

MIDWIFERY GROUP

PRACTICE

HALF YEARLY

REPORT

JANUARY- JUNE

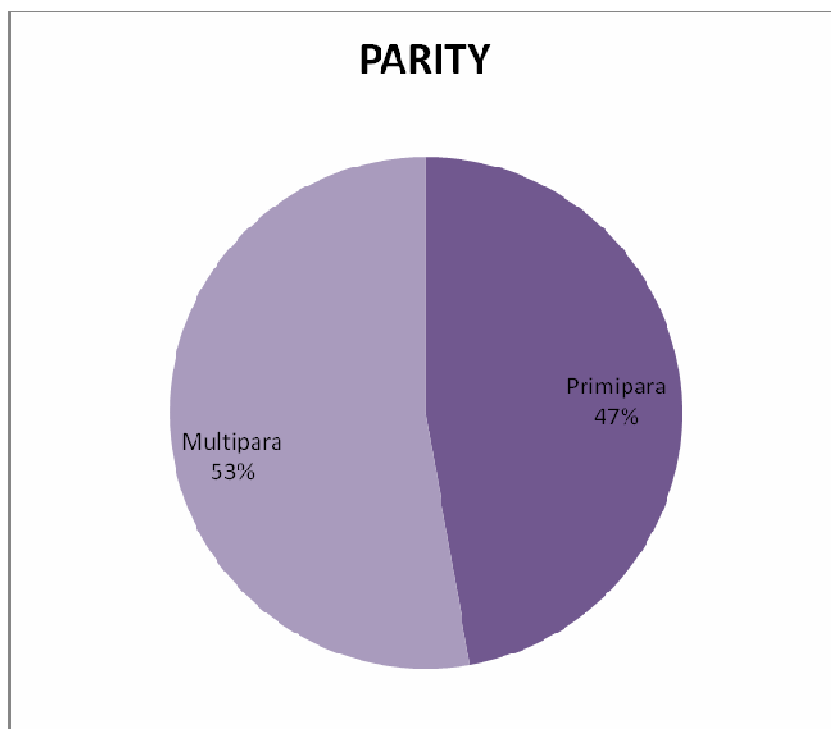
2008



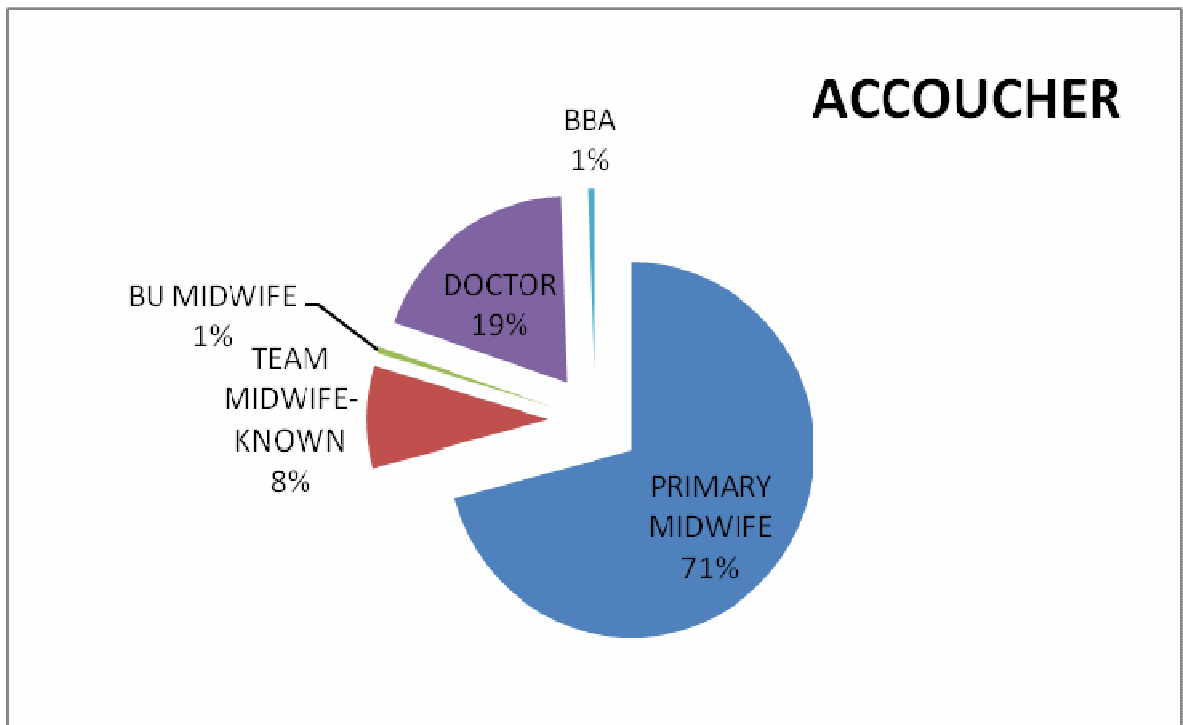
MGP'S 2008 Half Yearly Report

The beginning of 2008 saw growth for Wollongong's Midwifery Group Practice. Our third team of midwives commenced work in October 2007 and were operating at full capacity by January 2008. The agreed client load per midwife is 40 clients per year. With 9 midwives working in this program, we have a projected total client load of 360 clients annually, or 180 clients per 6 months. The first 6 months of 2008 saw 182 clients birth with MGP. This number represents approximately 15 % of the total births at Wollongong Hospital.

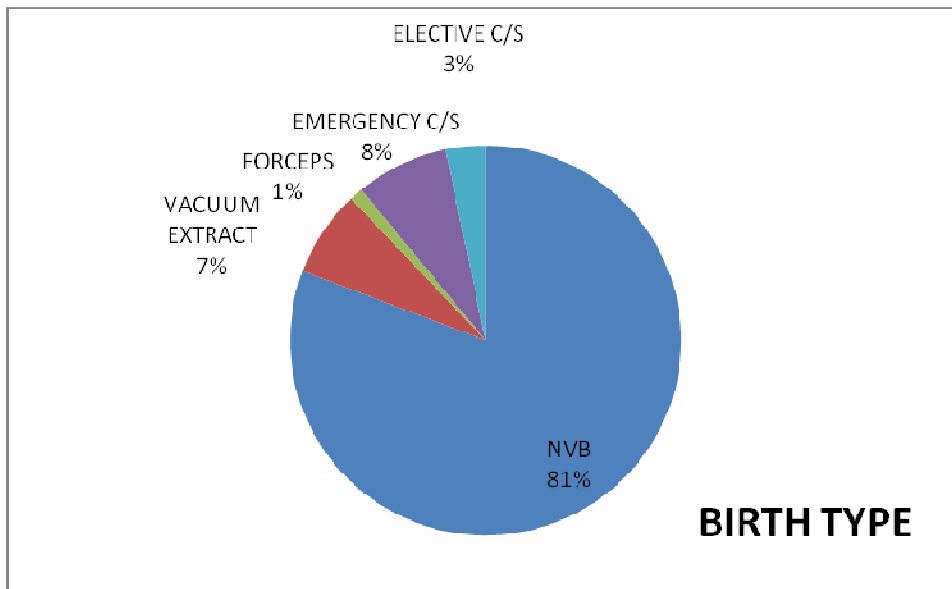
Of the 182 clients, 86 were primiparas and 96 were multiparas. The larger than expected number of multiparas is due in large part to an increase in repeat clients returning to the Program.



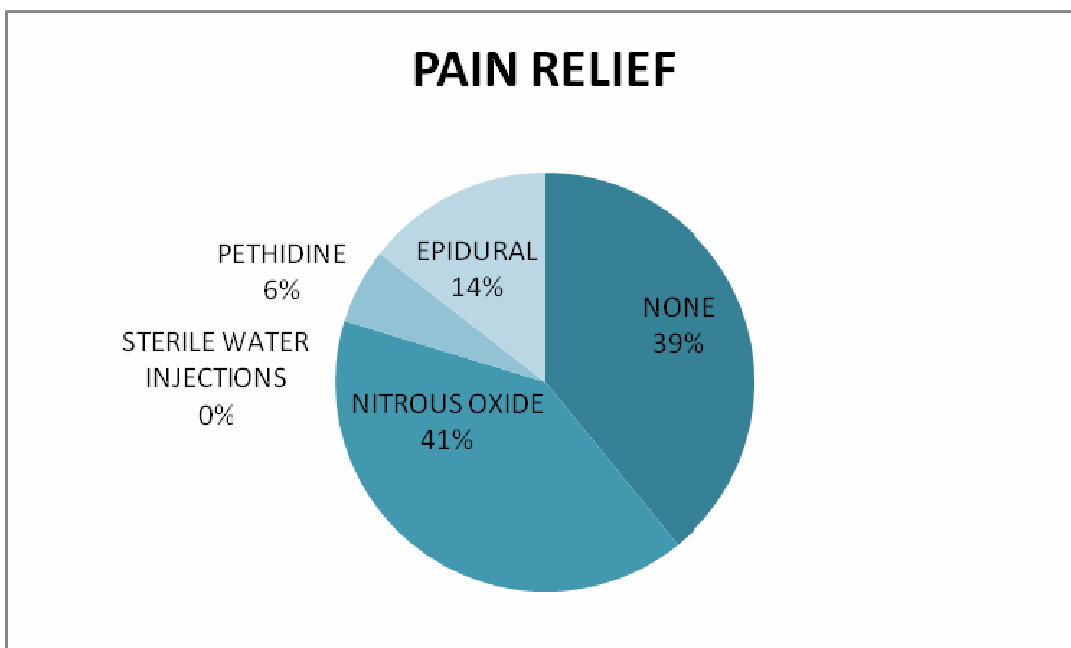
71% or 129 women birthed with their primary midwife. A further 8% or 16 woman birthed with another known team midwife. 1 baby was birthed by a Birthing Unit midwife and 1 baby was born before arrival. The remaining 19 % or 35 women were birthed by a doctor. All births by a Medical Officer were either instrumental births or caesarean sections.



81% or 147 of the women achieved a normal vaginal birth. 7% or 13 women required a vacuum extraction and 1% or 2 women required a forceps birth. 14 women or 8% of the MGP clientele required an emergency caesarean section and 3% or 6 women birthed by elective caesarean section. 5 of the elective caesarean sections were for breech presentation. The remaining elective caesarean section was for placenta praevia.

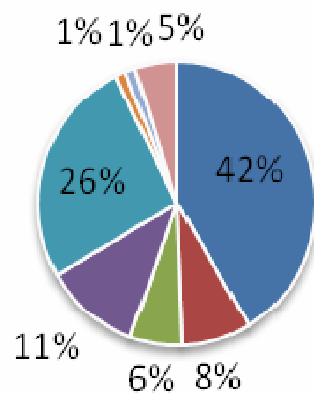


Of the 182 women who birthed with MGP in this first half of 2008, 39% or 81 women required no pain relief. A further 40% or 84 woman used nitrous oxide gas to assist with labour pain. 14% or 30 women needed an epidural block as analgesia, while 6% or 12 women were given intramuscular injections of Pethidine. Without doubt, the access to unlimited supplies of hot water and our emphasis on continuity of care assists us to achieve such low analgesia usage.



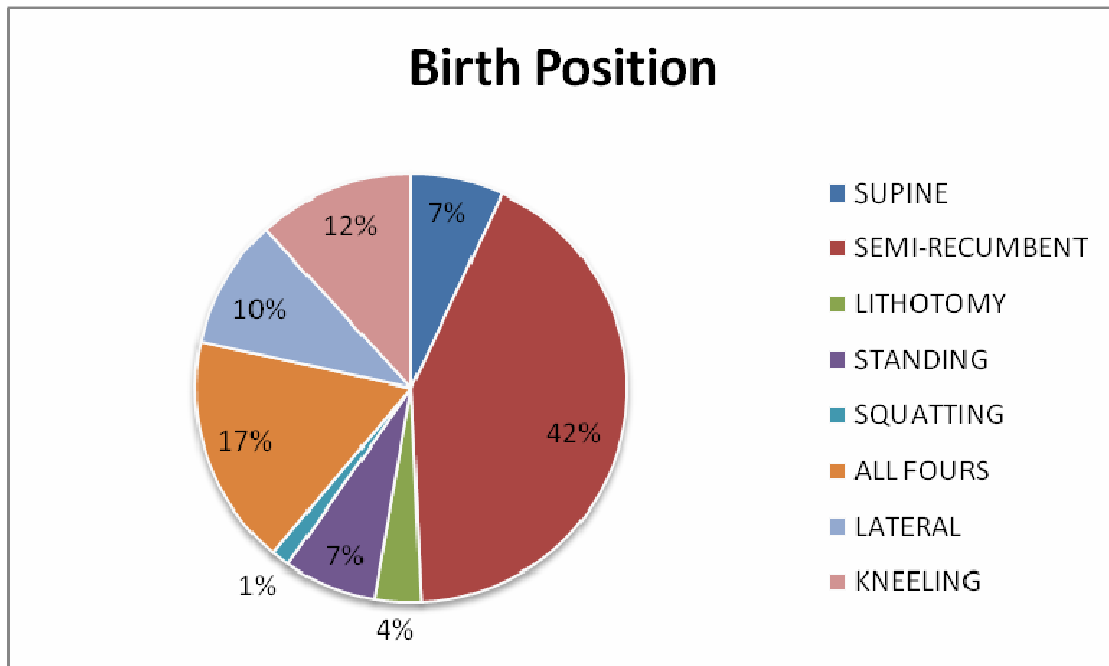
Of the 30 women using EDB as pain relief, 16 achieved a NVB. 6 of the women had an emergency caesarean section, 7 had a vacuum extraction and 1 required a forceps delivery.

PERINEAL STATUS



42% or 13 of the women achieved an intact perineum and a further 8% or 3 women had a tear or graze that required no sutures. 6% or 2 women required an episiotomy. 7 of these 2 women had an instrumental birth and the remaining 3 women had a NVB. 11% or 4 women experienced a 1st degree tear and 26% or 9 women experienced a 2nd degree tear. 1% or 1 woman experienced a 3rd degree tear. 1 of these 1 women had an instrumental birth. Again 1% or 1 woman experienced a 4th degree tear, with both of these

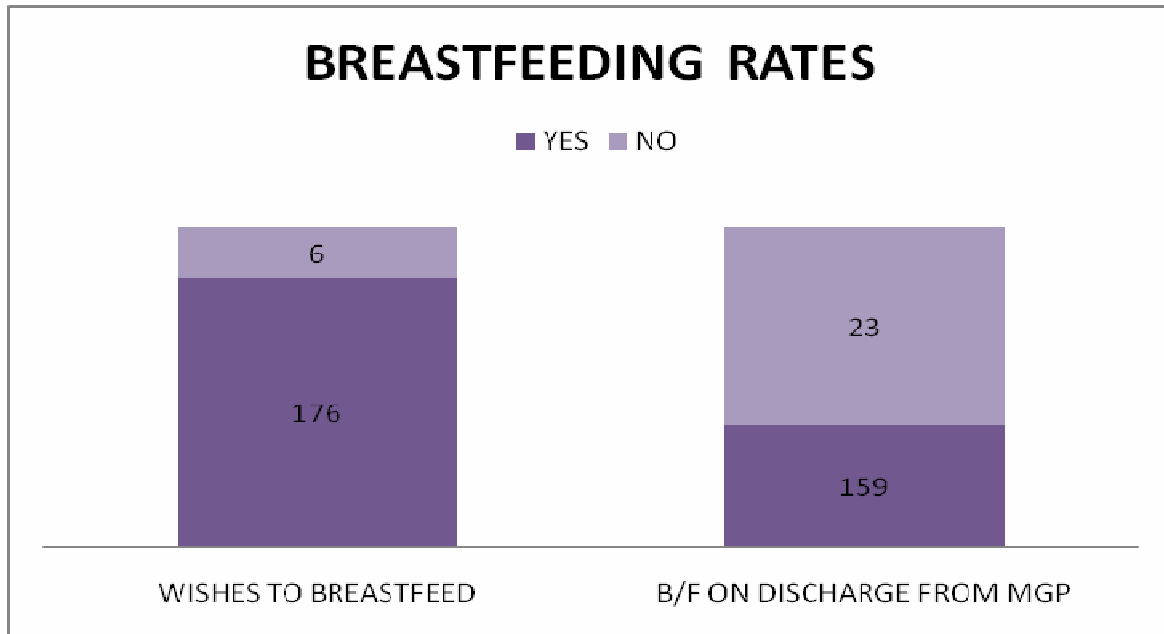
women having had an instrumental birth. 5% or 8 women experienced other genital tract trauma. 3 women experienced vaginal floor tears, 4 women had labial tears and 1 woman had a clitoral tear.



The most popular birthing position remains the semi recumbent position with 42% of the women birthing in this position. 17% chose the all fours position, while 12% chose to kneel. 10% chose to birth in the lateral position, while 7% birthed standing and 7% birthed supine. Only 1% chose to birth while squatting.

Breast feeding remains the most popular feeding method for the women in the Midwifery Group Practice. 176 (97%) women chose to commence breastfeeding immediately after birth. Of these

women, 159 or 90% were still successfully breastfeeding on discharge from the MGP program, which was on average day 8-9.



The Midwifery Group Practice continues to remain a popular choice for pregnant women within the Illawarra area. All midwives remain fully booked and the waiting list continues to expand. All stated outcomes remain substantially better than the latest statistics (2005) as reported by the NSW Midwives Data Collection Program. We do acknowledge that the Midwifery Group Practice Program only has low risk women enrolled, while the Data Collection Program reports on all birthing women and this would have the effect of skewing the statistics in our favour. Despite this, we remain proud of our achievements over the past 6 months and continue to strive to improve all outcomes for the women within our care.