth if you are transferred to hospital.

Who is eligible?

The CMP is Medicare funded and available to all women living within a 40/50kms radius of Perth CBD. All applicants must have a Medicare Card. Each application to the

program is assessed individually to ensure it fits within our 'low risk' inclusion criteria. All applications are processed on a first come first served basis.

How do I apply?

Application forms can be downloaded at www.kemh.health.wa.gov.au/For-patients-and-visitors/Pregnancy-patients/Community-Midwifery-Program and can be completed and returned via email or mail. Staff at our four centres will be happy to help you fill in a form in person. Once your application is accepted you will be allocated a Midwife who will contact you to arrange an initial booking appointment. At this appointment the Midwife will assess your suitability for the 'low risk' program and discuss your birth choices with you. If the Midwife identifies a risk factor that excludes you from the program she will discuss your appropriate care options and make a referral on your behalf.

Antenatal visits

Antenatal appointments are a mixture of home visits and clinic visits. Antenatal clinics are based at our four bases North, South, East and Central. See the website for specific locations. The appointment schedule is within normal business hours and is flexible, allowing time for you and your family to get to know your Midwife. Appointments are designed to ensure you are well informed to make the right choices for you and your baby. Due to the unpredictable nature of clients birthing, your Midwife may have to cancel at short notice but will reschedule an alternative appointment with you.

Your Midwife will refer you to your chosen support hospital. All CMP clients are required to attend a least one obstetric appointment at their support hospital.

Classes

CMP provides antenatal classes. Your midwife will discuss the schedule with you.

Labour

Once your labour is established your primary Midwife will provide you with one to one continuous care, building on the trust and rapport created during pregnancy to support and empower you. A second Midwife will attend for the birth.

Should there be any change in your risk profile during labour, all the Midwives are trained to deal with deviations from the normal and emergency situations and all carry emergency equipment with them to births. Should you need to transfer to your support hospital, in most circumstances your Midwife will continue to support and advocate for you.

After the birth

Your Midwife will stay for a minimum of 2 hours after the birth and then will visit you frequently in the first days after the birth offering care, support and advice. The support continues with home or clinic visits for 10 days - 4 weeks. Breastfeeding support is ongoing and provided by your midwife and supplemented when necessary with the Breastfeeding Centre at King Edward Memorial Hospital.