

The Rotunda Hospital

maternity

INFORMATION GUIDE 2007 / 2008



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FASHION **CHILDCARE** NUTRITION PAIN RELIEF
AND MUCH MORE...



The
Rotunda Hospital
DUBLIN

The Rotunda Hospital

A Centre of Excellence in Maternity Care for over 260 Years, providing generations of care.



The
Rotunda Hospital
DUBLIN

Parnell Square • Dublin 1
Telephone (01) 873 0700
Fax (01) 872 6523
Website: www.rotunda.ie

VISITING HOURS

Every Evening: 6.30pm – 8.30pm. Two visiting cards are assigned per patient.

Saturday, Sunday and Public Holidays: 2.00pm – 4.00pm

Partner or other designated visitor may visit any time between 8.30am and 9.00pm.

Mothers' own children may visit during the day with their father or designated visitor.

The patient's parents or partner's parents may visit between 1.30pm and 4.00pm.

APPOINTMENTS

All appointments should be made between 9.00am and 4.00pm Monday to Friday.

Maternity and Gynaecology Public Outpatient Appointments

Tel: (01) 873 0632 or (01) 873 0596

Baby Public Outpatient Appointments

Tel: (01) 817 1728

Private Clinic Appointments

Tel: (01) 874 2115

Fax: (01) 874 9598

Semi-Private Clinic Appointments

Tel: (01) 874 0992 or (01) 873 0700 extension 1778

Fax: (01) 874 9598



Ms Pauline Treanor
Director of Midwifery/Nursing



Dr Michael Geary
Master



Mr Fintan Fagan
Secretary/General Manager

Welcome to the Rotunda Hospital

The Rotunda Hospital was founded in 1745 by Bartholomew Mosse, a surgeon and man-midwife who was appalled at the conditions that expectant mothers of the time had to go through. In an attempt to ease their plight, Mosse founded a lying-in hospital, where mothers and their infants would receive the best available medical care, food and shelter.

The Hospital was originally located in George's Lane, but moved to its present location at the top of O'Connell Street in 1757. The Rotunda's patients come mainly from North Dublin City and County and the wider eastern region (Louth, Meath and Kildare). Women with complicated pregnancies are referred to the hospital from all over Ireland. Since it opened, over 300,000 babies have been born here. The Rotunda Hospital not only serves as a Maternity Hospital; it is an important training school for both doctors and midwives. Many of those who have been trained at the Rotunda work in hospitals throughout the world.

The purpose of this brochure is to provide you with details of the services, which are at your disposal while attending the Rotunda. It is the Hospital's policy to provide you with the highest standard of service while in our care. We welcome suggestions and advice from our patients and our visitors on how we can improve our services.



Baby Friendly Hospital Award

The Baby Friendly Hospital Initiative is a global campaign by the World Health Organisation and the United Nations

Children's Fund (UNICEF), which recognises that implementing best practice in the maternity service is crucial to the success of programmes to promote breastfeeding.

Achieving the award means that the Rotunda has developed a policy, provides training for staff, promotes informed parental choice through the provision of appropriate, accurate and unbiased discussions, as well as implementing practices supportive of good mother and baby care. The Rotunda is the first maternity hospital in Dublin to achieve the award.



IHSAB Accredited Organisation

The Rotunda Hospital achieved accreditation from the Irish Health Services Accreditation Board in October 2005. All aspects of quality and safety within the organisation were assessed against international standards. The Accreditation Award recognises the Rotunda as a centre of excellence.

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Important Note to Readers

This brochure and the contributions made by the various writers are intended to give new parents background information only and are not intended nor should they be read as constituting advice. Whilst every effort has been made to ensure that the information contained in this brochure and the various contributions is correct at the time of publication, the publishers, the hospital and the editor take no responsibility whatsoever for the accuracy of the information.

The opinions expressed in the various contributions are the personal opinions of the contributors and are not necessarily the views or opinions of the publishers, the hospital or the editor. Nothing in this brochure is intended to constitute medical advice and all problems of a medical nature must be referred to medical staff in the hospital or other qualified medical practitioners. While this hospital believes that it is safe to use the products advertised in this magazine, it does not however consider these particular products to be essential to a healthy pregnancy or health in early childhood.



Message from the Master

Thank you for choosing the Rotunda Hospital. We have been providing maternity services to women and their families for hundreds of years and are constantly trying to adapt new ideas and techniques to improve the outcome for both women and their babies. In any large hospital you will come into contact with many staff from different disciplines and backgrounds. Every member of the hospital staff is aware of the emphasis we place on trying to make your stay in the hospital not only a healthy one, but also a happy and productive one.

There are many services provided within the hospital, the most obvious being obstetrical, gynaecological and paediatrics. Irrespective of whichever services you are dealing with we hope you will leave feeling that you have been helped and facilitated in a caring manner.

Irish childbirth services are amongst the finest in the world and, according to the World Health Organisation, there is no safer country in which to have a baby. We hope to combine the necessity of safety with the minimum of inconvenience and disruption throughout your stay. Midwives and doctors will look after your baby with results that are not only outstanding by Irish standards, but also by international standards. We have recently received the Accreditation Award from the Irish Health Services Accreditation Board. We are the first maternity hospital in Ireland, the first hospital in Dublin and the second hospital in the country to receive this prestigious award.

Each year approximately 7,000 women leave the Rotunda happy in the knowledge that their baby has been given the best possible start in life. It is our privilege to be associated with families' happiest moments and this is what we look forward to doing with you in the coming months.

By its nature, childbirth can result in complications and illness in both mother and baby. We understand and sympathise with parents in these difficult circumstances and hope that we can help them to deal with the problems they face.

In addition to care of the pregnant woman and her child, the Rotunda also offers a comprehensive gynaecology service to women. General gynaecology has been a feature of the hospital service for many years and more recently special services have been added. These include a world-renowned fertility service, menopause clinic, colposcopy clinic, and pregnancy loss clinic. We introduced an Early Pregnancy Unit in 2002, which we believe has enhanced the care of women with early pregnancy problems. In tandem with this, we also set up a dedicated Miscarriage Clinic for follow-up care and counselling when early pregnancy failure unfortunately occurs.

Patients admitted for gynaecology surgery have access to two of the most modern theatres in the country and in this environment the anaesthetic and surgical staff can look after the patient in complete safety.

I would like to take this opportunity to thank you for choosing to come to the Rotunda and to assure you that we aim to provide the best care possible for you and your baby/babies.

Dr. Michael Geary
Master



Outpatient
Clinics

Other Outpatient
Services

Labour &
Delivery

Care of
your Baby

Post Delivery
Care

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Public Outpatient Clinics

Clinic Times

Monday to Friday 7.45am-4.15pm

Appointments/Referral

Maternity patients do not require a referral letter but one is desirable. It is essential to make an appointment as early as possible for your booking visit. Call (01) 873 0632 or (01) 873 0596.

Antenatal Care

The first appointment or booking visit should ideally take place between twelve and fourteen weeks. It will normally take about two hours to complete. An ultrasound (scan) will be performed on your first visit, so it is important to attend with a full bladder. A general medical history and physical examination is recorded as well as blood pressure, weight and blood screening tests. The midwife will give you information on pregnancy and answer any questions you may have. Information leaflets on different aspects of pregnancy and care are also available.

Follow-up appointments should be made at the reception desk prior to departure. Women are usually required to attend the antenatal clinic on five to seven occasions prior to delivery. An appointment is required for each visit. A detailed ultrasound scan of your baby will be performed around twenty weeks.

If an appointment cannot be kept patients are requested to please call the appointments desk on (01) 873 0596/0632 to rearrange another appointment.



Reception at the Rotunda



The Rotunda Hospital offers the following options for maternity care:

- Combined antenatal care, which is shared between the Rotunda and your GP
- Shared care with your GP and the hospital midwives
- Attend one of our outlying clinics located in Coolock, Finglas and Ballymun in the afternoon at 2.00pm, or evening clinics in Blanchardstown (Monday) and Swords (Wednesday) from 5pm-7pm
- The DOMINO and Early Transfer Home models of care are also available in some areas of North Dublin (we hope to expand this service in 2007)

A wide range of maternity clinics, which cover both normal and high-risk pregnancies are provided. You may be assigned to a specialist clinic if you have a medical condition or a twin pregnancy. If you are a teenager you will be allocated to the special clinic for teenage mums-to-be. If you have a family history of a bleeding defect or blood clots you will be referred to the haematology clinic. Your obstetrician/gynaecologist may refer you to visit an anaesthetist prior to planned delivery or surgery. The issues surrounding your anaesthesia or pain relief will be discussed and planned at this visit.

DOMINO and Early Transfer Home (ETH) Community Midwifery Services

DOMINO is the term used to describe midwifery-led care for women with no health or pregnancy related problems. Antenatal care is shared with your GP. The team provides community-based antenatal clinics. Women are cared for during labour and birth in the Rotunda Hospital by a team midwife. Transfer home, following the birth, is usually within 12 to 24 hours once there are no complications with either mother or baby. The team continues to provide postnatal

care, support and advice for up to a week following discharge from hospital.

ETH is a service available for local women who wish to leave hospital within 12 to 24 hours following an uncomplicated birth. The midwifery team offers five home postnatal visits providing care, support and advice.

For further information on these services please call (01) 817 6849/50 and talk to Fiona or any one of the team midwives.



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Private Clinics

The Private Clinic is located on the Parnell Square site and access is through the main hospital entrance.

Appointments

Phone: (01) 874 2115

Clinic Times

Monday to Friday 8.30am-12.30pm and 1.30pm-4.30pm.

Consultants

There is a profile of all the consultants on the hospital website (www.rotunda.ie) under the "meet our doctors" section.

Obstetrics / Gynaecology

Dr Michael Geary (Master)
Dr Peter McKenna
Dr Barry Gaughan
Dr Mary Holohan
Dr Carole Barry Kinsella
Dr Geraldine Connolly
Dr Ronan Gleeson

Dr Sam Coulter Smith
Dr Rishi Roopnarinesingh

Obstetrics only

Prof Fergal Malone
Dr Paul Byrne

Gynaecology only

Dr Michael Darling

Reproductive Medicine

Dr Edgar Mocanu

Paediatrics

Prof Tom Clarke
Dr David Corcoran

Obstetric Services

Once your pregnancy has been confirmed your GP may refer you to a consultant of your choice.

Gynaecology Services

You must have a referral letter from your GP



or Family Planning Clinic to make an appointment with a consultant.

Paediatric Services

This service is available to private patients who delivered in the Rotunda Hospital and wish to have their baby seen privately.

Fees

Fees vary according to the individual consultant. There is a non-refundable booking deposit paid at your first antenatal visit. The Rotunda Hospital operates a direct payment system with most insurance companies (VHI, BUPA and VIVAS). Other insurance schemes/ companies operate individual practices. Please contact your agent/broker for further details.



Semi-Private Clinic

Access to the semi-private clinic is through the main hospital entrance. You will be seen at the clinic by midwifery staff and have a medical examination by a senior registrar. It is hoped that the same doctor will see you at each visit. However, this is not always possible due to leave, etc. Semi-private patients are accommodated after delivery in semi-private wards on the Lillie Suite when available (three to four beds per ward).

Appointments

Phone (01) 874 0992, Fax: (01) 874 9598.

Babies of Women Attending the Private or Semi-Private Clinic

When babies of private/semi-private patients are detained in the Neonatal Unit for treatment, it will be assumed that the parents wish their baby to be treated and accommodated on a private basis.





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Other Maternity Related Outpatient Services

The Rotunda Hospital provides specialist services and counselling through a wide range of outpatient services, which includes the following:

Early Pregnancy Unit

The Early Pregnancy Unit (EPU) was established in July 2002. The primary aim of this unit is to improve the quality of care for women with bleeding or pain in early pregnancy (6-14 weeks gestation). Miscarriage is the most common complication of pregnancy and affects 15-20 per cent of recognised pregnancies. The EPU provides a means by which rapid reassurance can be obtained without the need for hospital admission. The clinic is run on a daily basis (Monday-Friday) and referrals are made directly by GPs or via the Emergency Room. Dedicated staff provide counselling and support for those who experience a pregnancy loss. They will also organise further management where appropriate. Patients are advised to contact the clinic with any questions that may arise and the same staff members relay all test results to the patients, thereby providing continuity of care.

The ultrasound scan is the major tool of diagnosis. A transabdominal scan is initially performed, so patients are asked to have a full bladder. However, it may be necessary to proceed to a transvaginal scan. This type of



scanning is well tolerated, acceptable to most women and causes no harm to the pregnancy itself. Permission to perform a transvaginal scan is always sought first.

A pregnancy will be assessed as an ongoing (viable) pregnancy, a miscarriage, or rarely, an ectopic pregnancy (a pregnancy outside of the uterus e.g. in the tube or ovary). If the pregnancy is viable, a booking clinic appointment can be made. Counselling is offered for miscarriages and the management is then discussed. Many women choose conservative management and allow nature to take its course. Otherwise an operation can be organised. This is called an ERPC (evacuation of retained products of conception). If an ectopic is suspected, blood tests for the pregnancy hormone level may need to be performed. This might also be required if the ultrasound scan is inconclusive as the pregnancy may be too early to assess. As well as blood tests, follow-up scans can also be booked.

The establishment of the EPU has improved the quality of service offered to women with early pregnancy problems. The priorities of the clinic include prompt diagnosis and management of these patients, as well as the provision of counselling and support. Tailoring services to meet the needs of this specific group of patients will hopefully also reduce some of the anxiety provoked by the

experience of pain and bleeding in early pregnancy.

Parent Education

Parent education classes jointly run by the parent education midwives, physiotherapists and dietitian are available to help expectant couples prepare for a healthy pregnancy and childbirth. Classes may be booked by calling the hospital on (01) 817 1787 Monday to Friday between 9.00am and 4.00pm. Early booking is advisable as classes are very popular.

Classes comprise of a series of informal talks, counselling, films and demonstrations with the guidance of the class facilitator. These sessions are ideal for answering any queries that you or your partner may wish to ask. All classes are of a practical nature and partners are very welcome to attend. The first class is held in early pregnancy and the course continues when you are around seven months pregnant.

Some of the topics covered include:

- Healthy eating during pregnancy
- Exercise in pregnancy
- Posture and prevention of back pain
- Prevention of circulatory disorders
- Exercises for bladder and bowel control
- Coping skills for labour
- Relaxation techniques
- Exercises for after the birth of baby
- Baby massage





Outpatient Clinics	Other Outpatient Services	Labour & Delivery	Care of your Baby	Post Delivery Care	Gynaecology Services	General Information
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- Baby handling and position to encourage good patterns of development
- Care and health in pregnancy
- Tour of the delivery suite
- Signs of labour and admission to hospital
- Complete care during stages of labour, including pain relief
- All aspects of feeding and weaning
- Bathing, layette, equipment and safety, immunisation
- Adjusting to parenthood, emotional/psychological aspects
- Going home with a new baby
- Family planning, counselling
- Return to employment/childcare options

Teenage Parent Education

All pregnant teenagers up to and including age 18 attending the Rotunda Hospital are invited to attend special parent education classes. These education sessions are adapted to suit the needs of teen parents.



At your first antenatal visit please obtain a suitable date to commence your classes.

Special Parent Education Classes

Special classes are available for couples that may require individual attention, e.g. hard of hearing, language difficulties, sight impairment and adoptive parents.

Fetal Assessment Unit (FAU)

The Fetal Assessment Unit provides a service that monitors the wellbeing and development of your baby. Fetal monitoring may be carried out in two ways:

- Ultrasound scan
- Cardiotocograph (tracing), which is the monitoring of the baby’s heart beat, over a period of time.

Ultrasound Department

Ultrasound is currently considered to be a safe non-invasive diagnostic tool. It has progressively become an indispensable investigation and plays an important role in the care of every pregnant woman. The ultrasound machine produces a continuous picture of your baby moving, which is shown on a monitor screen using high frequency sound waves. Ultrasound does not use radiation (x-rays). It is used to:

- Estimate the growth of your baby
- Determine the position of the placenta (afterbirth)
- Evaluate baby’s movements, tone and breathing (biophysical profile)
- Diagnose multiple pregnancies (twins)

The baby is studied carefully in order to detect any problems or abnormalities. However, not all problems or abnormalities are seen on ultrasound.

Prenatal Diagnosis Clinic

A letter of referral from your GP or obstetrician is required. For information call (01) 872 6572. Whilst most women give birth to healthy babies, about 3% have a major birth defect. These may result from a genetic or chromosomal disorder. When an abnormality is diagnosed, this information with expert counselling and support can help parents to make decisions about the pregnancy.

This clinic provides:

- Counselling, screening and diagnostic testing
- Follow-up care and monitoring from our multidisciplinary team

Criteria to attend include:

- Women over 35 can attend for Down Syndrome screening
- Past medical history
- Family history
- Maternal illness or medication
- Routine ultrasound findings suggest abnormality
- Clinical problem

Maternity Day Care Unit (DCU)

If, during pregnancy your blood pressure rises or some other health problem develops, both you and your baby may need extra assessment in our Day Care Unit. The midwife will carry out an abdominal examination, check your blood pressure, urine and blood tests, and may carry out fetal monitoring, and/or may refer you for a scan if required. When the tests are complete the midwife and the doctor will assess the results and decide with you what is best for both you and your baby.

Glucose Tolerance Test

If, during pregnancy there is a concern regarding your blood sugar levels you will be asked to attend for a Glucose Tolerance Test (GTT). This involves having your blood sugar monitored over a few hours and is normally carried out at about 28 weeks of pregnancy. When the tests are completed





Outpatient Clinics	Other Outpatient Services	Labour & Delivery	Care of your Baby	Post Delivery Care	Gynaecology Services	General Information
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and analysed a decision will be made on the best option for care to maximise both your and your baby's health.

Emergency Room

The Emergency Room provides a 24-hour facility for the examination and assessment of women presenting with complications of pregnancy, postnatal period or acute gynaecological emergencies. The facility also provides for emergency assessment of babies in the postnatal period.

Pharmacy

The pharmacy is located on the ground floor of the main hospital and provides a service to inpatient areas of the hospital. If you have a prescription to be filled prior to discharge you may use the pharmacy services.

Dietitian

The dietitian provides individualised and group nutrition counselling for patients who require special diets. Ask a midwife or your doctor about a referral.

Physiotherapy Department

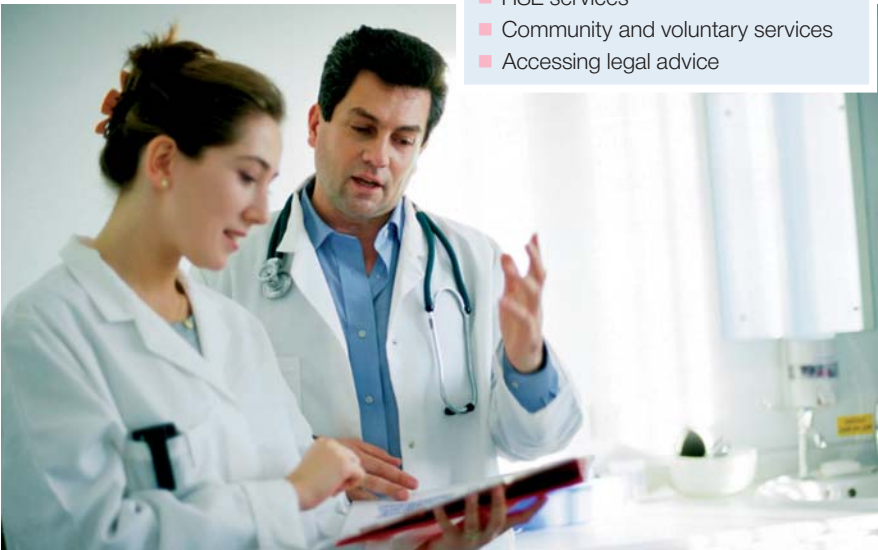
- Our department provides a wide range of services including:
- Antenatal education
 - Postnatal education
 - Pre and post-operative physiotherapy to all major gynaecology surgery
 - Paediatric physiotherapy

- Chest physiotherapy and physiotherapy for pregnancy-related disorders
- Treatment for urinary and faecal incontinence

The physiotherapist endeavours to see all mums after delivery. You will be shown exercises for good circulation, to promote good bladder and bowel control, for back care and tummy strengthening exercises. Advice will be given regarding your posture, especially when handling your baby and about return to normal exercise.

Mental Health Service

The Mental Health Service deals with mental health problems associated with



pregnancy and childbirth. A consultant psychiatrist and a support midwife in mental health provide the service. The consultant psychiatrist holds two outpatient clinics each week. The support midwife in mental health provides a support and counselling service four days a week. Referrals are made through the hospital doctors and midwives and general practitioners.

Support Services Available

Medical Social Work Department (MSW)
The medical social work team offers a confidential support and counselling service to all patients and their families receiving care at the Rotunda Hospital. A medical social worker is attached to each obstetric team and the main office is located beside the Outpatients Department. You are very welcome to call in when you are attending your antenatal visit or call (01) 817 1722 for an appointment.

- The social workers provide counselling on matters of concern to patients:
- Relationship issues
 - Crisis or unplanned pregnancy
 - Coping with change/stress
 - Postnatal depression
 - Bereavement/miscarriage/stillbirth
 - Fostering/adoption

- The department also provides information on a wide range of subjects including:
- Benefits and entitlements
 - HSE services
 - Community and voluntary services
 - Accessing legal advice

Labour and Delivery

Our approach to care is holistic and woman-centred. We aim to provide care in partnership with you. On arrival to the hospital the midwife in the emergency/assessment area, located beside the reception area will assess you. The midwife will determine if your labour has established and discuss choices relating to your management plan.

Choices

If labour is not established, you have the option to go home if all other factors are normal. Alternatively, you may be transferred to the antenatal ward to await the onset of labour. If labour has established, you will be transferred to the Delivery Suite.

Delivery Suite

The Delivery Suite has nine individual rooms. One of the rooms contains a labouring pool. These rooms are designed to provide an environment that is relaxing, personal and as non-intrusive as possible. Your birthing partner may stay with you throughout labour and birth. A midwife is assigned to you on your arrival. She/he will discuss your labour and birthing plans, any specific wishes you have and will provide holistic care and support to you with the objective of meeting your individual needs and making your birthing experience pleasant and fulfilling.



Labour

Once your labour has established you will be assigned to a delivery room. You will be encouraged to mobilise during the early stages of labour, and various methods of pain relief will be discussed with you if/when you require it. Mobilisation and the use of a variety of alternate positions to facilitate comfort in labour is encouraged. The delivery suite facilities include birthing mats, bean bags, gym ball, birthing beds that adapt to birthing chair positions, TENS units and hot/cold packs (useful for backache). If you would like a bath or shower during labour there is a bathroom / shower room facility.

An anaesthetist is available at all times if an epidural is your chosen method of analgesia. Advances in epidural services now facilitate a low-dose epidural block. It is administered via a patient controlled administration technique. It offers you more control in your pain management.

Midwives are trained practitioners of the normal pregnancy, labour and post-partum period and view childbirth as a normal life event. The midwifery team will support you throughout your labour and will work in partnership with you to safely meet your needs in a holistic manner. They will monitor you and your baby and assess your labour progress. Midwives are trained to recognise and anticipate problems and refer to the doctor when necessary. If you are a private patient, your consultant will liaise with the midwives in the management of your labour. Obstetricians, anaesthetists and paediatricians are always available in the event of complications arising during your labour.

Induction of Labour

If you have a scheduled appointment for induction of labour you will be assigned a midwife and student. The medical team will review you at intervals and you will be transferred into a delivery room when you are in labour.

Emergency Caesarean Section

In the event that your baby needs to be delivered via an emergency caesarean section, the procedure will occur in either the operating theatre located in the delivery



suite or in the main hospital operating theatre. The midwife assigned to you will accompany you throughout the procedure. In the event that the emergency is such that it is deemed inappropriate for your partner to be in attendance, this will be explained to you and he/she may be asked to remain in your delivery suite room; otherwise, he/she may accompany you. All efforts will be made to keep you and your partner informed of events at all times.

Elective Caesarean Section

The obstetrician will arrange a date and time for your admission. Most mothers are admitted fasting to the hospital on the day of surgery. The staff in the Admissions Office will allocate you to a ward on your arrival. The ward midwife will introduce you to your environment and will undertake initial observations and assessments in preparation for your delivery. The midwife will accompany you to theatre and your care will be handed over to the theatre staff. Your birth partner can accompany you while in theatre provided you are not having a general anaesthetic.

When the operation is complete the midwife will accompany your birth partner and baby to the ward while you are monitored in the recovery area for a period of 40 minutes approximately.

Care of your Baby

Once your baby has been delivered, the midwife will weigh your baby. Skin-to-skin contact is encouraged and facilitated within 30 minutes of birth. Breastfeeding is recommended as the feeding method of choice. The midwifery team will support you in your choice of feeding method and early feeding of the baby is encouraged. The midwife will weigh and examine your baby and advise you of the benefits of your baby receiving Vitamin K.



Ongoing Baby Care

- During your stay with us your baby may have some or all of the following:
- Daily check by the midwife to confirm the wellbeing of your baby
 - Check by a doctor from the paediatric team prior to discharge
 - Hip check by a doctor from the orthopaedic team
 - Vaccination against TB (BCG)
 - ‘Heel prick’ test for metabolic disorders

It is important that you are aware of these procedures, understand the reasons for them and know that they have been completed during your baby’s hospital stay. For more information please ask the midwifery staff at ward level. If the ‘heel prick’ test has not been done before you are discharged from hospital the public health nurse may do it or if it is due to be done at a weekend you may be asked to return to the hospital.

Identification and Security

Identification bands with your name, baby’s date of birth, baby’s hospital number and sex will be placed on your baby’s wrist and leg. This information will be checked with you prior to application of the bands. For security

reasons a Baby Tagging System is in operation in the Rotunda Hospital. The tag is attached to baby’s ankle by a member of the Delivery Suite staff and is only removed immediately prior to discharge from the hospital.

Birth Registration

The registration clerk will visit you shortly after the birth of your baby to complete a Notification of Birth form for baby’s birth registration. The Birth Certificate may be obtained two weeks following interview with the birth notification clerk at any civil registration office now located nationwide. You will be given information regarding the addresses/phone numbers of civil registration offices in your locality.

If you have any questions or concerns regarding the registration of your baby please discuss them with the birth notification clerk during her visit. If you are not contacted by a member of the birth notification staff before discharge please ask a member of staff on the ward for birth notification details.

Neonatal Unit

The Neonatal Unit provides intensive and specialised care for all ill newborn infants. While most babies are in good health at birth, just over ten per cent require admission to the Neonatal Unit for observation, treatment and ongoing care. This includes babies born prematurely (before 37 weeks), those with congenital abnormalities and any baby who has problems identified immediately

after birth or who becomes ill subsequently.

In recent years, neonatology has seen rapid advances in terms of the research, knowledge, technology and expertise needed to care for increasing numbers of small, sick newborn babies. Infants as immature as 24 weeks gestation may survive with skilled care and treatment. Specially trained neonatal nurses, paediatric registrars and consultants will provide the best possible care for your baby.

The philosophy of the unit sees parents and their baby as central to the activity of the unit. The staff will always be happy to answer your questions and aim to keep you fully informed of your baby’s progress. A Parents’ Guide to the Neonatal Unit booklet is available for parents/guardians of babies who are admitted to the Neonatal Unit. The aim of the booklet is to provide information on what to expect and to try to lessen some of the anxiety that parents/guardians are bound to feel when their baby is unwell.

Your wellbeing and involvement matters to us and we will try to support you during what is a very traumatic period. Strong feelings of anxiety, fear or guilt are perfectly normal when your baby is ill. However, over time you will become more positive and feel ready to participate in your baby’s care.

Talking to and touching your baby will help the bonding process. You will also be given a picture of your baby following admission and encouraged to visit frequently.



Gynaecology Services

Gynaecology Department

We offer a broad range of outpatient and inpatient services for women presenting with gynaecology problems. Women may attend as a public or private patient.

These include:

- General Gynaecology
- Adolescent Gynaecology
- Infertility Clinic
- Hysteroscopy Clinic
- Smear Clinic
- Menopause Clinic
- Colposcopy Clinic
- Promotion of Continence



Irish Cervical Screening Programme and has a modern appearance and relaxing atmosphere. The clinic utilises the most modern and up-to-date equipment and technology available to deliver this specialist service.

Doctors Bill Boyd and Paul Byrne lead the Cervical Screening team and are supported by colposcopy nurses, health care assistants and secretaries. For more information call (01) 817 6841/6843.

Menopause Clinic

The Menopause Clinic aims to assess, advise and treat post-menopausal women, who are anxious to maintain their quality of life and prevent associated problems. Services in the clinic include cervical pap smear, dexa bone scan, blood screening tests and referral for a mammogram. A GP referral is necessary for public patients and or a dexa scan. For information on this service call (01) 873 0632 (public) or (01) 817 1778 (private).

Family Planning

The Rotunda Hospital has a family planning clinic, which offers both natural and artificial methods of contraception. It is held every Thursday morning from 10.00am-11.30am and offers a comprehensive service including counselling on the different methods, preconceptual care, smear testing, breast examination and sexual health care. No appointment is necessary and a consultation fee applies. Natural family planning

counselling is available on an individual basis and requires an appointment. Call (01) 817 1787 and fees apply.

Human Assisted Reproduction Ireland (HARI)

Our Assisted Reproduction Unit is the busiest in the country and enjoys an international reputation. The aim of this unit is to provide a full complement of assisted reproductive techniques for infertile couples. These end-of-line therapies are only offered to patients after they have been fully investigated and where appropriate, undergone other treatment options. For further information see the HARI Unit website, www.hari.ie.

Sexual Assault Treatment Unit (SATU)

This unit provides medical help and assists in obtaining forensic samples in cases of sexual crime. The specialists in this area work closely with the Gardai and the Rape Crisis Centre in providing help in their investigations. The service provided includes:

- A 24-hour forensic evidence service is available up to seven days post-alleged assault
- Two follow-up appointments for patients attending SATU on an acute basis
- Post-coital contraception
- Referrals where indicated and emotional and practical support.



Public Gynaecology Appointments

A referral letter from your GP is required. For further information or an appointment call (01) 873 0632/0596, Monday to Friday, 8.00am-4.00pm.

Inpatient Gynaecology

The Gynaecology Ward caters for inpatients having major surgery and daycase patients for minor surgical procedures. Patients are referred from the various gynaecology clinics within the hospital for these planned procedures. The Gynaecology Ward has a number of private rooms with good facilities.

Sadly, some pregnancies end in miscarriage and these patients are looked after in the Gynaecology Ward where they will receive the support and counselling necessary. The hospital has a full time bereavement support midwife who sees most women who have a pregnancy loss. When she is unavailable ward staff give all the necessary advice and support.

Cervical Screening Unit

A new Cervical Screening Unit was opened in late 2004. Access is through the main hospital door on Parnell Square West. This specialist unit provides cervical screening for women who are referred with abnormal smear results. The services provided include colposcopy, LLETZ treatment and post treatment follow-up.

The unit has been carefully planned and designed to meet the recommendations of the



Outpatient
Clinics

Other Outpatient
Services

Labour &
Delivery

Care of
your Baby

Post Delivery
Care

Gynaecology
Services

General
Information

General Information

Customer Feedback

If you have any suggestions or feedback you would like to share with us, please complete one of the comment/suggestion cards available throughout the hospital. We also complete patient satisfaction surveys twice yearly.

If you are dissatisfied with any aspect of care or service please bring the matter to the attention of the Sister in charge of the ward/department at the time. In the event that this does not fully resolve the problem you may refer the matter to our Complaints Officer.

Hospital Hygiene

We take pride in the standard of hygiene throughout the entire organisation. On both the patient information and staff notice

boards, which are located throughout the hospital, you may read a lot of information regarding hand washing and other aspects of hospital hygiene. We have hand hygiene gels located throughout the hospital for use by patients, visitors and staff. Hand washing is one of the most effective ways to prevent the spread of infection.

There are cleaning schedules and check-lists in all our bathroom and toilet facilities, which include the contact details of who should be contacted if additional cleaning is required.

The Rotunda is committed to reducing, reusing and recycling our waste. We would ask you to support this initiative by placing waste in the appropriate bins provided. This will help us to keep the hospital litter free.

Catering Department

We endeavour to provide the highest quality food and service to all our patients. Each patient in the Rotunda Hospital is offered a choice of menu on a daily basis. Our menus consist of a wide variety of dishes made from fresh wholesome ingredients. All our catering is produced by conventional means. We cater for diverse ethnic and religious groups. All dietary, religious and cultural needs are taken into account when menu planning and special attention is paid



Hospital Shop

The shop is located in the main reception area. A wide variety of gifts for newborn babies are in stock. Tea, coffee and sandwiches are also available. Open weekdays 9.00am-8.30pm; Saturday 10.30am-8.30pm; Sunday/Bank Holidays 1.30pm-8.30pm.

to healthy eating and menu choices. All efforts will be made to facilitate specific dietary requirements.

Hygiene is also of high importance to the Catering Department. We have been accredited by EIQA (Excellence Ireland Quality Award) and received certification for six consecutive years up to 2006.

In the interest of health and safety, patients may only consume food that is prepared in the hospital kitchen. It is not permitted to take food from external quarters, including private homes, restaurants and takeaways. Low risk foods, such as chocolates, crisps, sweets and biscuits are permitted. This policy/food regulation adheres to: EC (Official Control of Foodstuffs) Regulations 1998; EC (Hygiene of Foodstuffs) Regulation 2000 and Food Regulations 1950/1989.

Unfortunately, at present we are unable to provide any catering service for visitors. However, on completion of the Reception Area and Emergency Room, which will commence in mid 2007, these facilities will be available.

Car Parking

Parking is available for visitors in the front car park (entrance opposite Conway's Pub) from 5.30pm-9.30pm Monday to Friday and from 9.00am-9.30pm on Saturday, Sunday and Bank Holidays. The cost is €4 per visit. On street parking is available around Parnell Square and there are also a number of multi-storey car parks nearby.





Freedom of Information and Open Access

Freedom of Information affords individuals a number of rights:

- Access to personal information
- Have reasons for decisions explained
- Access to non-personal information created after 21st October 1999

In some cases information may be withheld in accordance with the Act. Requests take four weeks to process. Patients can seek to have access to their own personal records in accordance with the hospital's open access policy. Information leaflets and request forms are available from the hospital. Alternatively, email foi@rotunda.ie or call (01) 817 1751.



Security

Effective security arrangements are in place throughout the organisation to protect patients, visitors, staff and property. Alarm systems, access control and closed circuit television surveillance are in operation. A baby tagging system is also in use.

Chapel/Chaplains

The Rotunda Hospital has Roman Catholic and Church of Ireland chaplains in attendance. Chaplains from other denominations are available upon request. The chapel is located on the first floor and is available for private worship. The times of services on Sunday are as follows:

- Roman Catholic: 9.00am
- Church of Ireland: 9.45am



Smoking

The Rotunda has a smoke free hospital policy. There is a designated smoking area provided for patients, who are requested to inform ward staff if they are leaving the department. Smoking during pregnancy is associated with a number of complications that may affect the health and wellbeing of your baby.

Alcohol

The consumption of alcoholic beverages within the hospital is prohibited. Women are advised to avoid all alcohol consumption during pregnancy.

Education and Research

The Rotunda Hospital is associated with a number of education institutions including the Royal College of Surgeons in Ireland and Trinity College Dublin. Students from these colleges gain experience in their fields through their association with the Rotunda Hospital. You may come into contact with some of these future doctors and midwives as they acquire clinical experience under the supervision of fully qualified staff.

The Rotunda Hospital staff continuously increase their knowledge and skills through participation in ongoing continuing education programmes. A number of research projects are currently in progress. You may be asked to participate in the education of future doctors and midwives and in research projects designed to further our knowledge about pregnancy, birth and

other related matters. Your involvement in such projects is vital in assisting us to discover new solutions to some of the problems experienced during pregnancy and birth.

Friends of the Rotunda Hospital

In 1971 the Friends of the Rotunda was established to provide financial assistance to the hospital to improve the comfort and efficiency of the services and to support research. In the coming years the Rotunda Hospital will need a significant amount of money each year to enhance patient amenities and to support ongoing research projects. If you would like to support "the Friends" or find out more information about their work, please contact the Friends' Office, tel: (01) 817 1746.

