



PRE-NATAL OPEN HOUSE



Welcome!



Welcome & Introductions

- TORONTO WESTERN FAMILY HEALTH TEAM
- Obstetrical Care Program
- Bathurst and Garrison Creek Sites

Toronto Western Family Medicine OB Team



Amita Singwi



Azadeh Moaveni



Jennifer Sy



Sarah Reid



Anna Mackenzie



Natasha
Mirchandani



Sabrina Akhtar



Lauren Payne



Jeff Bloom



Nitai Gelber



**Mount Sinai
Hospital**

Sinai Health System
Joseph & Wolf Lebovic
Health Complex



Toronto Western
Family Health Team

*Garrison Creek
Bathurst*



WCH
WOMEN'S COLLEGE HOSPITAL
Healthcare | REVOLUTIONIZED

Your Family Medicine Delivery Team



Amita Singwi
Toronto Western Hospital



Azi Moaveni
Toronto Western Hospital



Batya Grundland
Women's College Hospital



Betty Chen
Women's College Hospital



Carrie Schram
Women's College Hospital



Charissa Chen
Women's College Hospital



Diana Hsiang
Women's College Hospital



Jeff Bloom
Toronto Western Hospital



Jenn Sy
Toronto Western Hospital



**Jonah
Schermbucker**
Women's College Hospital



Karen Lee
Women's College Hospital



Karen Wong
Women's College Hospital



Lauren Payne
Toronto Western Hospital



Nitai Gelber
TWH



Valerie Anderson
Mount Sinai Hospital



Nat Morson
Mount Sinai Hospital



**Natasha
Mirchandnai**
Toronto Western Hospital



Sabrina Akhtar
Toronto Western Hospital



Sabrina Kolker
Mount Sinai Hospital



Sakina Walji
Mount Sinai Hospital



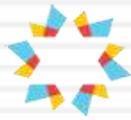
Sarah Reid
Toronto Western Hospital



Susie Kim
Women's College Hospital



Anna Mackenzie
Toronto Western Hospital



**Mount Sinai
Hospital**

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Toronto Western
Family Health Team
*Garrison Creek
Bathurst*

WCHH
WOMEN'S COLLEGE HOSPITAL
Healthcare | **REVOLUTIONIZED**

Your Family Medicine Delivery Team



Anne Biringer
Mount Sinai Hospital



Luke Bearss
Mount Sinai Hospital



Milena Forte
Mount Sinai Hospital



Yoel Abells
Mount Sinai Hospital



Kristina Powles
Mount Sinai Hospital

Phone Numbers



- Mount Sinai Hospital Tour is now ONLINE:
<https://www.mountsinai.on.ca/patients/having-a-baby-at-mount-sinai>
- For Mount Sinai Hospital Labour Floor
 - ▣ **416 586 4800 x 4511**
 - ▣ **416 586 4800 x 3210 (Triage)**
- Family Medicine Resident On-Call
 - ▣ **416 586 4800 x 5133 (after 5pm)**

Parking

- **Murray Street**
- **\$22/day**

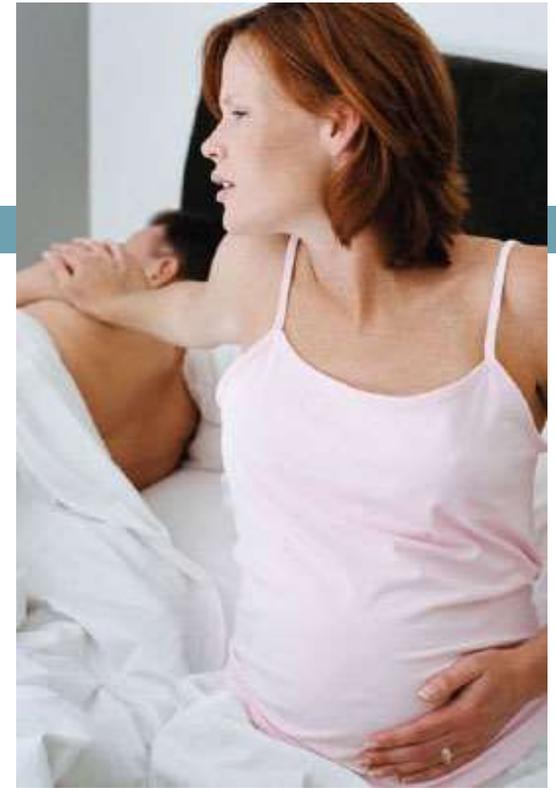


When To Come To Hospital



Labour “4-1-1”

- Contractions are
 - **STRONG**
 - Every 4 minutes
 - Each last 1 minute
 - ... for 1 hour



“GBS” Status

- Group B Streptococcus
- A very common bacteria
 - ▣ If present during vaginal birth → risk to baby
- If **POSITIVE** = antibiotics should be started at the **beginning of labour**



Water Breaks



Clear fluid –
looks like clear
soup



Meconium-stained
fluid – looks like
pea soup

If your water breaks +/- labour...

□ **Come to Mount Sinai Hospital, 15th Floor**

□ **Family Medicine Resident On-Call**

□ **416 586 4800 x 5133 (after 5pm)**



□ **For Mount Sinai Hospital Labour Floor**

□ **416 586 4800 x 4511**

□ **416 586 4800 x 3210 (Triage)**





Take
**UNIVERSITY
AVE.**
Elevators –
Not Murray
St. Elevators



Mount Sinai Labour & Delivery – TRIAGE UNIT

Triage - 15th Floor

Admitting

- Right on Labour & Delivery Floor – 15th floor





Mount Sinai Labour & Delivery – TRIAGE UNIT

Triage - 15th Floor



Mount Sinai Labour & Delivery

Labour Rooms - 15th Floor



Pain Management

At home...

- Walking
- Positions
- Shower
- Warm bath (if waters intact)
- Massage
- Ice
- Breathing



In hospital...

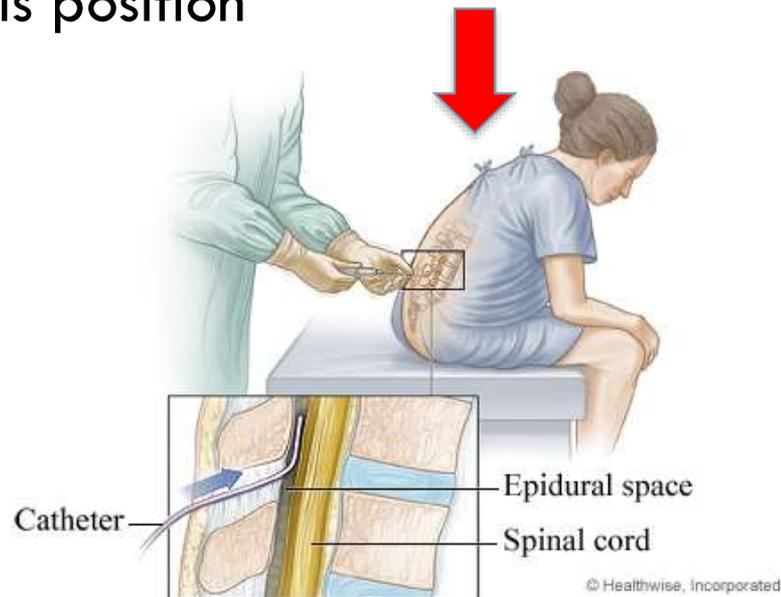
- Early labour – **morphine** to take the edge off
- During delivery – **nitrous oxide** – “laughing gas”



In hospital...

□ Epidural anesthesia

- ▣ Takes 15-30 min. for Anesthesiologist to arrive *
- ▣ Another 15 min. to work – 85-90% work 1st time
- ▣ Only “too late” for epidural if **delivery within minutes** or can't hold this position



Epidural Anesthesia

- 85% of women in Ontario deliver with an epidural

- MAJOR risks = RARE



- 1/150,000 risk of infection, paralysis, blood clot, disability or death

- MINOR risks = COMMON

- Low blood pressure
- Baby heart rate drops briefly
- Temporary motor paralysis
- Still feel pain at the end stage of labour
- The first epidural doesn't work; 10-15% need an adjustment



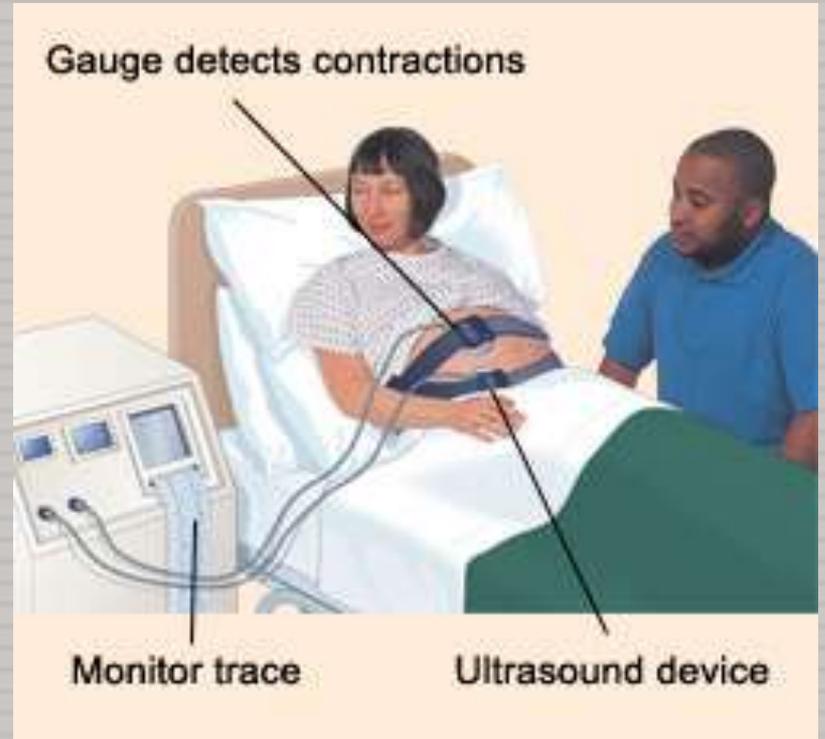
Epidural Anesthesia: Headache

- MINOR Risk: “Post Dural Puncture Headache”
 - Dural Puncture **1/200** → 75% will get a headache
 - Approximately **1/400 risk**
 - Severe headache within 2-3 days of epidural
 - 50% will be treated with rest, lying down, fluids and simple meds
 - May need special treatments by Anesthesiologist

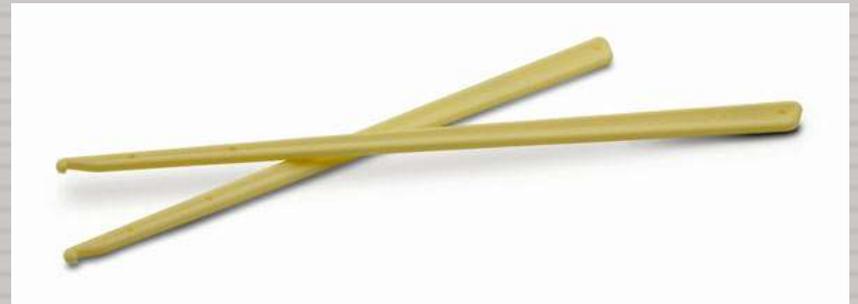




Potential Interventions



External Fetal Monitoring



Artificial Rupture of Membranes

i.e. Breaking your water

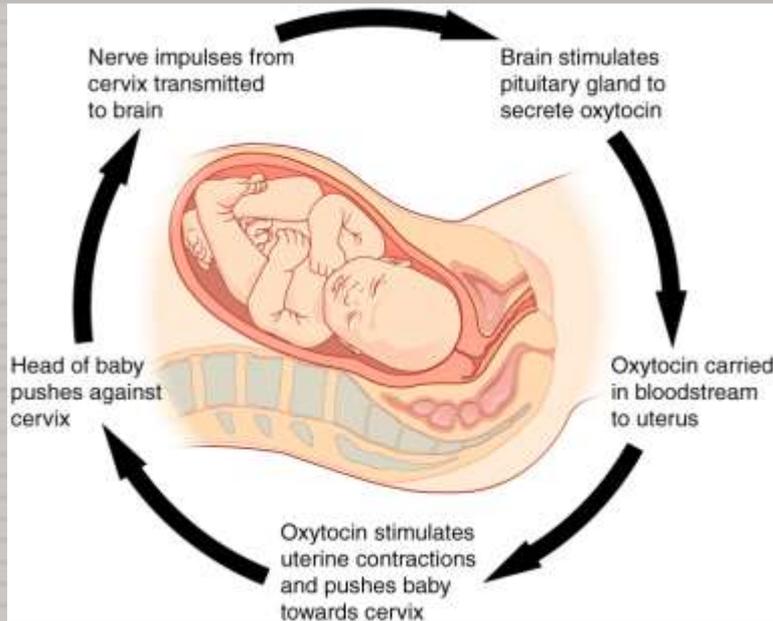


Electrode

Internal fetal monitoring



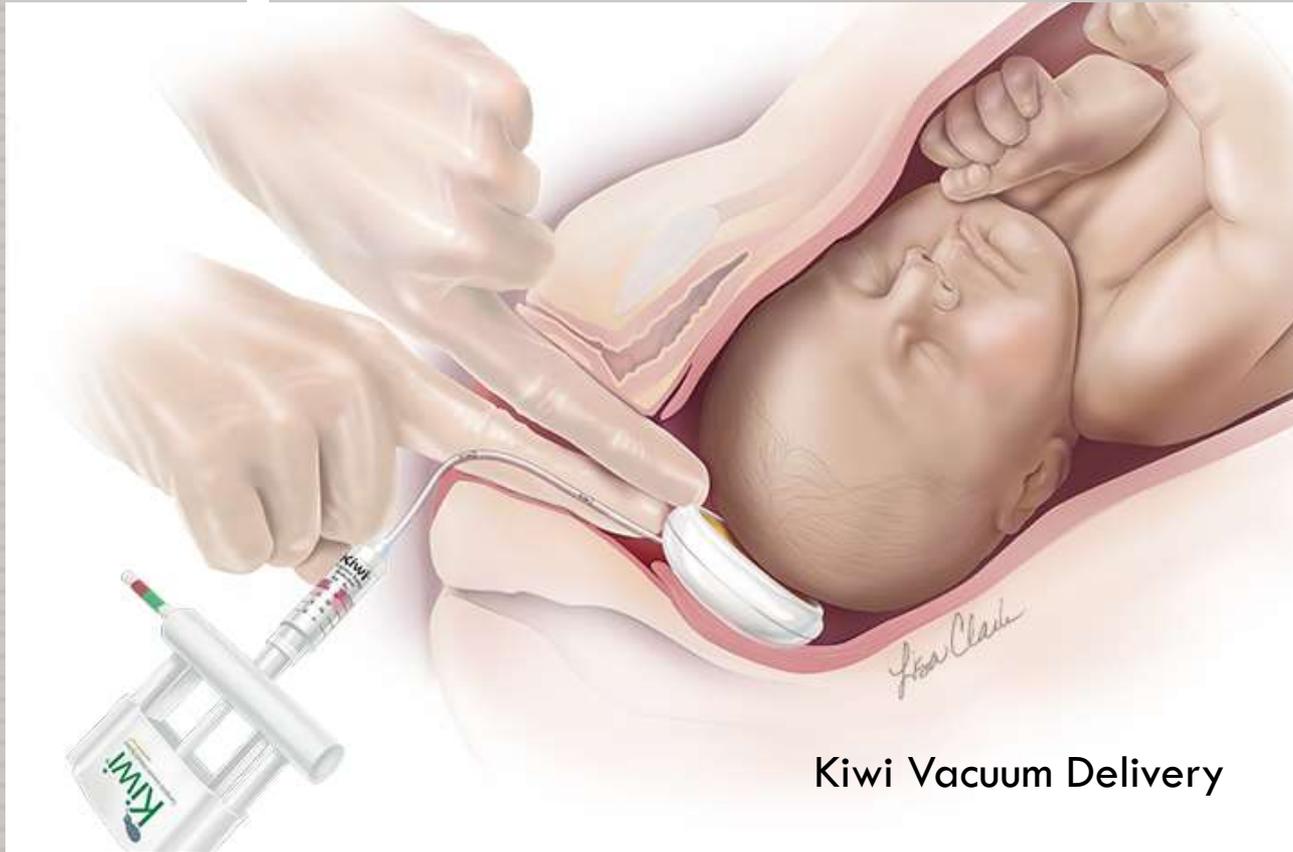
Fetal Scalp Clip



Oxytocin - - - “Pitocin™” - - - “The Drip”



Assisted Delivery



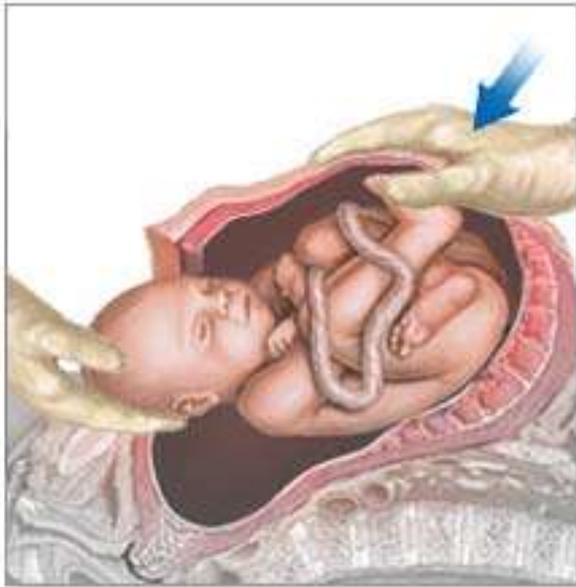
Kiwi Vacuum Delivery



Forceps Delivery

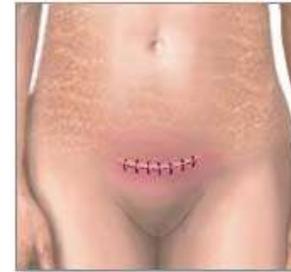
Vacuum & Forceps Delivery

Cesarean section



The surgeon reaches into the abdominal incision and lifts the baby's head as an assistant pushes down on the upper uterus

1 day after



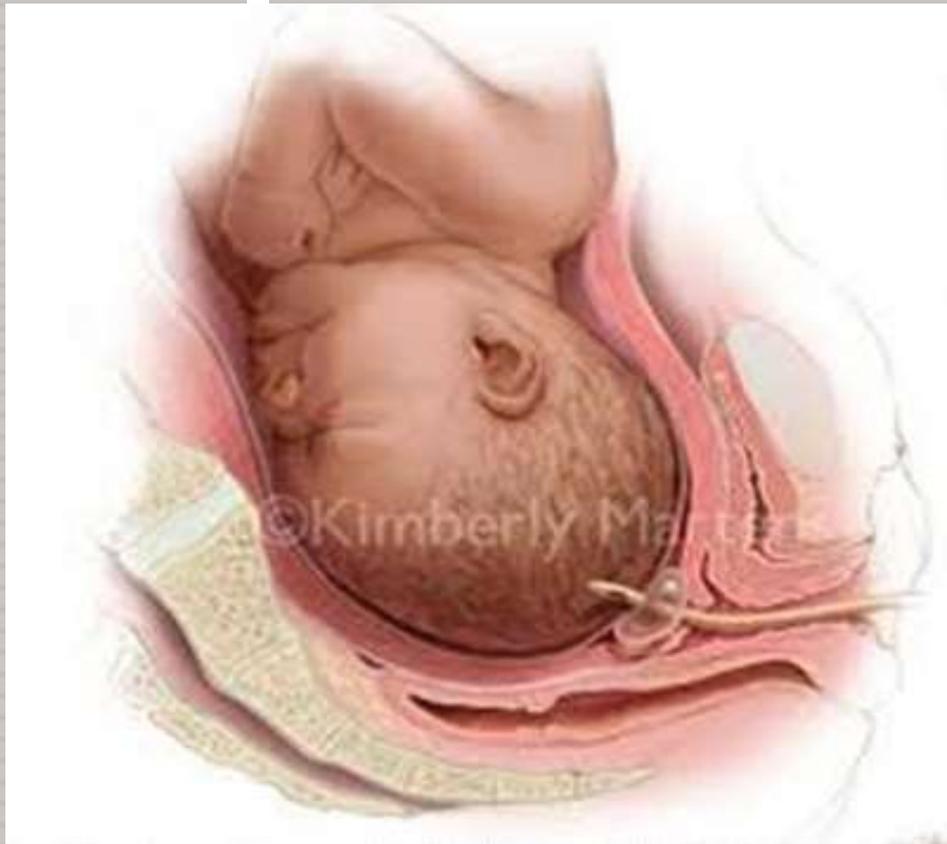
1 year after



ADAM.

ADAM.

Cesarean Section - - - “C-Section”



Induction of Labour: Usually after 41 weeks



Obstetricians



**Respiratory
Therapists**



Pediatricians



Nurses

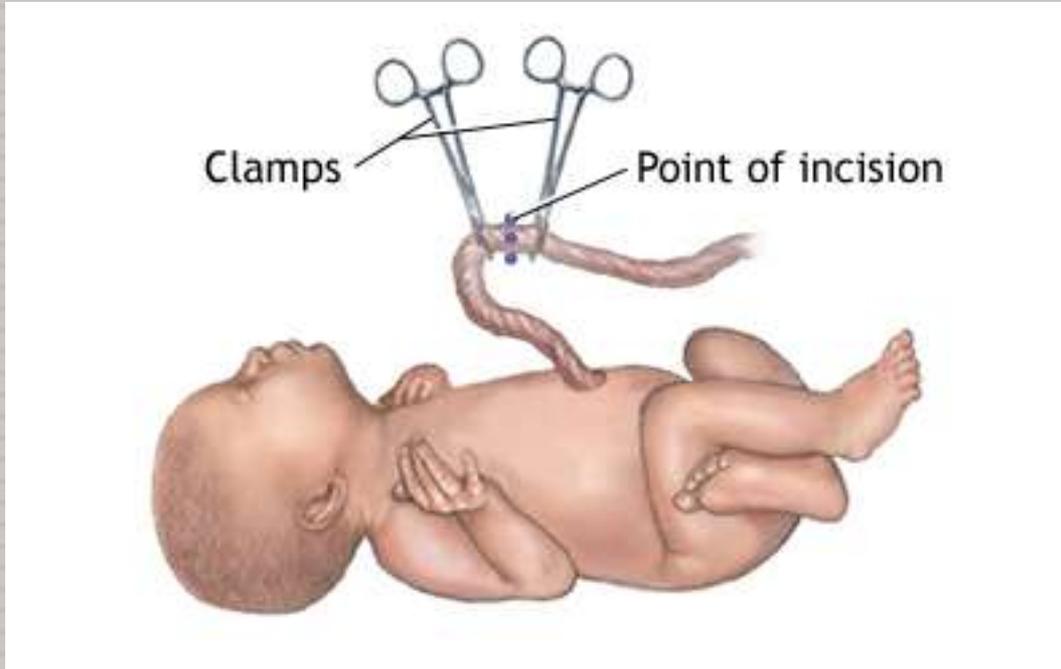


Anesthesiologists

Consultants & Colleagues + Trainees



Baby Care



Delayed Cord Clamping



Skin-To-Skin



Vitamin K Injection



Breastfeeding

... Within minutes of birth

Breastfeeding

- Breastfeeding Classes daily
- Lactation Consultants
- Follow-up Appointments at MSH



Baby's First Blood Tests

- Heel prick test
- 1st 24 hours
 - ▣ Jaundice testing
 - ▣ Other rare genetic conditions



Your Stay In Hospital

- **24 hours** if you had a **normal vaginal delivery** (or *the next a.m. if 24 hours ends up being at night*)
- **48 hours** if you had a **C-section**
- Any reasons to stay longer (i.e. feeding challenges, complications) will be reviewed by your doctors and plans will be made accordingly
- Baby needs a **HEARING TEST** and a **CAR SEAT** before leaving hospital

Circumcision

- Personal decision
- \$375 if done at Mount Sinai Hospital (before discharge)
- \$220 if done in office by Dr. Bloom (within 1 month)

COVID and PREGNANCY



COVID and PREGNANCY

- Guidelines around COVID policies are constantly changing depending on the rates and community prevalence, in the moment.
- We will update you as needed
- Please ask us or call Triage.

COVID and PREGNANCY

□ What if I am COVID-19 positive?

- Call ahead of time, if you can. (Triage: **416 586 4800 x 3210**)
- Your support person will need to wear FULL PPE, which we will provide.

THANK YOU



Questions?