





Welcome!

Information Evening for

- pregnant women
- parents to be
- support people

at Krankenhaus Sachsenhausen
Obstetric and Prenatal Medicine Department

Consultant Dr. Anke Reitter, FRCOG





Obstetric and Prenatal Medicine Department

Consultant

Dr. Anke Reitter, FRCOG

Senior Registrars:

Norman Döhring

Dr. Ludmilla Zaric

Lead Midwife

Kathrin Neumann

Antenatal Clinic: Erdmuthe Gravenhorst





The whole Team on labour ward and ante/postnatal ward

Midwives

Nurses

Paediatric nurses and Auxillary Nurses

Student nurses/midwives

Independent Midwife
(„Beleghebamme“) Matina Matoff





How to register in our Hospital/ Booking appointment

A midwife will see you to make a personal birth plan for individual, family-centred care from 33 weeks of gestation or earlier if you wish.

Clinics runs:

Wednesday from 8:30 am – 03:00 pm

Tuesday from 8:30 am – 12:00 am

Thursday from 8:30 am – 12:00 am

Please call for appointment

069 6605-1209, Mo – Fr 8:30 – 12:30 + Wed 8:30 – 15:30



You can always get in
touch with labour ward
as well per phone
069 6605-1211 (24/7)





Privat prenatal booking clinic with consultant obstetrician/specialist Tuesday 9 am to 1 pm

- All planned deliveries will be given the opportunity to meet one of our experts
- All high risk pregnancies should be seen before labour for a booking appointment

Any question or worries Please make an appointment: 069 6605-1209
(Mo. – Fr. 8:30 am – 12:30 pm and Wed. 8:30 – 03:30 pm)
Or email geburtshilfe@khs-ffm.de





Prenatal booking clinic with obstetrician/ specialist Wednesday 9 am to 4 pm

High risk pregnancies should be seen in this clinic

- previous surgery, previous caesarean section
- Diabetes in pregnancy
- Breech presentation (we offer external cephalic version fromn 37+0 weeks, vaginal breech birth)
- Cephalo pelvic dysproportion
- „large“ baby- „small“ baby
- Shared care with your own doctor

Any question or worries
Please make an appointment
069 6605-1209
(Mo. – Fr. 8:30 am – 12:30 pm
and Wed. 8:30 – 15:30)
Or email
geburtshilfe@khs-ffm.de





When to come to our unit/labour ward?

- Regular contractions, „pains- coming and going“
- Any watery discharge, or suspected ruptured membranes (trickling, leaking)
- Any vaginal bleeding
- Any pain in your upper belly, backpain etc
- Any changes in babies movements
- Or any other worries...





Around the birth

Krankenhaus Sachsenhausen is a General Teaching Hospital with different departments

- obstetric and prenatal medicine
- general gynaecology
- general surgery
- general medicine
- anaesthetic and radiology department

The obstetric department has four labour rooms, an operation theatre and 20 beds on a combined pre and postnatal ward

You can birth your baby in our unit from 36 weeks of gestation (36+0)





Are we the „right“ partner for your birth?

- If you expect a healthy baby which most likely will not require NICU (Neonatal intensive care unit)
- If you expect a premature baby (<36 weeks of gestation) we have to evaluate and have to recommend delivery in a tertiary referral center, which has a NICU on site
- Our Paediatric Partner is near by- the Paediatric Department at the University Hospital Frankfurt
- Of course you could see us as well during holidays of your own doctor/ bank holidays and weekends

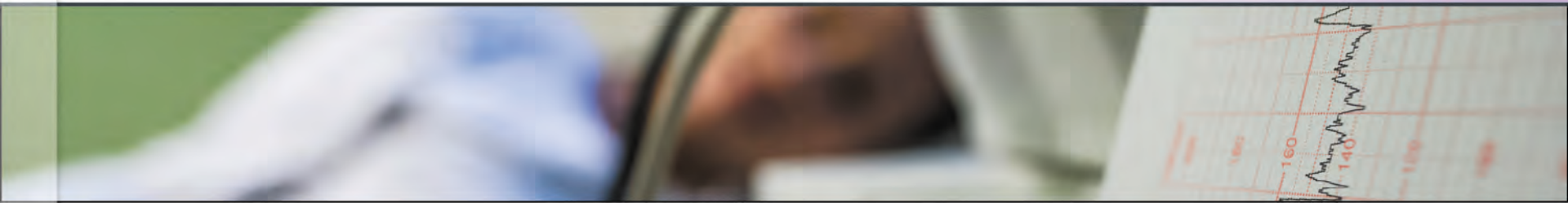




Recommendations around „due dates“/ Induction of labour (IOL) in low risk pregnancies

Starting from your „due date“ which is the estimated date of birth we recommend **every other day** a CTG (every two days) and ultrasound to check the amniotic fluid level around the baby

If everything is reassuring we wait to 41+0-41+3. Than we recommend induction of labour. We use physiological methods (membrane sweep), catheter or prostaglandins (oral/local). If unfavourable a **caesarean section** will be offered





Induction of labour (IOL)

Labour is a natural process that usually starts on its own. Sometimes labour needs to be started artificially

Sweeping Membranes :

Before you are offered induction, you should be offered a membrane sweep to help you go into labour before 42 weeks

Foley Catheter :

This is a mechanical way of inducing labour and can be offered as well, these two options are the most “natural” methods to start the process of labour.

Rupturing your membranes “Amniotomy”





Induction of labour (IOL):

Medical Induction:

During induction, you may be offered drugs that act like the natural hormones that kickstart labour. These drugs are called prostaglandins. Prostaglandins could be inserted into the vagina as a gel, tablet or pessary, or could be administered orally.

Using Oxytocinon for regular contractions

All medications do not work equally fast for each patient. Depending on pregnancy age and cervical length it can take hours for labour to start, but also sometimes several days. Everything will be discussed in depth with you and your partner and additional information can be provided- please feel free to ask.





Antenatal Clinic

- Lead Midwife
Erdmuthe Gravenhorst
- Consultant
Dr A. Reitter, FRCOG





Antenatal service/offers

- Prenatal classes (all dates on our website)
- Acupuncture
- Babyhandling course

Personal booking

Booking tel.: 069 6605-1209

E-Mail mail-an-geburtsvorbereitung@web.de*

* Email: please send email with your contact details and estimate date of delivery





Fitness and Pregnancy – Going to the Gym

Special open classes, supervised by certified instructors/
physiotherapists

New and modern studio

Why is there a special place/ class

- You may have to adapt to changes in your body
- You should continue to keep fit during pregnancy
- You can prevent backpain/discomfort due to weight gain
- Pelvic floor exercises
- Cardio training

How? Where?
Just come along, special
times are Tuesday morning,
Drop in classes
You can buy single, 5er or
10er cards
Flexible times





During your stay at the hospital:

- TENS machine for pain control
- Homeopathy
- „Beleghebamme“





Postnatal courses:

- Midwifery service with home visits
- Babyhandling
- Breastfeeding classes





Team Physiotherapy/Body worke

- Head of MEDIPARG:
Michael Brenner





Osteopathy

- Appointment: Tel.: 069 6605-1483

Michael Brenner Osteopath

- MEDIPARG, 3. Stock
Schifferstraße 59
60594 Frankfurt am Main
- Health insurance does cover sometimes the costs





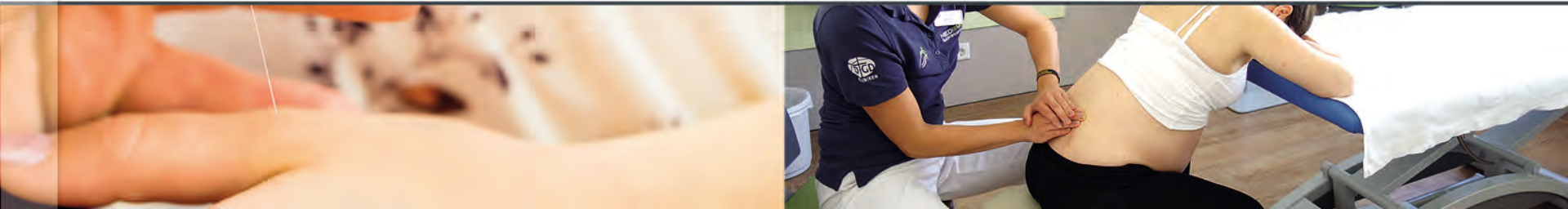
Booking at Mediparg:

- Pregnancy and going to the Gym (supervised exercises)
- Kinesiotaping



In the Hospital

- Individual postnatal visit and first contact with our team
- Booklet /Information after birth
- Take home material
- If required special further treatment Osteopathy etc.





Postnatal Care

- Postnatal courses 10 x à 60 min *in english according to needs starting 2020
 - Alone/without baby
 - Wednesday 4:30 – 5:30 pm
 - Thursday 3:30 – 4:30 pm
 - With baby
 - Monday: 10:00 – 11:00 am
 - Thursday: 10:00 – 11:00 am
- Carrying cloth for the baby (Add-on with your postnatal class)
- Babymassage



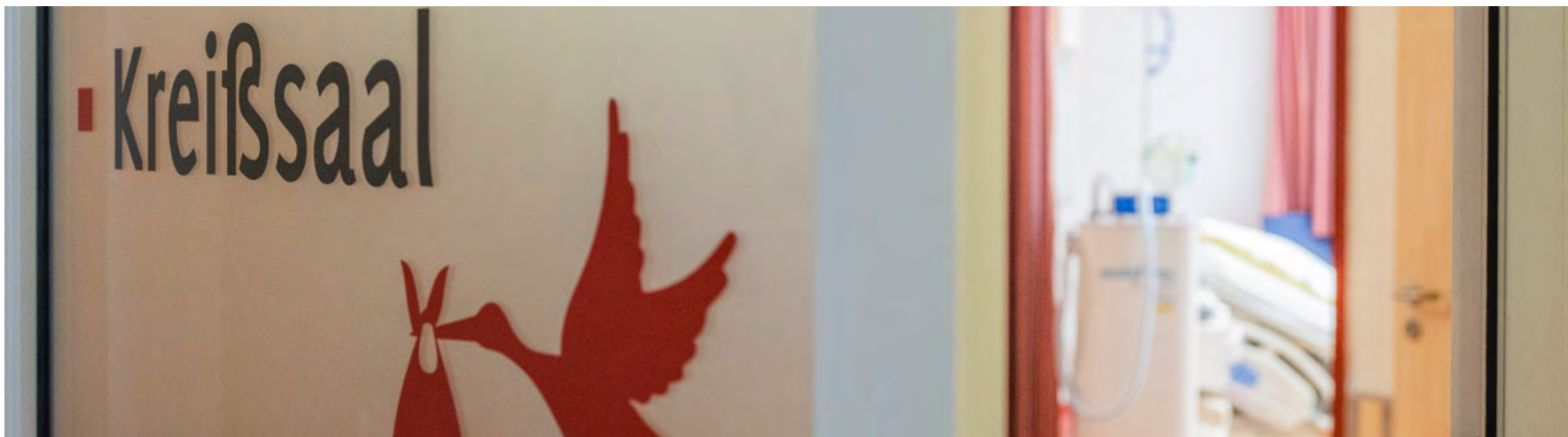
Any questions?



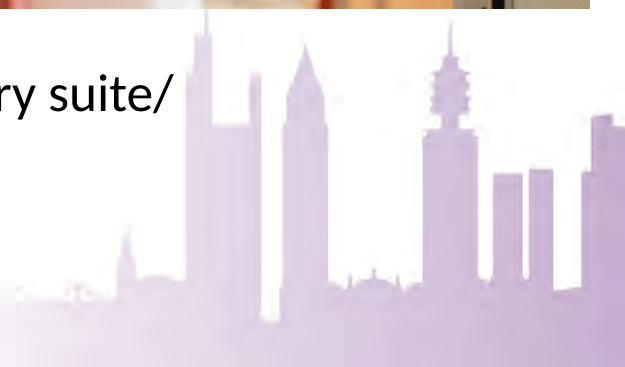
Our Team welcomes you



When labour starts...



Entrance to our delivery suite/
labour ward





What to bring to the hospital:

- Antenatal pass, Insurance card
- Allergy pass
- Referral from your own doctor („Einweisung-, Überweisungsschein“)
- Paper for registration of your baby- this may be a challenge, please provide your papers in original and translated form („Familienstammbuch“, „Heiratsurkunde“, „Vaterschaftsanerkennung“)
- (The Hospital will send some documents directly)



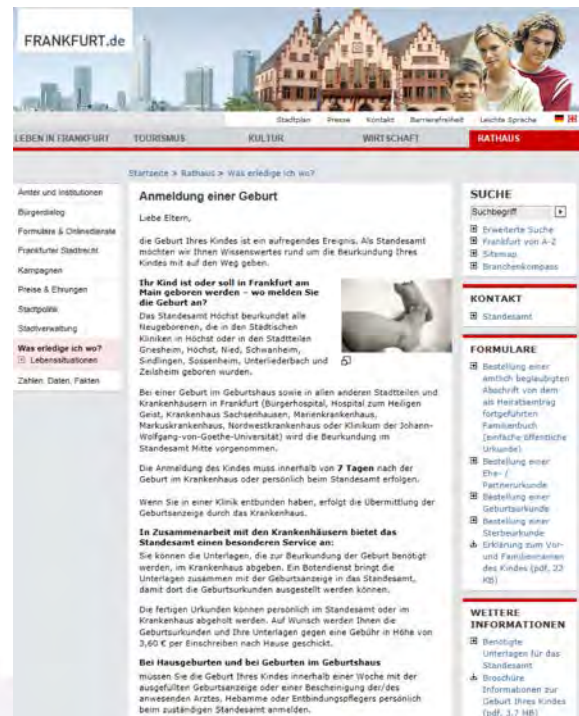


To Register the Baby

www.frankfurt.de

„Geburtsanmeldung“

Here in our hospital
Mo-Thursday 9-11 am
Friday 9-10:30 am



The screenshot shows the Frankfurt.de website with a navigation bar at the top. The main content area is titled 'Anmeldung einer Geburt' (Birth Registration). It includes a sidebar with links to 'Anten- und Instruktionen', 'Bürgerdialog', 'Formulare & Onlineanträge', 'Frankfurter Stadtrecht', 'Kampagnen', 'Presse & Ehrungen', 'Stadtpolitik', 'Stadtverwaltung', 'Was erledige ich wo?', 'Lebensadressen', and 'Zahlen, Daten, Fakten'. The main text explains the process of birth registration in Frankfurt, mentioning the Standsamt (City Office) and the need to register the birth within 7 days. It also provides information on where to register, including the Standsamt and various district offices. The right sidebar contains sections for 'SUCHE' (Search), 'KONTAKT' (Contact), 'FORMULARE' (Forms), and 'WEITERE INFORMATIONEN' (Further Information).



What belongs in the hospitalbag:

Clothes you feel comfortable with (T-Shirt, button down shirt, leggings, jogging pants) dressing/night gown

Please do not forget towels

Cosmetic articles: lip balm, hair tie, toothbrush, toothpaste, shower gel, shampoo
warm socks, slippers, nursing bra

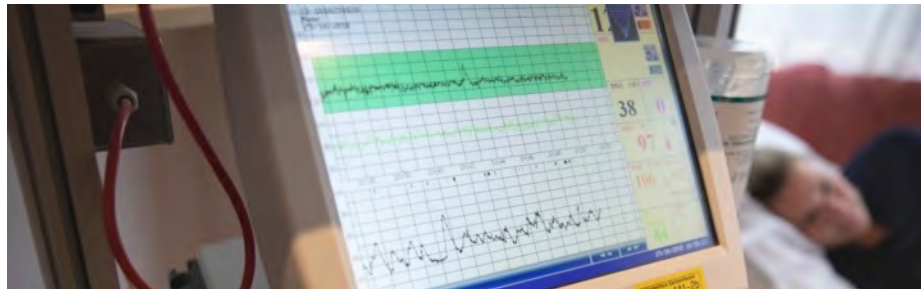
snacks: cereal bar, dextrose, juice, smoothie, fruit etc

For the Baby:

Baby cloth when you go home, if required baby care seat

You may bring a baby blanket, babysocks, baby cap





Coming to labour ward – Admission to the hospital

When you arrive

- We welcome you- we check whether we have all the information needed (please bring your Mutterpass)
- To give you time to arrive we usually start with a CTG
- We may take bloods, we may examine you
- You will have a short ultrasound

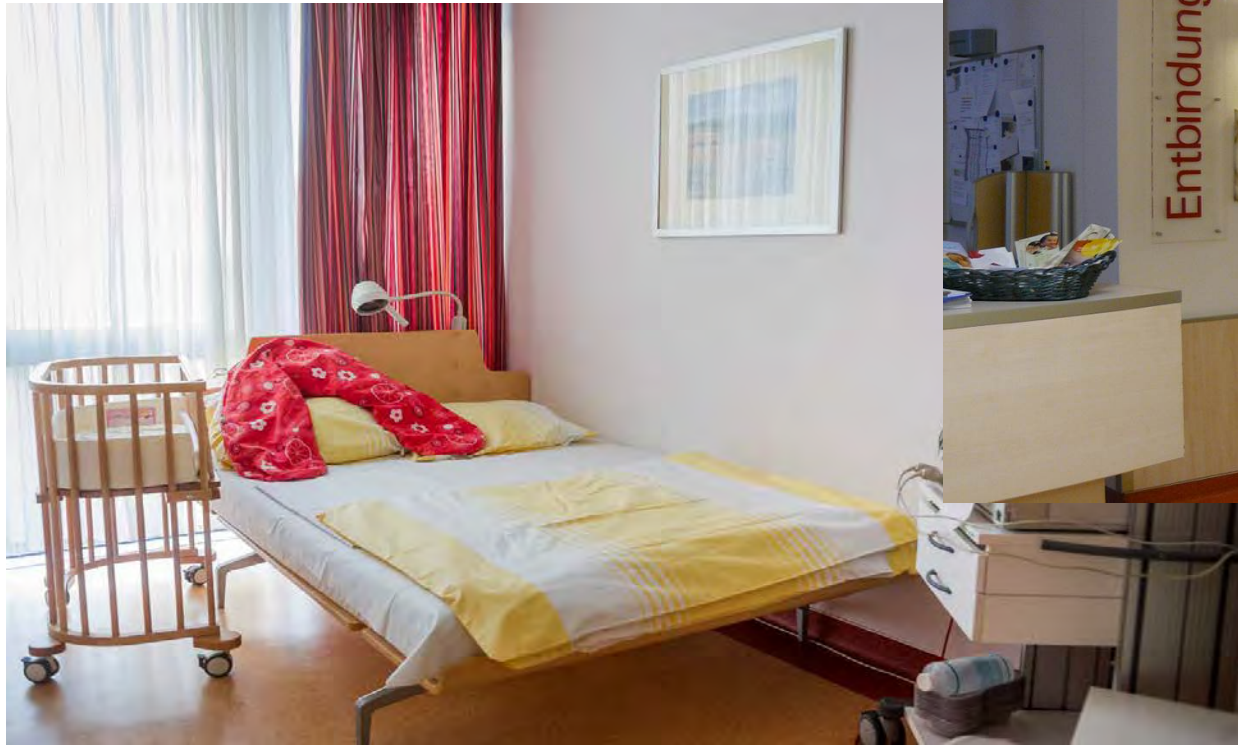


First Stage room/ Early labour





Admission- Labour ward First Stage Room





Labour Room





Support while you are in labour



Be active, change position,
be upright

- Birth stool
- Pezzi-Ball
- Having a bath
- Being mobile with Telemetry





Relaxing and other support in labour, Paincontrol



- Relaxation technique
- Using the bathtub
- Being active
- Aromatherapy, Wohlfühllicht
- Homeopathy
- Pain relief
- „Entonox“ gas and air
- Epidural



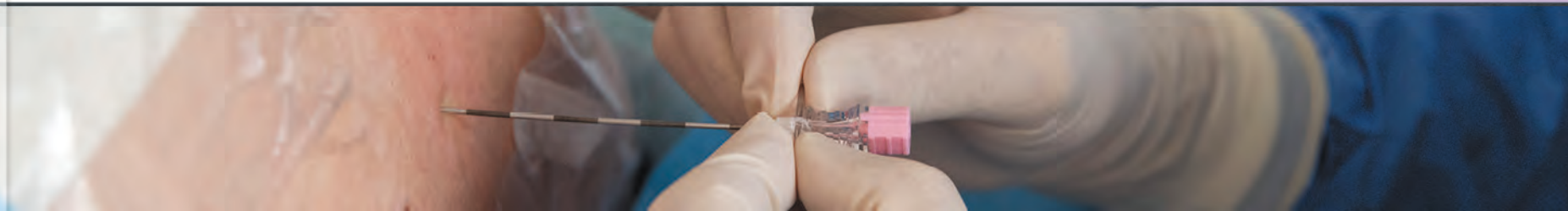


Effective Analgesia – „Gas and Air“ Entonox





Pain relief during labour Siting Epidural 24/7





Caesarean section (CS) - on labor ward



- If needed we perform CS in our theater close to our labour ward
- If required we can be quick and fast in delivering the baby
- Majority of CS are in regional anaesthetic
- Your partner/friend/family member can join
- Baby stays with you all the time (early bonding)
- Postdelivery you will be looked after by our midwifery team on labour ward



Caesarean section (CS) Your own Midwife

First baby check-up U1





Statistics and numbers of interest

Data based on the mandatory state register GQH, Update 2019

- 1500 deliveries per year
- Caesarean section (CS) rate 20-25%
 - Planned CS 1/3
 - CS in labour 2/3
 - Emergency CS 10-15/Year
- Induction of labour 13%
- Episiotomy 2.9 %
- Instrumental Delivery Rate (Ventouse, Forceps) <10%
- Postpartum Haemorrhage
 - Bloodloss 500-1000 ml 8.2% (Data 2018 n=118)
 - Bloodloss > 1000 ml 0.8% (Data 2018 n=11)





For Neonatal care we have a strong partnership with Universitätskinderklinik Frankfurt am Main

- Daily visits from the neonatologist*
 - Check up at day 3 -10 of life U2
 - Screening tests
 - Stoffwechseltests (after 36 hours of life)
 - Hörscreening (after birth)
- *every weekday, weekend according to our demand



Prof. Dr. med. Rolf Schlößer
Klinikum der Johann-Wolfgang-Goethe Univ.
Zentrum für Kinder- und Jugendmedizin
Schwerpunkt Neonatologie
Theodor-Stern-Kai 7
D-60590 Frankfurt am Main





After birth



Prof. Dr. Schlößer, Neonatologist



We support
breastfeeding





Starting as a family „Familyroom“ if available 24 h Rooming in





All inclusive breakfast buffet meeting place





Every day ward round with medical and midwifery team





Other offers:

- Registration of your baby „Standesamtliche Anmeldung“ visit our website for detailed information
- Storchenparkplatz- „short term parking“ you can drive on the hospital ground
- baby smile- independent company provide photos and professional support for cards etc





Babylotse – Offer to all families coming to our unit

Help in organising your life after birth (certificates etc)
Support in day to day life
Free offer, please get in touch even prenatally
Tel.: 0162 2083368



The Babylotsen (Baby Guides):
Always there for you and your family



New beginnings also involve many new questions. The Baby Guides would like to help you be well informed and looked after, after the birth of your child. You will find the Baby Guides in all Frankfurt maternity clinics.

Baby Guides in Frankfurt
www.babylotse-frankfurt.de
Telefon: 069 970 901-45
E-Mail: babylotse@kinderstuebchen-frankfurt.de





Time for questions!





**Thank you for your interest and visit,
now we invite you to come upstairs to have a look around!**



2020

February

27

Thursday
2020

May

28

Thursday
2020

August

27

Thursday
2020

November

26

Thursday
2020

- At 6:00 pm
- Staff cafeteria on the first floor
(Entrance Ambulanz please follow the signs)
- Walk-in
- Registration not required



Information evening
at Krankenhaus Sachsenhausen