

Facilities Available

	Nepean	Hawkesbury	Blue Mountains	Lithgow
Birth Rooms	9	4	2	2
Partners can stay	✗	✗	✓	✗
Free parking	✗	✓	✓	✓
Parenting Education classes	✓	✓	✓	✓
Special Care Nursery	✓	✓	✗	✗
Neonatal Intensive Care Unit	✓	✗	✗	✗

Available Models of Care

	Nepean	Hawkesbury	Blue Mountains	Lithgow
Midwives	✓	✓	✓	✓
Caseload	✓	✗	✗	✗
Obstetric	✓	✓	✓	✗
GP/Obstetrician	✗	✗	✗	✓
GP shared care	✓	✗	✓	✓
Midwifery at Home Postnatal	✓	✓	✓	✗
Privately Practicing Midwives	PPM are available throughout the area. Providing antenatal, birth and postnatal care. Contact details for each midwife are available on the HealthPathways website under Non-acute Obstetric Assessment. Patients require a referral to their midwife of choice for antenatal and postnatal care. This is required for Medicare Rebate.			

Should a patient need a higher level of care than is provided at their local service, a referral to a higher level facility will be made at their Maternity Booking Visit.

All services work within a tiered network. Nepean Hospital is the Tertiary Referral centre for Nepean Blue Mountains LHD and Greater Western NSW.

Maternity Services within the LHD are also supported by Pregnancy and Newborn Services (PSN) and Newborn and paediatric Emergency Transport Service (NETS).

Maternity Booking Visit

The booking is with a midwife and takes 1.5 to 2 hours. It includes medical history, family history, psychosocial history etc. This visit also allows for education and information sharing.

Benefits of patients booking at their local hospital include:

- Earlier booking visits
- Familiarisation with local hospital to allow for timely antenatal assessment and transfer
- Timely referral to tertiary services when required (if complications arise)
- Ability to book into local antenatal and breastfeeding classes
- Decreased travel time and increased convenience
- Potential to do shared visits between Nepean Hospital and their local hospital depending on level of risk
- Refer low risk women to the appropriate level service to minimise wait times and congestion in Tertiary Hospitals
- Increased willingness of women to transfer back to their local hospital postnatally or if risk decreases antenatally

For information regarding high risk clinics at Nepean Hospital access the Non-acute Obstetric Assessment HealthPathway
<https://nbm.healthpathwayscommunity.org/index.htm?139790.htm>

For more information regarding HealthPathways, visit
www.nbmphn.com.au/healthpathways

Useful Links

Perinatal Services Network:

www.psn.org.au

Newborn and paediatric Emergency Transport Service (NETS):

www.nets.org.au

NSW Health Role Delineation and Models of Care:

www.health.nsw.gov.au

Australian College of Midwives Consultation and Referral Guideline:

www.midwives.org.au

Content has been jointly developed by NBMLHD, NBMPHN and the NBM HealthPathways program.

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Health
Nepean Blue Mountains
Local Health District



Wentworth
Healthcare
Blue Mountains | Hawkesbury | Lithgow | Penrith

Wentworth Healthcare Limited (ABN 88 155 904 975) as Nepean Blue Mountains PHN. 308_0119



Nepean Blue Mountains
Local Health District

Maternity Services Information for General Practice



Health
Nepean Blue Mountains
Local Health District



Wentworth
Healthcare
Blue Mountains | Hawkesbury | Lithgow | Penrith

Nepean Blue Mountains Local Health District (LHD) has four facilities able to provide Maternity Care as per NSW Maternity and Neonatal Service Capability Framework.

We recommend GPs refer their patients to their local Maternity Service to book in for their pregnancy care.

This ensures appropriate local care is provided.

NEPEAN 4734 2000

Level 6 Maternity Service

Includes all Levels of service

HAWKESBURY 4560 5555

Level 4 Maternity Service

Includes Level 3 services

BLUE MOUNTAINS 4784 6500

Level 3 Maternity Service

LITHGOW 6350 2300

Level 3 Maternity Service

Level 3 Maternity

Provides planned care for:

- Women ≥ 37 weeks and < 42 weeks gestation with no identified risk factors (Category A – ACM Guidelines)
- Some women identified as Category B following consultation and the development of a management plan with a suitably qualified clinician within the Tiered Network (eg. obstetrician, GP, endocrinologist, psychiatrist, dietician, physiotherapist)
- Management of emergent co-morbidities, such as hypertensive disease of pregnancy, in consultation with a specialist in the Tiered Network
- Antenatal care planning of women with multiple pregnancies in association with a Level 4, 5 or 6 facility (eg. women with twin pregnancies that require frequent ultrasound surveillance)
- Induction of labour $> 37+0$ weeks gestation
- Antenatal and intrapartum electronic FHR monitoring as a means of fetal welfare assessment
- Vacuum, forceps and emergency caesarean
- Elective caesarean section

Nepean Hospital

Nepean Hospital is a **Level 6 Tertiary Referral** hospital conducting over 4,000 births per year.

- Planned care for all women regardless of gestational age or clinical risk
- State-wide high-risk pregnancy care
- Complex specialist care
- Complex major obstetric surgical procedures
- Maternal-Fetal Medicine Service (MFM)
- Level 5 Neonatal Service – Comprehensive neonatal care for all newborns, within a multidisciplinary management model (excluding surgical, cardiac and metabolic services)
- Established links and support with surrounding lower level maternity services regarding consultation, referral and transfer
- Established systems for seamless patient transfer

Hawkesbury Hospital

Hawkesbury Hospital is located in Windsor and provides a **Level 4 Maternity Service and Level 3 Neonatal Service.**

- **Level 4:** Antenatal, intrapartum and postnatal care for women $\geq 34+0$ weeks gestation with no risk factors, or with risks identified as category A or B
Some women with risks identified as category C (in consultation with the specialist obstetrician or maternal-fetal medicine specialist within the Tiered Maternity and Neonatal Network).
- 4 Birth Rooms
- Postnatal rooms (all single rooms)
- Parent Education Classes
- Free parking

For further information, please contact Hawkesbury Hospital directly.

Blue Mountains Hospital

Blue Mountains Hospital is located in Katoomba and provides a **Level 3 Maternity Service and Level 2 Neonatal Service.**

- Antenatal, labour, birthing and postnatal care
- 2 Birth Rooms
- 8 Postnatal rooms (all single rooms)
- Partners welcome to stay overnight
- Parent Education Classes
- Free parking

Blue Mountains Hospital **does not offer** Vaginal Birth after Caesarean Section intrapartum or birthing, however antenatal and postnatal care can be provided.

Lithgow Hospital

Lithgow Hospital provides a **Level 3 Maternity Service and Level 2 Neonatal Service.**

- Antenatal, labour, birthing and postnatal care
- 2 Birth Rooms
- Parent Education Classes
- Free parking

Lithgow Hospital **does not offer** Vaginal Birth after Caesarean Section intrapartum or birthing, however antenatal and postnatal care can be provided.

24hr Birth Unit Queries

Nepean Birth Unit: 4734 2295

Hawkesbury Maternity: 4560 5555

Blue Mountains Maternity: 4784 6573

Lithgow Maternity: 6350 2300