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Cwm Taf Morgannwg
University Health Board

Tirion Birthing Centre

at the Royal Glamorgan Hospital



This booklet is designed to help you understand your labour at the Tirion Birthing Centre and what you can expect during the process at Cwm Taf Morgannwg University Health Board.

Freestanding midwifery-led units or “birth centres”

Tirion is a birthing centre, and whilst being based at the Royal Glamorgan Hospital, is on a separate site to the nearest Consultant-led maternity hospital (labour ward).

As a freestanding birth centre, the care you receive here will be given by midwives and maternity care support workers.

The role of a midwife is as an expert in providing care to women who are

experiencing a straight forward pregnancy and birth. The midwife is also trained to recognise and respond to changes and deviations from normal.

The midwife caring for you will act as your advocate and will support you to have a positive birth experience, facilitating your choices and preferences throughout this process.



Reasons to give birth in Tirion Birth Centre



From looking at research in to birth settings, we know that having a baby is generally very safe (Birthplace study 2011).

For women having their first baby who are healthy and experiencing an uncomplicated pregnancy, planning birth in a midwifery unit such as Tirion Birth Centre offers benefits for the mum and appears to be as safe for the baby as planning birth in an obstetric unit / hospital.

Women having a second or subsequent baby who are healthy and experiencing an uncomplicated pregnancy are advised to give birth in a midwife led unit such as Tirion. This setting is equally as safe as planning birth in an obstetric unit / hospital, and we know rates of intervention (such as an assisted birth, episiotomy, epidural) are reduced.

"The Birthing Centre is an amazing facility and would recommend anyone to have their baby here".

What do we offer?

In Tirion, we offer a beautiful home from home environment, which is calm, quiet and relaxed (all the things we know support physiological labour and birth).

We offer mood lighting and dimly lit rooms which help to create an atmosphere which is relaxing and tranquil (again, things we know help your labour hormones to work well).

We have three double bedded rooms which are spacious and comfortable, and facilitate mobilisation and staying active during your labour; and which allow you to rest and relax after giving birth. These rooms offer en-suite toilet and shower facilities.

We have beautiful birth pools with mood lighting (which you can change to provide an ambiance that you find most relaxing).

The pool also has blue tooth so you can play your own individualised birthing play list. The pool is large and spacious, and assists you to get in to a comfortable position which allows you to be mobile, and the warm water offers buoyancy and relief. We also have flotation aids which again help you with your position.



*"Felt supported during and after birth, and love the birthing pool.
Couldn't have asked for a better place to have our little baby".*





A significant amount of the women who have chosen Tirion to date, have used the birth pool during labour and gone on to have a waterbirth, and we really encourage and support this here.

We have equipment such as birthing balls, 'peanut' balls (which help your position during labour / birth), a

birthing stool, beanbags and support mats with open areas in the centre for you to mobilise around. These items have been carefully chosen to ensure you have access to things you need to assist you into comfortable positions which maximise physiological labour.

"We were made to feel like we were at home from the minute we arrived, this made our experience brilliant and something we will never forget".

For those of you who:

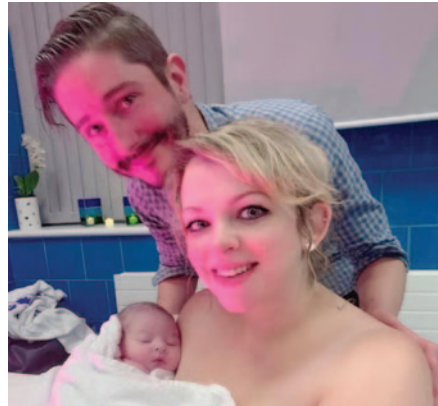
- *Are healthy and have been well throughout your pregnancy, with no medical conditions which affect you or your baby*
- *Are having your first baby, or have had a vaginal birth (which includes women who have had an assisted birth e.g. forceps/ventouse)*
- *Go in to labour by yourself between 37 and 42 weeks of pregnancy.*
- *Are carrying one baby, who is growing well and is in a cephalic (head down) position.*

Tirion would be the ideal birth setting for you.

For those of you who like the idea of using Tirion birth centre, but feel you may not fall in to above, we would always encourage you to discuss your individual circumstances with your community midwife.

Tirion staff are also available 24/7 to discuss additional information and answer any questions you may have about using the centre and your individual needs and preferences.

For some women and/or babies, the recommendation may be for birth to take place in an Obstetric Unit, however we recognise you may want to explore how using Tirion would look in your particular circumstances.



We always respect your choices and preferences, and if after discussing your circumstances with the Consultant midwife, you decided that the care we can provide at Tirion would be right for you, we would support you with an individualised plan of care.

Managing with your labour

In Tirion, the environment is so important to supporting you through your labour journey. Helping to create an atmosphere which enables you to birth with minimal analgesia (pain relief).

The majority of women who come to Tirion use water to support them during labour. Our birth pool offers comfort, relaxation, buoyancy, mobilisation and warmth, all of which are perfect to support the discomfort of labour. Being in an upright position such as a squat, or on all fours (which are far easier to manage in the large water pool) are likely to be beneficial in keeping you mobile and active during your labour, and we know that these things are important to help your labour to progress.

We have midwives who are trained to support you to use hypnobirthing techniques, and we support you to use relaxation, breathing, visualisation and positive birth affirmations.



Massage can be particularly helpful, and a way your birth partner can be involved in your experience.

We would welcome you to hire a TENS machine to bring with you to use during labour, which you may find helpful.

"The atmosphere here is so calm and relaxing I couldn't recommend them highly enough".

We offer Entonox (gas and air), which a significant volume of women find of benefit during labour and birth. This can be used at the same time as being in the birth pool.

We offer pethidine (an injection in your thigh). We would recommend that you remain out of the birth pool for a period of time after administration of pethidine as you can become drowsy after using this.

As we are a midwife-led centre, if you wanted to have an epidural during labour, this wouldn't be offered here (because it needs to be put in by an anaesthetist (a specially trained doctor). If you felt that during your labour, this is something you required, Tirion staff would facilitate safely moving you to an Obstetric Unit where this can be provided.



"Thank you all for the fantastic support. So nice to be in an environment where everyone is so relaxed, welcoming but also professional and switched on. It's exactly the balance needed at such a time"

Transfer

The purpose of the care and monitoring that we provide pregnant women during labour is to ensure that things are progressing as we'd expect them to.

We would use our skills and monitoring to recognise at an early stage any deviations. In this case, it may highlight a need to offer transfer to an Obstetric Unit for additional care or monitoring that we are unable to provide at Tirion.

This is generally to the Princess of Wales Hospital, Bridgend. This is the closest place to us here (14 miles). This will generally be facilitated by an ambulance depending on the reason we are recommending transfer.

We would advise that the timing; from the point of identifying a deviation, arranging appropriate transport, facilitating transfer and getting a review with a doctor in the obstetric unit is usually around an hour. You will be accompanied during this time by the midwife caring for you whilst you have been at Tirion.

It is important to reassure you that the majority of transfers during labour or immediately following birth are due to reasons such as a longer labour or a delay in labour and are not due to emergency or life-threatening situations (which make up a very small proportion of transfers). The midwives caring for you all receive appropriate skills training to support caring for you during transfer and even during emergency scenarios.

We know that transfer from Tirion would be more likely if you are having your first baby, and national statistics show the rates of transfer from midwife-led birth centres are between 36-45% for women having their first baby.

For women who are having a second or subsequent baby, transfer in to an obstetric unit is far less likely. This is around 10%.

"We truly felt welcome and would recommend coming here to anyone for the best experience".

What we know from research about safety...

Planned Place of birth

First pregnancy

Freestanding Midwifery Unit:

995 babies per 1000 born healthy
(5 per 1000 babies have a poor outcome)

Obstetric unit: 995 born healthy (5 per 1000 babies have a poor outcome)

Second or subsequent pregnancy

Obstetric unit: 997 per 1000 babies born healthy (3 per 1000 babies have a poor outcome)

FMU 997 per 1000 babies born healthy (3 per 1000 babies have a poor outcome)

This shows that the amount of babies born healthy are the same between those giving birth in a FMU like Tirion, or within an obstetric unit (hospital environment) like Prince Charles Hospital, Merthyr Tydfil or Princess of Wales Hospital, Bridgend.

What we know from research about safety...

Normal birth

Numbers below refer to how many women per 100 have a normal vaginal birth (without any intervention).

This refers to healthy women who are at low risk of complications.

First baby

Obstetric unit: 46% of women had a normal vaginal birth (without intervention)

Freestanding Midwifery Unit: 70% of women had a normal vaginal birth (without intervention)

Second or subsequent baby

Obstetric unit: 70% of women had a normal vaginal birth (without intervention)

Freestanding Midwifery Unit: 95% of women had a normal vaginal birth (without intervention)

This shows how significant the differences between achieving a normal vaginal birth are between those giving birth in a FMU like Tirion, and an obstetric unit (like PCH or POW).

What we know from research about safety...

Numbers of women that had an emergency Caesarean birth

First baby

Obstetric unit: 16% of women had an emergency Caesarean birth

FMU: 7% of women had an emergency Caesarean birth

Second or subsequent baby

Obstetric Unit: 5% of women had an emergency Caesarean birth

FMU: 1% of women had an emergency Caesarean birth

This shows the reduction in the number of women that had an emergency Caesarean birth when they gave birth in a FMU like Tirion, compared to those in an obstetric unit (like PCH or POW).

Numbers of women that had an assisted birth (by forceps or ventouse)

First Baby

Obstetric Unit: 16% of women had an assisted birth

FMU: 7% of women had an assisted birth

Second or subsequent Baby

Obstetric Unit: 5% of women had an assisted birth

FMU: 1% of women had assisted birth

This shows the reduction in the number of women that had an assisted birth when they have birth in a FMU like Tirion, compared to those in an obstetric unit (like PCH or POW).



Useful Information

Royal Glamorgan Hospital

01443 443 443 (24 hours)

Tirion Birth Centre

01443 443 524 (24 hours)

Opening Times

Tirion Birth centre is open
24 hours a day, 7 days a week



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