

Patient Survey

Families are encouraged to complete the online patient survey prior to discharge, to enable them to give feedback about their stay and assist us in improving our care. This survey can be found on the Patient Entertainment System.

Education

Women's & Newborn Health

www.womensnewbornhealth.com



Scan to visit our website
You will find plenty of useful information including our **bathing demonstration video**

Physiotherapy

www.wslhd.health.nsw.gov.au/WNH/Support-services/Physiotherapy



Scan to visit postnatal
Physiotherapy exercises and
education

Australian Breastfeeding Association

www.breastfeeding.asn.au

Raising Children Network

children.net.au

Red Nose

rednose.org.au

Perinatal Anxiety & Depression

www.panda.org.au

SMS4Dads

www.sms4dads.com

My Maternity Journey

Date & time I gave birth

The birth

Welcome baby

What I need to bring or organise

Bring, nappies, baby wipes, sanitary pads, shoes, clothes for baby and myself, and a pen, car seat must be installed prior.

Things to discuss with Midwife

Need an Interpreter?

If you do not speak English or you are Deaf, our staff will book a professional health care interpreter for you.

Their services are free* and confidential. (*not free for overseas visitor, please check with our staff).

If you need to call us before your appointment or for any other enquiry, please call the Translating and Interpreting Service (TIS) on 131 450.

State your language, ask them to call 8890 5555 and to be connected to the Women's and Newborn Health Maternity Ward.



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Women's and Newborn Health Maternity Ward



Westmead Hospital
Cnr Hawkesbury Rd Darcy Rd
Westmead NSW 2145
02 8890 5555



Health
Western Sydney
Local Health District

Services

The ward is a 24-hour, 365 day per year service, catering to the care of all women immediately following birth and postnatal women within 6 weeks of birth with a pregnancy or birth-related condition requiring treatment.

Length of Stay

For an uncomplicated vaginal birth, a maximum two-night stay is expected. Women who have a caesarean birth without any complications, a three-night stay is the maximum.

Patient Room

The bed number is located on the wall outside of the room. All single rooms have an ensuite and double rooms have a separate shared toilet and shower, all rooms have a window with outside views.

Patient Buzzer

The bed patient buzzer is located next to the bed. Press the green button to call a midwife when help is needed. Please be patient as we are a busy ward, and the midwife may be attending to another patient. On these controls, you will also find a light switch for your use that controls the light above your bed.

Bed Controls

Controls for raising and lowering your bed are located beside the bed and at the foot of each bed.

Patient Board

We use this board to:

- communicate with you and our staff
- write your current plan of care
- write names of staff caring for you
- list any tests or procedures
- your baby's feeding plan

Baby Supplies for Stay

Patients need to supply their own nappies and wipes for their baby, these should be unpacked by your support person and placed underneath the cot on arrival, so they are easily accessible for you and staff. If you are intending to bottle feed your baby, you must supply your own formula & sterilised bottles for the duration of your stay.

Fridge & Cupboards

All rooms have a small fridge for your personal use. Expressed breast milk must not be stored in this fridge but taken directly to the nursery fridge for your baby. There are cupboards for you to store your personal items but do not leave valuables unattended.

Patient Entertainment System

Each room has a flat-screen TV that can also be used as an internet connection when activated by a credit card. There are educational videos and information to be used for patient learning. You can find a USB port on the TV to charge your mobile phone. (Free WIFI is available)

Baby Bath

All patient rooms include a built-in baby bathing area. In the shared rooms, this is to share between both occupants. These baths are to be only used for bathing your baby and not preparing food or cleaning dishes.

Sleep Couch

If a single room is available a pull-out sleep couch or recliner might be available for your carer to use. Your carer should offer regular and ongoing support overnight. Blankets & pillows can be found on the 2 linen trolleys. For the staff to access your rooms on the morning shift the pull-out couch and recliners should be packed away at 7 am.

Linen

There are 2 linen trolleys on the ward for you to access at any time. Here you will find sheets, blankets, pillows, and towels for both you and your baby. You can also find dirty linen skips in the cupboards close by.

Kitchenette & Meals

This ward has a small kitchenette for you to access with microwave, water & ice machine. You can also find supplies for tea & coffee. Food services will take menu orders from patients before each meal. For Partners/Carers, there is a cafeteria located on level 2 to buy food and drinks.