

Carmen Antenatal Ward

Welcome to Carmen Antenatal Ward

During your admission on the ward, you will be cared for by a named midwife with the support of multi-disciplinary team members.

Your midwife will be caring for approximately 6-8 women during your admission and some women may need more support or medical care than others. Please be patient with our team as they prioritise their workloads.

During your admission you will be reviewed by the ward doctor during the daily ward rounds. At this time the doctor will answer any questions you may have and ensure your plan of care is clear and up to date. Your midwife will complete a full antenatal check which may include a blood test and monitoring of your baby's heart rate. The doctors are not always present on the antenatal ward, however if you require a doctor review, they will be informed by the midwife caring for you.

Facilities

Carmen antenatal ward consists of 12 beds which are shared across three bays; there are no side rooms on the ward.

Each bedside has a call bell if you require assistance.

Bathrooms and toilets are located at the entrance to the ward.

A range of food is available to meet any special dietary requirements, please speak to your midwife or the ward hostess.

On the ward you will find a hot drinks trolley with a selection of fruit and biscuits. Please help yourself.

There are a refrigerator and a microwave available for your use should you wish to bring food from home. These are in the **Parent's**

Room on the Gwillim postnatal ward (directly opposite to Carmen Ward) near the entrance.

The birth centre is also situated at the end of antenatal ward. Please note the birth centre visiting times and number of visitors are separate to the antenatal ward.

Visiting Times

During your stay on the Antenatal ward one named birth partner or support person can stay to with you throughout the day. When in labour your named birth partner or support person can remain with you overnight. Please be aware for security reasons, if they leave the ward, they will not be allowed back in between the hours of 10pm and 8am. Visiting times for other visitors are 3pm to 8pm and during this time you can have one nominated visitor plus your birth partner or support person. We will ask you tell us the name of the visitor you are expecting.

Two people can be at the bedside during visiting times, your birth partner or support person counts as one person.

All birth partners and visitors must check in with the receptionist or security guard and wear a yellow wristband. Please expect to be challenged if your wristband is not clearly visible.

Your children or siblings to the baby under the age of 16 (no other relative, e.g. cousins) can visit when accompanied by the birth partner during visiting hours.

Your birth partner or visitors should only use the chair in your bed space. Please do not move or use any other beds or chairs from other patient areas.

Children should be supervised by the birth partner and always remain accompanied by parents.

If a Birth Partner, Named Visitor or Sibling is unwell or has symptoms of COVID, Flu or Strep A they should not visit the ward.

Carmen Antenatal Ward Timeline

Below is an approximate timeline of daily events on Carmen Ward.

6am	Medication round
7:30-8am	Handover from night staff to day staff
8am	Medication Round
8:30am	Breakfast Service
8:30am - 12pm	Doctor Ward Round
12pm	Lunch Service/Medication Round
2pm	Medication Round
3pm	Visiting hours begin
5pm	Dinner Service
6pm	Medication Round
7:30-8pm	Handover to night staff from day staff Visiting times end
10pm	Medication Round Birth partner/Support partners Visiting times end

Should you require medication, food or support outside of these times, please speak to a member of the team or use your call bell if you are not mobile.

Bedrails

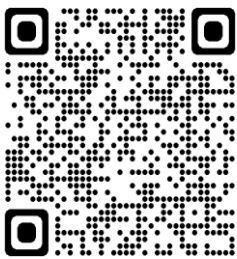
The bedrails on your hospital bed should always be down during your stay unless you are being transferred between wards. Having

your bedrails up when they are not clinically necessary can increase your risk of injury or falls.

Please ask a member of staff for support if you need help to put your bedrails down.

Please see the QR codes below for more information on the following

Pain Relief in Labour



Induction of Labour



Fetal Monitoring



Iron Transfusion



Safety

You will be given an identity name band to wear whilst in hospital. We kindly request you do not remove it until you get home.

When you or your birth partner are walking around the ward, please wear shoes or slippers to protect your feet.

Colostrum Harvesting during pregnancy

Please speak to a member of staff about expressing your colostrum (the first form of breastmilk. It is nutrient-dense and high in antibodies and antioxidants to build a newborn baby's immune system.) during pregnancy. Staff will be able to provide you with information, advice and will support you to hand express while on the ward and when you go home.

Feedback about your care

We welcome your feedback. If your experience during your admission has been positive, please email maternity.experience@stgeorges.nhs.uk

Don't take your troubles home

If you have any questions or concerns about your care on the ward, please speak to the Ward Manager Charlene Daniel or Matron for Inpatient Services Lorraine Cleghorn or email at Charlene.Daniel@stgeorges.nhs.uk or Lorraine.Cleghorn@stgeorges.nhs.uk

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm

Friday between 10am and 2pm.

Please contact PALS in advance to check if there are any changes to opening times.

The Walk-in and Advisory telephone services are closed on Wednesdays.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough Wing.

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111

AccessAble

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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