



# Maternity



MOUNT CARMEL HOSPITAL

Part of Mount Carmel Medical Group

A calm safe journey for Mother and Baby



# MOUNT CARMEL HOSPITAL

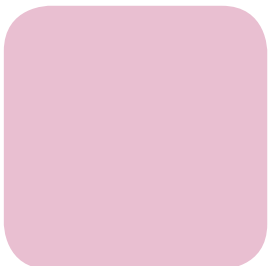
Part of Mount Carmel Medical Group

## About Mount Carmel Hospital

Mount Carmel Hospital is located in the suburbs of South Dublin. In 2006 it was acquired by the Mount Carmel Medical Group from the Sisters of the Little Company of Mary, the original founders.

Our hospital is patient centred and safety driven in its approach to care. The Maternity Department benefits from being part of the General, Medical and Surgical Services also provided on site.

Mount Carmel Hospital holds the prestigious Joint Commission International (JCI) Accreditation Standard, is also affiliated with University College Dublin in relation to teaching/research and is currently developing other educational links.



## Mission Statement

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Mount Carmel Hospital is devoted to the compassionate and safe care of the sick in accordance with best practice. We achieve this through commitment to clinical excellence and by respecting the dignity and rights of both patients and staff.

# A Warm Welcome to the Mount Carmel Hospital Maternity Unit

Mount Carmel Hospital Maternity Unit prides itself on providing a supportive, nurturing and informative environment for expectant parents and their baby, before, during and after the birth.

## **Mount Carmel Hospital**

The philosophy at Mount Carmel is to create a positive birthing experience. Here at the Maternity Unit, we provide total care for you and your new baby. From pregnancy to the first months of motherhood, we are here to support, guide and care for you.

welcome



MOUNT CARMEL HOSPITAL





At Mount Carmel we are  
dedicated to ensuring  
a calm safe journey for  
Mother and Baby.

# Preparation for the big event

As an expectant mother attending Mount Carmel you are under the care of your own consultant. Your consultant will monitor carefully and inform you thoroughly of the progress of your pregnancy and will also answer any questions you may have. There are a number of ante-natal class options available to help you prepare as fully as possible for the birth of your baby.

One aspect of your ante-natal care is the ultrasound. Our maternity unit is equipped with state-of-the-art technology.

## Early pregnancy and Ultrasound services

The Unit is staffed by ultra sonographers who all hold post-graduate higher diplomas in obstetric ultrasound and are highly experienced in performing pregnancy scans.

We offer three different types of ultrasounds: Early Pregnancy, Second Trimester, and a 4D Ultrasound scan which enables you, if you would like, to get a much clearer view of your baby in "real time." The 4D Ultrasound scan allows you to see clearly your baby's movements at that time, and get a detailed view of his / her features.

**Early ultrasound scans** – Women should be over 6 weeks pregnant and have had a positive pregnancy test.

**2nd Trimester scan** – Ensures baby is growing properly, and to check on position of the placenta and general anatomy.

**4D Scan** – State-of-the-art technology which provides 3D images of your baby in 'real time', which means you can see your baby moving on screen as it is happening. It is important to note that the 4D complements but does not replace the 2nd Trimester ultrasound in terms of medical diagnosis.

If you want further information please call the Ultrasound in Pregnancy Unit on 01 499 6300.

[www.pregnancyultrasound.ie](http://www.pregnancyultrasound.ie)

## Ante-natal classes

Ante-natal classes provide a great way to meet other expectant parents and give you the opportunity to address any worries or concerns you may have by discussing them with experienced professionals. Partners are also recommended to attend and participate. Classes for groups are available and further information is available by contacting the Bookings Office at 01 406 3466 / 01 499 6302.

## Physiotherapy

Our Physiotherapy Department provides a range of services both ante-natally and post-natally for new mums. If an expectant mum experiences musculoskeletal pain during pregnancy your Consultant may refer you for physiotherapy.

We offer post-natal education classes three mornings a week at no extra cost.

If you want further information please call Physiotherapy on 01 406 3464.

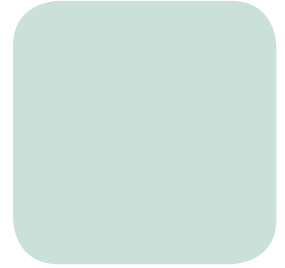
“

*The nursing and medical staff were wonderful when my twins were born. Everyone was very helpful, caring and informative and we have nothing but praise for their education. I may be back!"*

Bernie, mother of three, Wicklow



MOUNT CARMEL HOSPITAL



# Practical Information for Your Stay

We recommend you prepare a small bag with essential items approximately 4/6 weeks before your expected delivery date. The number of items will vary according to the length of your expected hospital stay. We would ask that you leave all valuables at home.

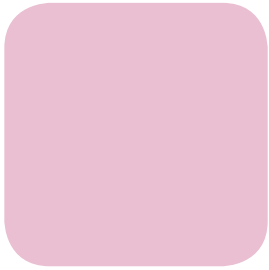
## for mother

✓	2/3 nightdresses (1 for labour) / pyjamas – front opening preferable
✓	Light dressing gown
✓	Slippers
✓	2/3 Bras (good support and front opening for breast feeding)
✓	Comfortable clothes and shoes for going home
✓	Breast pad (pack) even if not breast feeding
✓	6 pairs comfortable pants / disposable pants
✓	3 packs of maternity pads
✓	Freshen up wipes
✓	Personal toiletries including soap, shampoo, deodorant, hairbrush, etc.

## for baby

✓	Stretch suit / Babygrows (0-3 months size) x 10
✓	Vests x 10
✓	Baby hat, scratch mitts and socks
✓	Shawl or blanket
✓	Cardigan
✓	Approved car seat for transport home

Mount Carmel supplies disposable nappies, cotton wool and any toiletries for newborn baby.



# The Big Event

On admission to Mount Carmel you will meet the midwife who will assess your condition and liaise with the consultant to plan your care. You will meet the obstetrician at the delivery. We support natural childbirth, and also facilitate mothers choice of pain relief.

## Analgesia

There are various forms of pain relief for labour. You will be advised and informed during your ante-natal classes. Your midwife will also guide you as labour progresses to your individual preference and needs.

Mount Carmel Hospital is fully equipped to deal with all planned and unplanned events which may arise during your stay. The philosophy of care is to provide quality maternity care in a pleasant environment where each person is treated with respect and dignity.

## Paediatric Care

- The Hospital has a team of Consultant Paediatricians, who provide neonatal care for your baby - should this be required. They are supported by a neonatal nursing staff.
- The Maternity Unit has a fully equipped Special Care Baby Unit, suitable for babies over 32 weeks and all emergencies can be catered for in this group. The obstetrician and/or paediatrician may refer babies to the special care baby unit should they decide that a newborn requires special medical attention. Understanding that this situation is a sensitive one, our neonatal nurses give support and are always available to answer questions.

In the Special Care Baby Unit, a paediatrician is available on a 24 hour rota and parents are encouraged to be involved as much as possible in the care of their baby. The team liaise continuously with parents on the care of their newborn. The number of visitors to the SCBU are limited in order to protect your baby from unnecessary infection.

- The vast majority of babies are healthy. Your baby will receive a full physical examination by the Paediatrician, normally the morning after the delivery.
- Mount Carmel is the first hospital to provide Universal Neonatal Hearing screening.
- There is a standard follow up check performed on your infant at six weeks. However if you become anxious concerning your baby at any time during the first six weeks, there are daily clinics and a telephone consultation service available.



“

*The atmosphere is very calm and caring in Mount Carmel. I was in good hands and had a very positive birthing experience.”*

Mother of three, Dublin





# Post Delivery

Mount Carmel encourages new mothers to have their newborn baby in their room, which is known as 'rooming-in'. This involves caring for your baby yourself so that you can get to know your newborn, whilst having the reassurance of midwives available to assist if necessary. Research shows that mothers and babies benefit from having close and easy access to one another to promote bonding. We encourage you to reduce visitors as much as possible to enable you to have quality and quiet time with your newborn.

There is a nursery facility available should you require it. High quality meals are served three times daily to your room, available to order from a menu. We can also cater for any special dietary requirements you may have.

## Infant Feeding

Our experienced midwives will be there to guide you in whatever method of feeding you choose for your baby during your stay. We support "breast is best" policy, we are happy to advise and help you in whatever method you choose. Mount Carmel Hospital Maternity unit consistently has one of the highest rates of successful breast feeding in Ireland.

Our Lactation Nurse consultant is available to offer advice (breast feeding).

**Tel: 01 406 3601**

Should you wish to bottle feed your baby, bottles may be purchased during your stay from our stores Department between 11 am and 1 pm. Monday to Friday. **Tel: 01 406 3436**

## Security

In Mount Carmel Hospital, the safety and security of your newborn is vitally important to us. There are a number of measures in place to ensure security and our staff liaise with parents to make the Hospital a safe and comfortable place for children and families.

We have an integrated security system in our Maternity Unit to ensure the safety of every baby. A full explanation is given to parents by the midwives in the Maternity Unit, together with written information on how the identification system works. Parents are given special identification wristbands so that staff can easily recognise them and the aim is to ensure that babies are safe at all times.



“

*I would highly recommend MCH to anyone having a baby. All Staff were terrific, so helpful, the midwives fantastic.”*

March 2008



MOUNT CARMEL HOSPITAL



# Birth is Not a One Day Event

During your stay and to ensure the wellbeing of both you and your baby, a wide range of checks will be carried out including:

## for mother

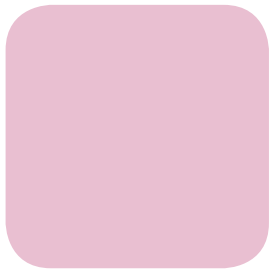
- ✓ Your midwife will conduct a post-natal check daily
- ✓ You will be given support and advice on feeding your baby
- ✓ You will be educated to promote confidence in care of your baby post-discharge
- ✓ You will be shown how to bathe your baby safely

## for baby

- ✓ A full physical examination will be carried out by your paediatrician soon after birth
- ✓ A daily check will be carried out by the midwife and paediatrician
- ✓ Baby will be weighed immediately after birth and prior to discharge. It is normal for your baby to lose up to 10% of his/her birth weight in the first few days, which may take up to 2 weeks to regain
- ✓ Your baby may have a BCG injection while an in-patient pending suitability for administration
- ✓ A Guthrie test\* may be done while an in-patient. This test is carried out on all babies to test for metabolic disorders. It involves taking a few drops of blood from your baby's heel
- ✓ If the above are not carried out while an in-patient, they may be arranged with your public health nurse after discharge. In the case of the heel test, you will be informed of the results if a problem has been detected or a repeat sample is required

\*heel test

During your stay, a Birth Registration Officer will visit you and discuss registration details of your newborn baby.



“

*A special word of thanks to the midwives for their excellent care and attention received while I was a patient.”*

May 2008



### Discharge

We would ask you to vacate your room between 10.30 am and 11.00 am on the day of discharge to allow for preparation for new patients. Your new baby will have a last check-up prior to this and you should arrange Post-Natal check-ups with your consultant.

### Post Delivery

Our role does not end once you have given birth. After discharge, if you have any queries, or concerns regarding your baby or yourself, please contact us on the following numbers:

<i>Nursery</i>	<i>01 406 3457</i>
<i>Post-Natal</i>	<i>01 406 3433</i>
<i>Infant Feeding</i>	<i>01 406 3433</i>

Our staff are always happy to answer any questions or concerns you may have. We are dedicated to ensuring that you have a positive experience during your time at Mount Carmel Hospital.

### Physiotherapy

After delivery, a physiotherapist will visit you and invite you to attend post-natal class where we provide advice on a number of post pregnancy related matters including: exercise and how to tone your tummy muscles; back care while looking after your baby and pelvic floor exercises.

The physiotherapist will also check your tummy muscle post delivery to ensure it is within normal limits and will not cause future problems. It is essential after every pregnancy to have your tummy muscles checked.

For patients who have a caesarean section, a member of the Physiotherapy Department will visit to discuss most appropriate methods of transfer in/out of bed, supported coughing techniques and anti DVT exercises. They will also provide you with pelvic tilt exercises to start toning your abdominal muscles.

The Physiotherapy Department offers support to the Paediatric Clinic and receives referrals.

The telephone number to make appointments is 01 406 3464.

### Post-Natal Classes

- Post-Natal class take place 3 days per week
- Class starts at 10.30 am
- Duration of class is approximately 40 minutes
- Your baby may stay in the nursery for the duration of the class if attending as an inpatient.





# General Information

## Health Insurance

You may be covered fully or in part by your private health insurance. As all health insurance companies and their respective plans differ, we suggest that you call our Accounts Department (Tel: 01 406 3461) and talk to a member of staff in relation to payment. Please bear in mind that accounts will need to be settled in full before leaving the hospital.

Mount Carmel Hospital deals directly with the following insurers:

- VHI (Voluntary Health Insurance)
- Quinn Healthcare (formerly BUPA)
- Hibernian AVIVA Health
- ESB Medical Provident Fund
- St. Paul's Garda Medical Aid
- Non-Insured Patients

## Accommodation

Our private and semi-private bedrooms are fully equipped with your comfort in mind. All rooms have en-suite bathroom facilities, telephone, television and bed-side cot for your baby.

## Infection Control

Preventing infection in our patients is the principle aim of the infection control department. The department is responsible for coordinating an infection prevention and control programme that meets the specific needs of the hospital and its patients.

Good hand hygiene by all is a very effective way of preventing infection.

It is recommended that mothers avoid having false nails as they trap bacteria and natural nails are best kept reasonably short.

For hands that appear clean, waterless alcohol hand gel is very effective for killing microbes. It is rubbed in [one squirt] to all surfaces of dry hands and evaporates rapidly. It is located in patients' rooms for use by patients, visitors and staff.

If you are coming to the hospital for treatment of an infection, the symptoms of which include diarrhoea and/or vomiting, or a rash please inform the maternity department or nursing administration if possible before you arrive. This will help ensure that suitable accommodation is available.

The following are a few simple steps:

- Remember always to wash your hands after using the toilet and before eating and before feeding your baby and after nappy changing.
- Remember to bring personal toiletries with you. Towels are supplied but you may bring your own if preferred.
- If you are sharing washing facilities be careful to use only your own towel.
- It is recommended that you do not walk around in socks or bare feet. Please bring slippers that have sufficient grip.
- If you are feeling hot, cold, and shivery do tell a midwife/doctor as you may have a temperature and early detection and treatment is in your best interest.



### Advice for visitors

Alcohol hand gel is located in patients' rooms for use by patients, visitors and staff.

Please help protect our mothers and babies. Do not visit if you or your child has symptoms that you suspect may be caused by an infection, e.g. diarrhoea and/or vomiting, a rash, or cough.

If you need advice about this please feel free to telephone the maternity department before coming to the hospital.



# Getting Here

## Address

### Mount Carmel Hospital

Braemor Park, Churchtown,  
Dublin 14, Ireland.

## By Car

### From M50 travelling south bound:

Leave the M50 at junction 11 (signposted N81 City Centre, Tallaght), then at roundabout take the 1st exit onto the N81 (signposted City Centre) entering Dublin. At Spawell Roundabout take the 2nd exit onto the N81 (signposted City Centre, Templeogue). At traffic signals turn right onto Old Bridge Road. Bear left and take the next left. Continue on to Rathfarnham Shopping Centre turning left at the traffic lights. At the next set of lights turn right onto Dodder Park Road. Continue on straight ahead and at the third set of lights (at the top of the hill) turn left onto Braemor Park.

Mount Carmel Hospital is situated on the left-hand side and is signposted.

## Car park

A public car park is situated on the grounds of Mount Carmel Hospital and operates on a 'Pay and Display' system.

## Visitors

Mount Carmel Hospital's visiting hours are flexible – all we ask is that you leave the hospital by 9.00 pm and take into consideration the need for quietness and rest at this time for the new mother and baby. We recommend limited visitors to optimise bonding with your newborn and allow a recuperation period for mothers. Siblings of the new baby are welcome and encouraged to visit.

## Restaurant

For your convenience and that of your visitors, we have a public restaurant located on the fourth floor, overlooking the gardens, serving a wide range of hot and cold dishes. It is available to patients and their visitors 8.00 am – 6.00 pm.

## Shop

The shop is located on the ground floor, near the main entrance, which is open:

Monday – Friday & Sunday 7.30 am – 7.30 pm  
Saturday 7.30 am – 6.30 pm

## Baby Food

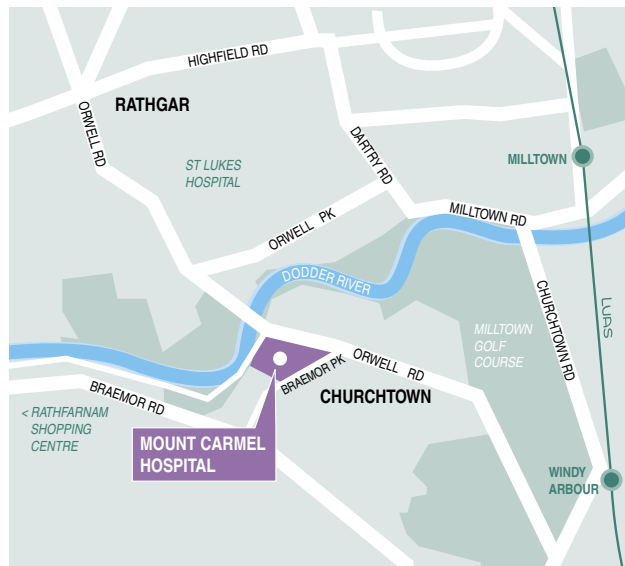
Baby foods are available to purchase from our stores department between:  
11.00 am and 1.00 pm weekdays.

## Smoking

We have a no smoking policy in the hospital.

## Contact Details

Main Switchboard	01 492 2211 / 01 406 3400
Accounts	01 406 3461 / 01 406 3467
Ante-natal Classes	01 406 3466 / 01 499 6302
Infant Feeding	01 406 3433
Labour and Delivery Unit	01 406 3440
Nursery	01 406 3457
Paediatric Appointments at Mount Carmel Hospital	01 406 3465
Physiotherapy Department	01 406 3464
Post-natal	01 406 3433



# Patient's Charter

## Medical Care and Treatment

Following consultation with your General Practitioner and Consultant you have the right to access appropriate and timely medical care. Where recommended medical procedure is not available at this hospital you will have the right to ask your Hospital Consultant to be referred to where the procedure is available, as soon as practicable.

## Treatment Plan

You have the right to be informed of the nature of your illness or medical condition in language which you can fully understand and to be informed concerning:

- The results of your tests and X-rays.
- The purpose, method, likely duration and expected benefits of any proposed treatment and any known side effects.
- Alternative options.

## Consent

Treatment should only be given to a patient with his/her informed consent or in the case of a child under 16, the consent of a parent or legal guardian. A relative or close friend may be present. The consent form should very clearly state the nature of treatment or procedures to be undertaken.

Where a patient lacks the capacity to give or withhold consent and where a qualified medical practitioner determines that treatment is urgently necessary in order to prevent immediate or imminent harm treatment may be given without informed consent.

## Confidentiality

You have the right to confidentiality in respect of your medical records and the nature of your illness or medical condition.

## Complaints and Compliments

You have the right to complain about any aspect of hospital service, to have the complaint investigated and to be informed of the outcome as soon as possible. Information regarding the complaints procedure is available from each Ward Manager. You are also welcome to advise the hospital about positive aspects of your care.

## Discharge

Before discharge you have the right to be informed of the nature of your medical condition, the treatment you received, any medication required by you and follow-up appointments at Mount Carmel Hospital or other medical centre. This information will also be communicated to your general practitioner by your consultant.





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# Maternity

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## Mount Carmel Hospital

Braemor Park, Churchtown  
Dublin 14, Ireland

**T** +353 1 492 2211 / 406 3400

**F** +353 1 492 2094

**E** [info@mcm.ie](mailto:info@mcm.ie)

[www.mcm.ie](http://www.mcm.ie)