

Bath Birth Centre Guide



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This guide has been developed by the Maternity & Neonatal Voices Partnership, Service Users (Parents) and maternity staff from Royal United Hospital, Bath.



bswmaternityvoices.org.uk
 @bswmaternityvoices
 @ bsw_mvpp



ruh.nhs.uk/patients/services/maternity
 @RUH Maternity
 @ruhmaternity

Rooms and facilities



Dim lights will help oxytocin to increase and labour to progress.

This is *your* space so please make it comfortable for yourself.



Lights

To use the lights push the button in the middle to turn on and off. Buttons 1,2,3 are for different spotlights within the room. Hold down the up and down arrows to brighten or dim as required. If you are unsure please ask us.



Reception

Our staff are here for you – please don't hesitate to ask us if you need any support or information.

Outdoor space

We have a small private garden that you can use if you would like some fresh air. Please be aware that this is a smoke free site and smoking is strictly prohibited.



Kitchen area/relaxation room

Please see *food and drinks* on page 03 for more information.

There is free WiFi available in this maternity unit



Select 'NHS WiFi' from the list of network names on your device

Read and accept the terms and conditions and you will automatically join.

Interpretation and communication needs

Please ask your midwife if you need an Interpreter or have other communication needs we can assist you with.

 Search **Care to Translate** on Android or Apple.

 Search **Google Translate** on Android or Apple.

Birth rooms

There are various birth rooms to choose from if available. They all have en-suite bathrooms, some have baths and others have pools. Please speak to your midwife for more information.



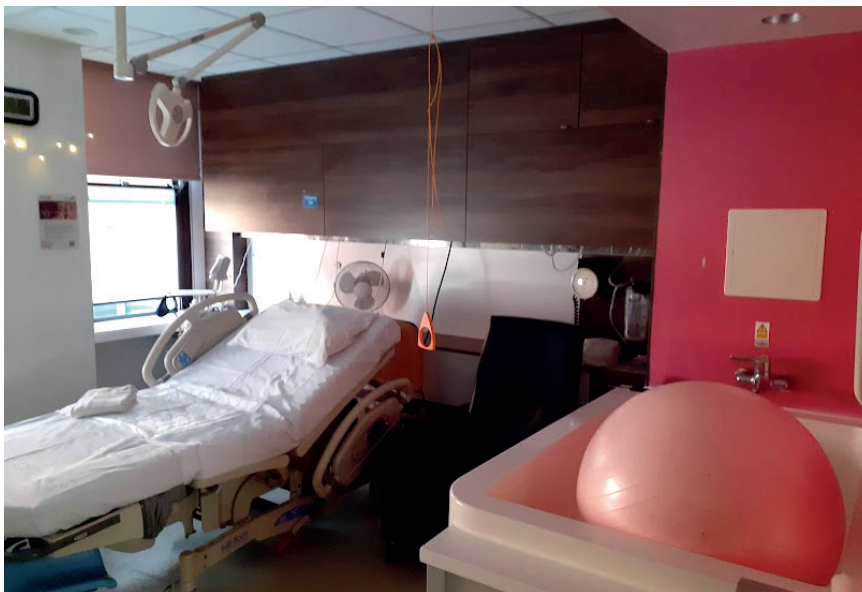
Assessment room

Women/birthing people may be assessed in this room. Dads/partners/non-birthing parents are welcome.

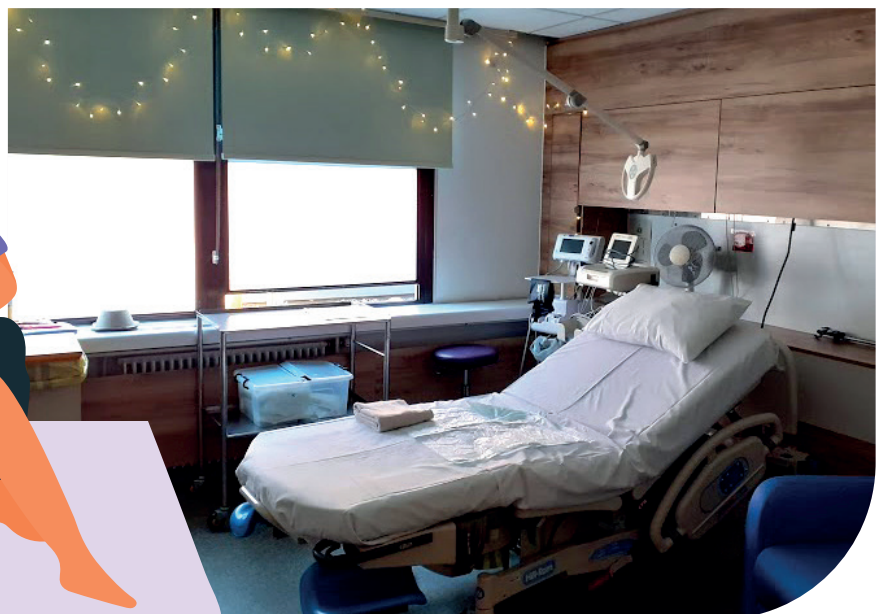


Mary ward

This is where you may go after the birth of your baby. See page 10 for more information.



Ask your midwife about birthing equipment



Food and drink



Meals on Bath Birth Centre

Whilst on Bath Birth Centre, breakfast, lunch and dinner will be brought to you as required. Please inform us of any dietary requirements as we can request these from the hospital kitchen. Partners/birthing partners will be offered sandwiches and there are vending machines located in the corridor. There are also sandwiches in the fridge in the Relaxation Room which you are welcome to help yourselves to in-between meal times.



Snacks and storing food

Please bring in ample snacks for you and your partner/birthing partner. There is a fridge you can use in the relaxation room if you have brought in your own refreshments (please label any items clearly).

Eating during labour will help you to maintain energy levels.

It is also important to stay hydrated and to empty your bladder regularly.



This room is *your* space - you can also find birth equipment here!



Who's who



Navy Blue
Midwife in Charge/
Midwifery Sister



Grey
Specialist Midwives



Lilac
Ward clerks/
administrative staff



Green
Domestic Staff



Burgundy
Maternity Support
Workers



Royal blue
Band 6 Midwife



Sky Blue
Band 5 Midwife



Blue scrubs
Doctors
(plus staff in theatre)



Light Blue
Student midwife



Blue stripes
Specialist Support Role

If you're unsure, just ask!

If you have any questions or concerns, the staff at the RUH are here for *you!*



Helping labour to progress



You can try different positions that offer different benefits for labour and birth. Your Midwife is there to help you if you need any advice, and will let you know if another position is recommended to be best for you and your baby.



Hands and knees position

A hands and knees position can often help if you are experiencing pain and discomfort in your lower back more than your lower abdomen (tummy) in labour.

Laying on your side

Laying on your side can keep most of the pressure from the weight of your baby off your sacrum (bottom bone in your back); allowing your pelvis to naturally expand.



Lying on your side using a peanut ball

A peanut ball is a good option if you choose to have an epidural or choose to labour lying on a bed rather than staying upright.

Using the pool during labour and birth

Squatting can feel less tiring for your legs when using the water, and may be easier for you. Many women and birthing people naturally find themselves kneeling in the pool, leaning over the side.



Using a chair, birthing ball or a bed to sit

Sitting in an upright position is very different and better at progressing labour than a reclining position.



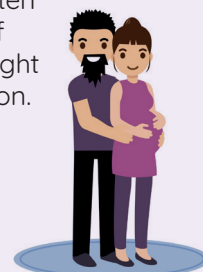
Squatting

A squatting position is helpful to open your pelvis to allow baby to find a good position to be born. Squatting is often best done when there is the support of a birth partner or companion.



Standing and gentle walking during labour

Many women and birthing people instinctively circle their hips, or rock gently side to side. This circular or rocking movement often provides relief during the height of a contraction.



For more information, scan the QR code or visit:

www.therotherhamft.nhs.uk/patients-and-visitors/patient-information/labour-birthing-positions

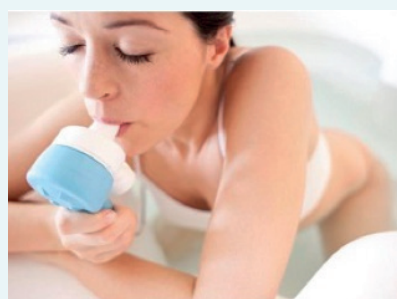


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Pain management available



On Bath Birth Centre the following methods of pain management are available from your midwife:



Pharmacological
(Entonox® Gas and Air)

**Pethidine and
Diamorphine**
Injection



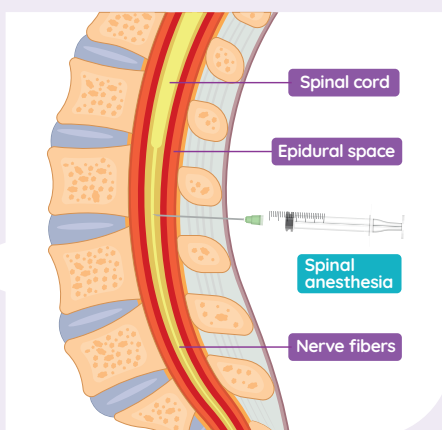
**Oramorph and
Dihydrocodeine**
Liquid



Physiological methods

Your midwife will support any self help physiological methods such as massage, movement, breathing, remaining mobile, hypnobirthing, TENS. We have Birthing Balls available for your use, please ask your midwife if there isn't one in your room. Please inform your midwife if you wish to use aromatherapy oils in labour as we may need to make the wider team aware due to the potential impact for pregnant staff.

Epidural (Spinal anaesthesia)



Water

We have 2 pools at Bath Birth Centre and each room has a bath. If you wish to use water for pain management, please discuss this with your midwife. If your partner wishes to get into the pool with you, we ask that they wear swimwear. There may also be circumstances when this is not advisable.



Dads, partners and non-birthing parents



Food

If you would like to make yourself/ your partner a hot drink, you can do so in the **Relaxation room**. Please use a tray to bring drinks back to the Birthing room. Your midwife can provide you with refreshments at meal times (breakfast, lunch and dinner) if you are with your partner on Bath Birth Centre. Please feel free to discuss any requirements with your midwife. If you have brought your own food, please eat this whenever you like. Additional sandwiches can be found in the fridge.

Parking

If you have parked in our carpark, your car number plate would have been automatically registered. You will need to pay at the machine by card or cash before leaving.



Doulas or additional partners

Our midwives understand the importance of support. Please remember that they are here to care for you as a Dad, partner or non-birthing parent so please ask if you are uncertain or unsure about what is happening.

If your partner needs to be moved to theatre (eg. For caesarean birth or birth with forceps) you will be given scrubs to change into so that you can be together throughout.



Resources for you

Take a look at this resource for Dads, Partners and non-birthing parents here:

padlet.com/BSWMVP/dadspartnersnonbirthingparents



Or scan this QR code!

How to support

Things to say to your partner during labour, birth (and beyond!)

I love you

You can do this

You are so strong

We're going to meet our baby so soon

You are amazing – you're doing so well!



Making decisions about your care



When you need to make a decision about your care the law says that your doctor or midwife should give you all the information you need to help you make a decision that is right for you. This is informed consent.



Clear and factual information

Your care provider should always ensure information is given in a format that makes sense to you.

Where possible, the risk should be given as a probability or a percentage figure eg. 1 in 100 or 1%. If you are only told that a risk doubles or increases, ask what the actual risk is. You can ask your midwife or doctor to discuss how good the evidence is. You may be given a leaflet or webpage to read. You should always have the opportunity to ask questions and discuss your thoughts and feelings.



Pressure or guilt

Doctors and midwives should use factual information when explaining your options. They should never use language that makes you feel obliged to do something. If this happens you could ask for your named midwife to support you.

In a lot of situations you will have time to consider your decision or change your mind.



Risks and benefits

You should always be given risks *and* benefits of every option. This must include the risk of the care your doctor or midwife is recommending.

If you haven't been told the risks and benefits of each option, then ask your midwife or doctor for more information.



Say no or wait

Remember, if you're not sure, one of your options is to decline recommended care or wait for more information to become available (use your B.R.A.I.N)

Your midwife or doctor will respect your decision and work with you to create a personalised care and support plan.



BRAIN

B = What are the benefits?
R = What are the risks?
A = What are the alternatives?
I = What does your intuition tell you?
N = What happens if we do nothing?

Using the BRAIN acronym helps you to have conversations that will support you to make a decision.



You know best

Once you have all the facts you are the best person to make the right decision for you.

Everyone is different. Your previous history and your personal circumstance will influence your decision.

Your doctor and midwife will look after you, whatever you decide.



Midwifery care



Making informed decisions

Those caring for you are committed to supporting you to make informed decisions about your care. Your doctor or midwife will therefore try to ensure you have all the information you need to support you to make decisions about your care and provide opportunity to discuss your choices.

If your midwife has any concerns about your wellbeing or your baby's wellbeing at any time, they will ask a doctor to come and make a further assessment. Your midwife will be with you throughout and answer any questions you may have.

Staff changeovers

Midwives work 12 or 7.5 hour shifts. Changeovers occur at 07:30, 15:30 and 20:00. This means that sometimes you may be cared for by different midwives during your labour but our aim is to provide continuity wherever possible. You may also meet new midwives during your labour to facilitate staff breaks.

Relationship between you and your midwife

Our staff recognise that the birth of your baby is an intimate and special time for you all. They are dedicated to supporting you during your labour and birth. If you wish to speak to another member of the team about your care, you can ask to speak to the midwife in charge at any time.

Trust policy

Our midwives will offer care based on NICE Guidelines and Trust policy. This will inform our advice about how we suggest we monitor your baby and assess labour progress throughout your birthing experience. The way we listen to your baby's heartbeat and the frequency of assessments will be individualised based on a risk assessment process. Whether a pinard, doppler or cardiotocograph (CTG) machine are used to monitor your baby's heartbeat, it is usual practice for your midwife to ask for a 'Fresh Eyes' assessment from a second clinician at regular intervals. This process is in place to enhance safety and you are encouraged to be part of these reviews and ask questions.



To ensure the safety of you and your baby as well as support your preferences we aim to personalise your care for labour and birth.



After the birth of your baby



After the birth of your baby

After the birth you will be cared for by your midwife who may be supported by a maternity support worker. If you need any stitches, your midwife will do these in your Birthing Room. Sometimes you will be advised to have stitches in theatre and your partner will be able to join you with your baby if you wish.

When you feel able to eat and drink you will be offered tea/coffee and toast. If you would like to use any of the shower facilities, just ask your midwife.

Specialist care for your baby

If your baby needs more specialist care, they will be taken to our Neonatal Intensive Care Unit (NICU) which is called The Dyson Centre. This is just along the corridor from Bath Birth Centre.

Partners/Birthing partners will be invited to go with your baby. If you would prefer your partner to remain with you, please let your midwife know.



Calling your midwife

Your midwife will always try to give you time alone with your baby, however if you need a member of staff, the call bell can be pressed at any time. You can also speak to a member of staff at reception.



Going home

The events of your labour and birth will inform whether it is advised that you need to stay in hospital or can go home.

If you and/or your baby are advised to stay in hospital, you will be taken upstairs to Mary Ward. Your midwife will discuss any recommendations and observation requirements with you.

When you decide to go home, you will need to be formally discharged by a midwife. This involves ensuring community support is arranged for you and your baby and updating your electronic records with the details of your birth and hospital stay. Please be aware that there are sometimes delays with the timing of your discharge as we prioritise care based on clinical urgency.

Labour and birth notes

You may want to take a photograph of your hand written labour and birth notes as your midwife will keep these before you leave Bath Birth Centre.



Glossary of terms



You may see some abbreviations or words that are unfamiliar to you. Your midwife is here to explain what anything means but below are some of the common terms that you may see written on your notes.

ARM	Stands for 'Artificial Rupture of Membranes' otherwise known as popping or breaking your waters by a midwife or doctor.
BO	'Bowels Opened' - You may see this written in the notes or on your CTG.
CTG	A cardiotocograph (CTG) is a machine that allows us to constantly monitor your baby's heart rate. It is used if you have reported reduced movements or have any risk factors meaning we would like to monitor your baby more closely.
FSE	A 'Fetal Scalp Electrode' is a small device that attaches to the baby's head - it allows us to detect your baby's heart rate directly than the monitor used on the abdomen.
OTT	'Out to Toilet' - You may see this written in your notes or on the CTG.
PROM	Prolonged Rupture of Membranes i.e. when your waters have broken more than 24 hours ago.
SROM	'Spontaneous Rupture of Membranes' - When your waters break naturally.
VE	'Vaginal Examination' to check cervical dilation and/or position of baby.
TWOC	'Trial Without Catheter'. If you need a catheter as part of your care, this term refers to the monitoring period when we observe your ability to urinate after a catheter is removed. This involves measuring the quantity of wee (urine) you are able to pass (void.)

If there are any terms or abbreviations you are unsure of please don't hesitate to ask us.



Further resources



MNVP Padlet resources

Baby loss support and information

Local and national support groups, information and resources on baby loss
padlet.com/BSWMVP/babyloss



Bath baby and birth directory

Support for parents/to-be in BaNES area
padlet.com/BSWMVP/bathbabyandbirthdirectory



Baby and toddler groups

Free or low cost groups to go with your baby and toddler
padlet.com/BSWMVP/babyandtoddlergroups



Dads, partners and non-birthing parents

Support, information and resources
padlet.com/BSWMVP/dadspartnersnonbirthingparents



Infant feeding

Local and national support and Resources for Infant Feeding in BaNES, Swindon and Wiltshire
padlet.com/BSWMVP/infantfeeding



Mental Health

Local groups, support and Resources for BaNES, Swindon and Wiltshire
padlet.com/BSWMVP/mentalhealth



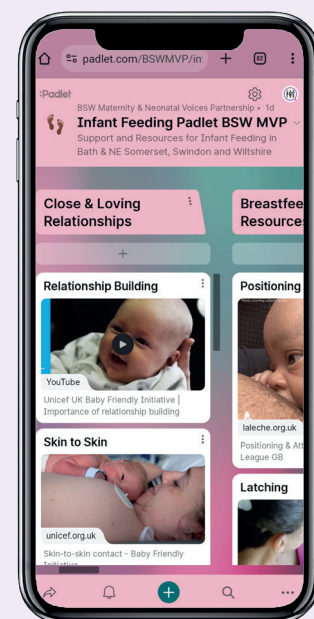
My Maternity Choices

RUH Maternity Personalised Care & Support Plan
padlet.com/BSWMVP/mymaternitychoices



What is a Padlet?

It's an online platform where we compile the most useful information and resources on various topics for you to use and share with others!



NICU and Special Baby Care

Support and Resources for BaNES, Swindon and Wiltshire
padlet.com/BSWMVP/nicu



Postnatal support

Local and national support for BaNES, Swindon and Wiltshire
padlet.com/BSWMVP/postnatal



Unconscious bias in maternity care

A resource for midwives, maternity healthcare workers, birth workers, parents and anyone working in Maternity Services
padlet.com/BSWMVP/unconsciousbias



Volunteering and feedback

About our MNVP and how you can be involved
padlet.com/BSWMVP/volunteeringandfeedback



Additional maternity resources

Birth Reflections

This service is provided by midwives to allow parents to explore their birth experience and give them the opportunity to clarify events.

Information and appointments:
ruh-tr.birth.reflections@nhs.net



BSW Maternity

Useful information for women/birthing people, their birth supporters and families, including care after the birth.
bswtogether.org.uk/maternity



Feeding your baby

NHS Start for Life guidance to support you, along with hints and tips from other parents.

www.nhs.uk/start-for-life/baby/feeding-your-baby



Patient Advice and Liaison Service (PALS)

Confidential advice, support and information on matters relating to services provided by the RUH.

Contact: **01225 825656** or email
ruh-tr.psct@nhs.net



Perinatal Pelvic Health Team

Pelvic Health care for all women and birthing people from pregnancy to 12 months postnatal.

bswtogether.org.uk/maternity/pelvic-health



RUH Leaflets

A list of RUH maternity leaflets
www.ruh.nhs.uk/patients/services/maternity/links_leaflets.asp?menu_id=9



RUH Maternity

Information and resources/useful contacts from the RUH.

ruh.nhs.uk/patients/services/maternity



Safe sleeping

Safer sleep advice from the Lullaby Trust

www.lullabytrust.org.uk/safer-sleep-advice



Our Maternity Information Leaflets for parents and service users are reviewed regularly by parents and service users. If you have any comments/feedback about this leaflet or are interested in looking at future leaflets, please contact our Maternity & Neonatal Voices Partnership (MNVP).

The MNVP is a voice for those who use local maternity service and is made up of volunteers who have recently used maternity services.

www.bswmaternityvoices.org.uk

[@bswmaternityvoices](https://www.facebook.com/bswmaternityvoices)

[@bsw_mvpp](https://www.instagram.com/bsw_mvpp)



Scan the QR code to find out more!



Bath & North East Somerset, Swindon and Wiltshire
Maternity & Neonatal Voices
Working in partnership to improve maternity services

