



THE NATIONAL MATERNITY HOSPITAL GP NEWSLETTER



A WELCOME MESSAGE FROM PROFESSOR SHANE HIGGINS, MASTER AT THE NATIONAL MATERNITY HOSPITAL



Welcome to the latest edition of our GP Newsletter. In this edition we are focussing on normal pregnancy and highlighting supports available in The National Maternity Hospital including our dietetics, physiotherapy and smoking cessation services.

We also shine a light on our Community Midwifery Team as they reach their 25th Anniversary next year. Once again thank you for your continued support and we look forward to welcoming you to our Annual GP Study Day on the 11th of November.

Yours sincerely,
Professor Shane Higgins

SAVE THE DATE GP STUDY DAY

11

DAY

11

MONTH

23

YEAR

BLENDED APPROACH

GP Study Day Speakers include:

Dr Carla Canniffe – Cardiac disease in pregnancy

Dr Lisa McCarthy – Common GI issues in the newborn

Dr Zara Fonseca-Kelly – Benign ambulatory gynae

Ms Sinead Curran - Nutrition in Pregnancy supporting the GP

Dr Jenny Walsh – NIPS (Non Invasive Prenatal Screening)

Dr Susan Knowles – Prevention and treatment of infection in pregnancy

[REGISTER WITH EVENTBRITE](#)

NUTRITION AT THE NATIONAL MATERNITY HOSPITAL - DEPARTMENT OF NUTRITION & DIETETICS

Nutrition is such an important aspect of health and wellbeing, but is a frequent source of questions and confusion for pregnant women and new parents. The dietitians at The National Maternity Hospital support women and their babies through a range of classes, clinics and digital media. Women in your care can be directed to the range of free resources we offer, in addition to the national hub on mychild.ie.

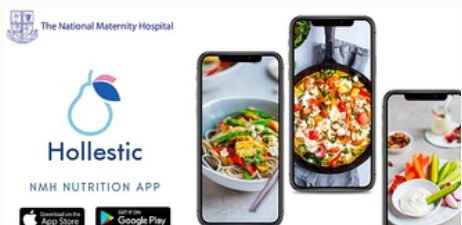





There are specialist dietetic clinics for one to one consultations when women have other medical or nutritional risks such as post bariatric surgery, hyperemesis, eating disorders, adolescence or GI disorders, and there is a well-established specialist MDT to support women with diabetes in pregnancy. Consults are generally accepted from NMH staff, but GP referral and consultation is welcome if you have specific concerns about a woman during pregnancy.

The neonatal dietetic service covers NMH NICU babies as inpatients or via NMH Baby Clinic and local community paediatric services are advised for other infant feeding referrals.

Contact:

Department of Nutrition & Dietetics
Sinead Curran Dietitian Manager, Maternity Services
Roberta McCarthy Dietitian Manager, Neonatal Services
Tel 016373314 email: dietitian@nmh.ie

THE NATIONAL MATERNITY HOSPITAL'S DIGITAL SUPPORT TOOLS FOR NUTRITION

<p style="text-align: center;">Hollestic App</p> 	<p style="text-align: center;">Pregnancy meal planning, nutritious recipes and tips</p> <p style="text-align: center;">Follow @hollestic on Instagram</p> 	
<p style="text-align: center;">Your Pregnancy Journey- the NMH e-learning hub</p> 	<p style="text-align: center;">NMH Guide to Keeping Healthy in Pregnancy. Online magazine with lots of information and advice for pregnant women and partners</p>	
<p style="text-align: center;">Babies in Neonatal Care - www.nmhnicu.ie</p> 	<p style="text-align: center;">Microsite with a wealth of information to support parents of NICU babies, including feeding and nutrition</p>	

NUTRITION CLASSES AT THE NATIONAL MATERNITY HOSPITAL

Nutrition Class	Suitable for	Online	When	How to Access
Wellbeing in Pregnancy - Nutrition Class - class 3 of a multidisciplinary antenatal series- live information & Q&A	All pregnant women attending NMH, especially first time parents	Yes	3rd Friday of the month 0900-1030	Self referral- email classes@nmh.ie
Tus Maith/Good Start Class- optimizing nutrition in pregnancy when starting with a high BMI	Pregnant women BMI>25kg/m2	Yes	3rd Monday of the month 1000-1130	GP referral with consent or self referral with hospital number email dietitian@nmh.ie
Nausea & Vomiting in Pregnancy Support Group- live class with Q&A, troubleshooting for severe NVP after medical review	Women with moderate to severe NVP who need support with nutrition & hydration	yes	Wednesday 1230-1330	GP referral with consent and diagnosis, including PUQE score, details of antiemetics and hospital number email dietitian@nmh.ie
Introducing Solid Food and Textures to My Baby After NICU- Live info and Q&A with OT, SLT, Dietitian	Parents of babies discharged from NICU	yes	Monthly	Self referral to register email either babyspeech@nmh.ie OR babyocctherapy@nmh.ie

For women or babies booked to The National Maternity Hospital, registration and hospital number needed.
Please discuss reason for referral with the woman prior to submission.

THE DOMINO AND HOMEBIRTH SERVICE

The Domino and Homebirth Service is the only hospital based midwifery-led service in Ireland to provide antenatal, intrapartum and postnatal care for women with an additional choice of where to birth.

Our clinics offer low-risk women, local convenient, timed appointments with an experienced midwife. The service also has a weekly hospital based clinic ran by team manager Katie Cosgrove who can seek the obstetric opinion of consultant Dr Zara Fonseca Kelly as required.



Women can self refer or GPs can book patients in to The Domino and Homebirth Service on-line via The National Maternity Hospital website or by phoning 01 6373177.

Information booklets on The Domino and Homebirth Service can be obtained by emailing commw1@nmh.ie.

Benefits to Choosing The Domino and Homebirth Service

Antenatal

- Designated experienced team of midwives under The National Maternity Hospital governance structures.
- Timed antenatal appointments largely in Primary health centres.
- Full access to hospital facilities-including blood tests, ultrasound scan and medical review if required.
- Physical and emotional support during pregnancy, labour and early parenthood.
- A member of The Domino Midwifery Team is available 24/7 via a bleep system.
- Clear pathway into obstetric and multidisciplinary team review.
- Antenatal classes run by the team, educating women and their partners on physiological birth and breastfeeding.

Labour and Birth

- A member of The Domino Midwifery Team cares for the woman and partner in labour.
- Team supports and promotes active labour and physiological birth.
- Provides choice on place of birth, either at home (if deemed suitable) or in the hospital.

Postnatal

- Home visits providing full support in all aspects of parenting, especially with infant feeding following early discharge from hospital.
- Postnatal care provided in own home for up to 7 days post birth.

CLINIC DAYS, LOCATIONS AND ELIGIBILITY CRITERIA

Antenatal clinic	Day	Location
Greystones	Monday	A63 ET81
Leopardstown	Tuesday	D18 P3V8
Blackrock	Tuesday	A94 C2N7
Pearse Street	Wednesday	D02 TD23
Churchtown	Thursday	D14 NT35
Bray	Thursday	A98 X329
Newtownmountkenndy	Friday	A63 HD58

Exclusion criteria for Domino service
Primups aged >40
Multips aged >43
BMI >35
Significant maternal pre-existing morbidity
Assisted reproductive technology excl. Clomid
Outside of catchment area

Please note these are examples of some of our exclusion criteria - not an exhaustive list. For a full list of exclusion criteria please email The Domino and Homebirth Service on: commw1@nmh.ie

THE NATIONAL MATERNITY HOSPITAL SMOKING CESSATION SERVICE

The National Maternity Hospital Smoking Cessation Service began in 2020 supporting women to quit and stay quit. The service aims to effectively support smoking cessation and improve pregnancy and birth outcomes, physical and psychological health and quality of life for women and their families.

Smoking is the most important preventable cause of adverse pregnancy, fetal and neonatal outcomes. The Smoking Cessation midwife works collaboratively with women in developing and implementing a plan to quit smoking. Providing evidence-based support and free nicotine replacement therapy helps increase a woman's chance of quitting by 4 times.

NEW STOP SMOKING NATIONAL CLINICAL GUIDELINE

In January 2022 the Department of Health launched the new Stop Smoking National Clinical Guidelines No. 28. [Please find these here.](#)

Importantly, pregnant women were identified as a priority group. These new guidelines describe an improved model of stop smoking care for women who are pregnant and recommends safe, effective behavioural and pharmacological supports that can be offered to women who want to quit smoking when pregnant, including Nicotine Replacement Therapy.

In line with the National Clinical Guidelines No. 28, all women attending the NMH will now have their breath carbon monoxide levels checked at their booking visit to help identify and provide appropriate care to women who smoke.

THE 3 A'S

Recommendations for pregnant women presenting to GP clinic who are smoking and wish to attend The National Maternity Hospital:

- **Ask:** the patient about her smoking status
- **Advise:** Provide clear, strong advice to stop smoking
- **Act/Arrange:** Send referral to the NMH Smoking Cessation Service +/- prescribe Nicotine Replacement Therapy

REFERRALS

If you have any queries regarding pregnancy and smoking or wish to refer someone, please contact The National Maternity Hospital Smoking Cessation Service

Tel: 086 0654818

Email: Lisa.Courtney@nmh.ie

Visit our [webpage](#)

PHYSIOTHERAPY SERVICES AT THE NATIONAL MATERNITY HOSPITAL

We are a small Physio team looking after the needs of the women attending the Maternity and Gynaecology services in the hospital as well as the needs of our Neonatal population. We are a high demand service and strive to make ourselves and our support as accessible for all. To that end we aim to provide high quality information sessions to all who attend the hospital.

REFERRALS

We happily accept maternity referrals and would ask you to inform any women you refer to keep an eye out on their emails as this is the method of communication we use to allow us to reach our patients in a timely way with focused resources. You can email your referrals to physio@nmh.ie.



We look after all pregnancy related issues that commonly present, such as Pelvic Girdle Pain, back pain, carpal tunnel syndrome, pelvic floor concerns and have [great resources in relation to each for which you can direct patients to here.](#)



The National Maternity Hospital
Vita Gloriosa Vita – Life Glorious Life

Pregnancy Well-being Classes

1st Friday
Midwife & Pharmacist

2nd Friday
Physio

3rd Friday
Dietitian

A MONTHLY set of ONLINE ANTENATAL CLASSES focused on looking after your health in pregnancy for your 1st & 2nd trimesters

TIME: Fridays 9 - 10.30 am

To book your place for any/all of the above classes, please email classes@nmh.ie

Our Wellbeing in Pregnancy Classes are an essential for all those in early pregnancy, providing a wealth of information to promote a healthy happy pregnancy. Advise your patients to contact classes@nmh.ie to book a place.



The National Maternity Hospital
Vita Gloriosa Vita – Life Glorious Life

HEALTHY BODIES AFTER BIRTH CLASS

PHYSIOTHERAPY LEAD ONLINE CLASS

EVERY FRIDAY - 11AM

Email njordan@nmh.ie to secure your place

Learn how to recover well and exercise safely after having your baby.
www.nmh.ie



Our excellent weekly Postnatal Recovery live Webinar runs every Friday at 11am. This session strives to normalise the expectations of the postnatal period and helps to alleviate many concerns new Mums have during this time.

STORIES FROM THE COUCH

First time mother's experience of The Domino and Homebirth Service

Author: Community Midwife Manager Katie Cosgrove



A 34 year primip who initially booked in to the Holles Outpatient Clinic at 12 weeks' gestation and requested transfer to The Domino and Homebirth Service. History of anxiety, not on medication and no significant medical or surgical history. Her care was transferred to The Domino Service and she had her first appointment at 24 weeks in our Pearse Street clinic as it was convenient for her. Choice of place of birth was discussed and option of homebirth offered as she met our criteria.

She subsequently decided to have a homebirth and consents were signed at 28 weeks' gestation, where a midwife visited her at home and all information and indications for antenatal, intrapartum and postnatal transfer were discussed and complications explained. In addition, an antenatal check was performed.

All necessary blood tests and the remainder of antenatal care was undertaken in our community based clinics and once she finished work, the patient attended our Nutgrove clinic as this was convenient for her.

She was due to attend the Doctor Review Clinic post term. This weekly clinic is run from The Holles Outpatient Clinic at The National Maternity Hospital and is delivered by the Community Midwifery Manager alongside our liaison consultant obstetrician. This clinic provides a bedside scan to measure the liquor volume and if obstetric review is needed, same can be provided.



Prior to this arranged appointment, she had an episode of reduced fetal movement at 40+1, she contacted us via our bleep and was informed to attend casualty to be assessed. She had a reassuring CTG, bedside U/S was normal and she was reassured and went home with follow-up clinic appointment arranged.

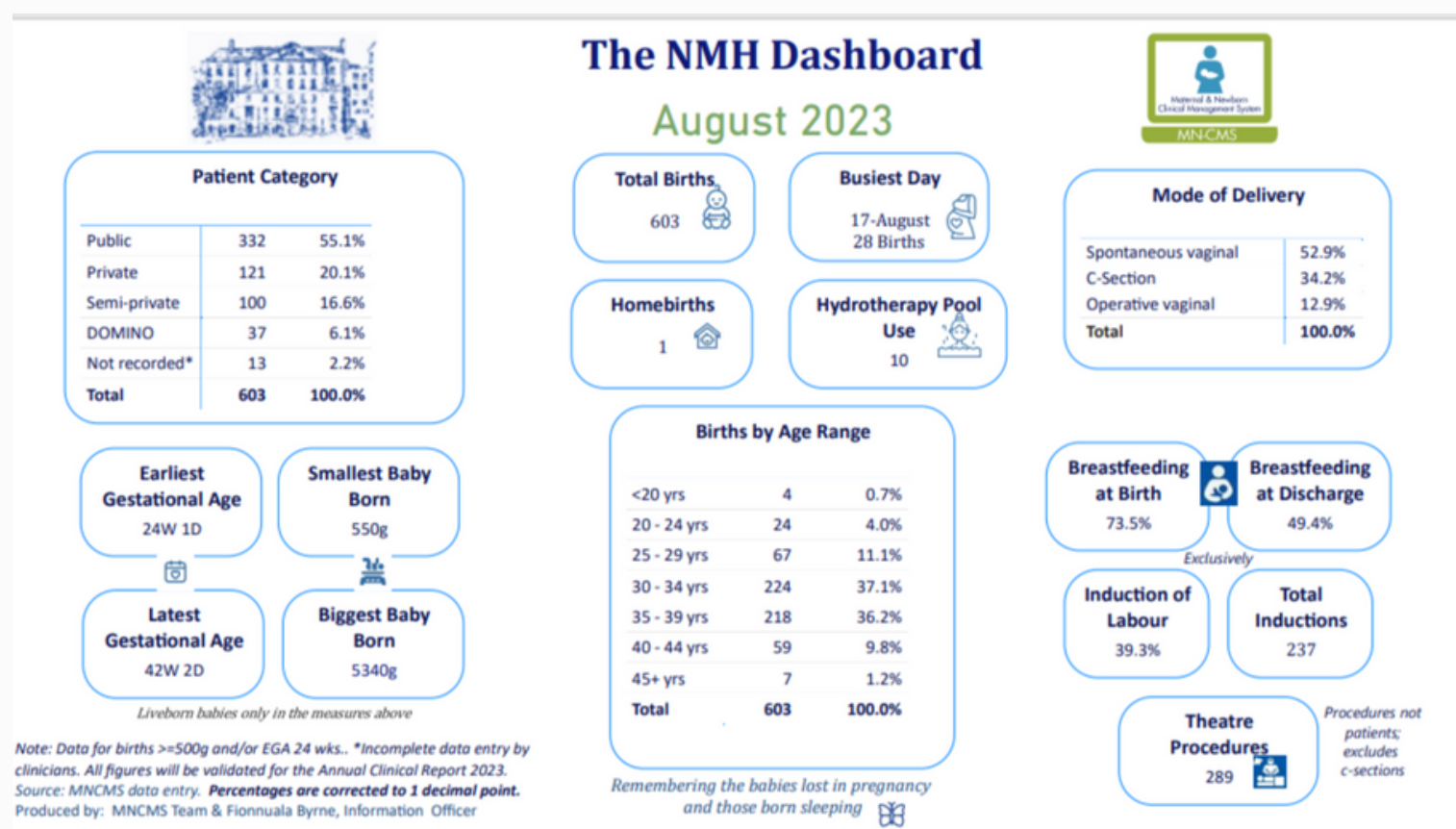
At 40+6 she contacted the bleep during the night, reporting clear liquor draining. She reported no contractions and happy with fetal movement. She attended The National Maternity Hospital that morning for assessment and was triaged by a Domino Midwife. SROM was confirmed with strong history and positive amniure, rapid GBS screen testing was also completed. CTG was reassuring and following a review by the obstetric reg, a plan was made to return home and await spontaneous labour. She was advised to return to NMH the following morning as a prolonged SROM would be clinically indicated for induction or attend sooner if GBS detected.

She was aware from the homebirth consents, that a homebirth would no longer be an option after 18 hours of SROM. GBS result was negative later that day. She attended as planned and was admitted to the antenatal ward to out-rule fore-waters and offered oxytocin induction in the labour ward. She was understanding of same and aware that the same team of Domino midwives would continue to look after her in the labour ward.

A Domino midwife transferred her to a room in the labour ward and a home environment was created. Continuous fetal monitoring was commenced and Oxytocin commenced. The woman wanted to remain active and same was accommodated with the use of the mobile telemetry, facilitating more freedom of movement. Hopscotch tool adopted, along with shower, Entonox and birthing equipment. A change of shift occurred and another Domino midwife, who was known to the couple from seeing her in the antenatal clinics, took over her care.

She progressed well and had a vaginal birth positioned on the birthing stool following 10 hours of active labour with oxytocin.

Due to the prolonged SROM, she was not eligible for early discharge after 6 hours and remained in hospital for 36 hours as per hospital protocol for newborn observation. Mother and baby stayed in the postnatal ward where she was visited by the Domino midwives daily to assist with breastfeeding and postnatal care. She was then discharged home where the team continued to provide daily visits up to day 7. On her last home visit, the midwife that had cared for her in early labour visited her at home with her baby. She then had the time to reflect on her birth experience and reported it to be extremely positive, even though it wasn't the birth she had envisioned. The woman and her partner felt supported throughout.



If you are interested in joining our GP Liaison Committee which meets quarterly, please email The National Maternity Hospital Quality Manager, Rachel Irwin at: rirwin@nmh.ie