

Transcript of RSCH maternity services virtual tour

0:00 – 0:41: Angelina, midwife on labour ward

“Hi my name's Angelina. I'm a midwife on the labour ward at the Royal Sussex County Hospital. We aim to provide holistic care for all women and to really consider your individual birth needs here. We have a wide range of clientele here from very low risk through to very high risk and we cater for all needs. We have a variety of birthing rooms.

This is one of our typical kind of birthing rooms, where we can provide any level of analgesia that you may require. We also have three pool rooms, two of which are new, which we're pleased to have, and they get used very regularly because women really find that pool deliveries do really help and it's a lovely slow transition for the baby into this world.”

0:42 – 1:04: Tor, midwife in triage team

Hello my name is Tor, one of the midwives here at the Royal Sussex and I work within the triage team and we generally see any ladies with any problems, any concerns. If you think you're in labour, your waters have broken, you can always ring up somewhere here twenty-four-seven.

So once you're in establish labour we will take you up to the labour ward where you'll be looked after by one of our midwives upstairs.

1:05 – 2:11: Alice, midwife on labour ward

Hi my name is Alice. I'm one of the midwives here was at the county hospital. We want to make this a happy experience for you when you come into labour ward. We want to make you feel as though you're going from home to another home.

We can be in the room with you as much as you feel you'd like us to be with you and your birthing partner and we want to meet all of your needs that you have previous to coming into the hospital. So we want to know all of your wishes and all of your hopes for labour and birth and we're there to support you with that.

I'm in one of the birthing rooms at the moment and we've got support and aides around to help you with the labour that you're going through. Some of our rooms have birthing pools and as well. That may be something you discuss with your community midwife that you'd like to do. You may want to use the water to labour in, you may want to birth in the water and we will aim to facilitate that for you. We've also got ensuite bathrooms so you don't have to leave the room if you don't wish to.

We aim to give 1-2-1 midwifery care throughout your labour and we definitely promote normalising birth.

2:12 – 2:41: Sophia, student midwife

Hi there, my name is Sophia. I'm a student midwife at the Royal Sussex Hospital in Brighton. Here at Brighton we're keen to encourage as natural approach to birth as possible, where that is possible, so for example really encourage skin-to-skin following the birth of baby if

that's your wish. This helps with bonding between mother and baby and also father and baby later too and has big benefits if you decide to breastfeed.

2:42 – 3:00: Carolyn, care centre assistant

My name is Carolyn, one of the care centre assistants at the Royal Sussex County Hospital. We clean the delivery rooms, we clean the theatres, we do a lot of portering jobs and we like to make sure it is always clean and is always a safe environment.

3:01 – 3:16: Alice, midwife on labour ward

After you've had your baby we're here to give you the encouragement and support that you feel you need with the feeding and postnatally we can look after you, make you feel ready to go home so you feel ready for parenthood when you and your partner leave here.

3:17 – 3:33: Angelina, midwife on labour ward

I really hope that you come and have a lovely time here and enjoy your stay as much as you possibly can and have a really beautiful delivery of your baby.

We're always trying to improve so it would really help if you would use the friends-and-family test to tell us about your experience.

Thank you