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| **Pregnancy and birth | 懷孕和分娩** | |
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| Planning for the birth of a child requires a lot of preparation and for parents there are a lot of considerations.  To help you along the way, Victoria has a number of services that cover arrange of related issues, such as screening and tests, fertility, miscarriage, having twins, having baby with a disability, and more.  How and where you have your baby will depend on  several key factors; your health, your baby's health, your past pregnancies, where you live, if you are  public or privately insured patient, to name just a few.  It's also important to note that not all hospitals have the same services, so you may be directed to a specific hospital based on your needs.  Some rural hospitals do not offer antenatal or birth care, meaning a trip to a larger hospital that may be some distance away.  Understanding your childbirth options will give you the best chance of having a successful and rewarding birth experience.  In Victoria, there are arrange of health services to support your choice.  If you are preparing for your first pregnancy, it is a good idea to speak with your GP before becoming pregnant.  "We'll make sure your general health is good.  We like to talk to you if you've got regular medication, we want to make sure that you're on the right dose or even change it because it may not be safe in pregnancy.  Like to talk about habits like smoking and drinking, and what effect they may have on the baby.  And we'd like you to start on a multi-vitamin including Folic acid and Iodine, to minimise risks to the baby.  We want you to be in tip-top condition before you start on a pregnancy."  Once you’re pregnant, your GP will help you decide nowhere to have your baby, and connect you to other healthcare professionals who can help you on your journey.  This is part of Antenatal Care.  This can be provided by midwife, doctor, or obstetrician.  A midwife is an important member of your health care team, and will usually be one of the first members on your team that you will meet.  "So the midwife's role in that is just to make sure that Mum and baby are doing okay, during their pregnancy, and they'll set time limits that the women will come into the hospital and be seen by midwife.  During those checks, we look at blood pressure, we might check your urine, and we’ll check the baby for size and growth.  We usually, from about 18 weeks onwards, we'll start checking the heart rate of the baby, and just  generally checking Mum over, make sure she's sort of mentally well in herself as well, which is a really important thing now. Referring her off if anything comes apparent during that pregnancy to different avenues if you need to."  If your pregnancy is considered low risk, you’ll have seven to ten of these visits over the course of your pregnancy.  If your pregnancy is considered high risk, you will see your obstetrician more frequently, and possibly see other specialists or midwives too.  "This often involves management before the pregnancy in preventing problems, as well as management during the pregnancy, involving ultrasounds, checking on the mother's health, and planning for the delivery. Then care during the delivery, which may involve a normal delivery, or an instrumental or Caesarean delivery, all of which an obstetrician is involved in."  In Victoria, most women have their babies in a public hospital.  This option is safe, high-quality, and offers the most child birth options.  However, if your pregnancy is low risk, you may prefer to use only antenatal services, seeing a midwife, and sharing care with your GP.  Home birth options are also available.  If you do choose a private hospital, you can choose your obstetrician, who will be there when you have your baby.  Costs will vary, and even with private health cover, you’re likely to face out-of-pocket expenses.  It is a good idea to check with your private health provider so you are aware of all the costs.  No two pregnancies are the same, and in Victoria, there are services to help accommodate a range of cultural and religious needs.  Notify your local maternity service, as well as the hospital you plan to attend, to discuss any cultural or religious requirements you may have.  All pregnant women who advise their maternity hospital that they are an Aboriginal or Torres Strait Islander Australian have access to the Koori Maternity Service.  "It's more of a culturally appropriate service.  Aboriginal women, and/or women that are non-Aboriginal, that are having an Aboriginal baby, are more than welcome to access our services."  When the baby’s born and couples return home, there can be other big changes.  From learning to breastfeed, and changing nappies, to getting a routine happening.  All while making sure that you find time to look after your own relationship.  There might be times when new mums may find themselves feeling exhausted, and having trouble coping with the stress that looking after a newborn can bring.  There are a number of expert services available to help, including both online and telephone based options that are easy to access and use.  From the moment you try for a baby, to becoming pregnant and coming home with a new baby, it’s a life-changing journey you will never forget.  It's different for each person, and is affected by your medical, cultural, and personal needs.  By asking questions and seeking advice, you’ll find the Victorian Health System offers a range of diverse services that support you at every stage.  For more information, visit: betterhealth.vic.gov.au/pregnancy | 計劃生兒育女需要很多準備，而作為父母，有很多事情需要考慮。  為了協助大家，維多利亞州有很多涵蓋相關問題的服務，例如是篩查及測試、生殖能力、小產、懷有雙胞胎、懷有天生殘障缺陷的嬰兒等等問題。  你如何分娩及在哪裏分娩，要視乎幾個主要因素：你和嬰兒的健康情況、  你以往的妊娠情況、你在哪裏居住、是否公立醫院或是有私家醫療保險的病人，以上只是其中幾個考慮因素。你還要注意，不是所有醫院的服務都是一樣的，可能會依據你的需要，將你分派到特定的醫院。  一些偏遠地區的醫院沒有產前或分娩護理，所以孕婦便要前往較遠但較大型的醫院。  若你能了解不同的分娩方案，你將會有更佳和更成功的分娩體驗。  維州有種類繁多的服務去支持你的選擇。  如果你計劃首次懷孕，那麽你最好在決定懷孕前，先與你的家庭醫生商量。  「我們會確保你的一般健康情況良好，如果你需要定期服藥，我們希望確保你服用適當的劑量，或甚至改用其他藥物，因為原來的藥物，可能會對你的懷孕有害。也想談談你的習慣，例如是抽煙和喝酒，和它們會對你的嬰兒有什麽影響。我們也希望你能夠服用多種維生素，包括葉酸和碘，把嬰兒面對的風險減到最低。我們希望你的身體健康狀態在開始懷孕前達到巔峰。」  當你剛懷孕，你的家庭醫生會協助你決定在哪裏分娩，亦會將你和其他醫護專業人員連接，他們能在你懷孕的過程中幫忙。這是產前護理的一部分。  這些護理工作可以由助產士、醫生或婦產科醫生提供。  助產士是你的醫護小組的一位重要成員，通常也是其中一個你最早接觸的小組成員。  「助產士的角色是確保在你懷孕過程中，母嬰都平安。他們也會制定時間，讓懷孕婦女到醫院讓助產士檢查。在檢查期間，我們會量度血壓，也可能會檢驗你的尿液，也會檢查胎兒的大小及生長速度。一般大概 18 週起，我們便開始檢查嬰兒的心跳，並會對母親作一般檢查，確保他精神健康正常，這些事情在這個階段，均是很重要的。如果懷孕期間出現異常情況，而又有需要的話，便會把她轉介到其他地方。」  若然你的妊娠被視爲低風險，那麽，你在整個懷孕過程中，大概會到醫院七至十次。  但如果你的懷孕被視為高風險，你需要更頻繁地約見你的婦產科醫生，甚至要多些見其他的專家和助產士。  「這一般涉及懷孕前管理，以防止問題出現，也涉及懷孕期間的管理，包括超聲波、檢查母親健康情況，及對分娩作出計劃。分娩可以是自然分娩、利用儀器幫助或剖腹分娩。無論哪種分娩方法，婦產科醫生均會牽涉其中，提供護理。」  在維洲，大部分婦女都會在公立醫院分娩。  這個方案安全、高質量，及能提供最多分娩方法的選擇。  不過，如果你的懷孕屬於低風險，你可能只需要使用產前服務，包括看助產士及家庭醫生，來獲得護理。  你也可選擇在家中分娩。如果你選擇私家醫院的話，你便可以選擇你的婦產科醫生，替你接生。  收費各不相同，那怕你有私人醫療保險，你很可能還是需要掏腰包。  所以，你最好還是跟你的私家醫療服務提供者查詢收費詳情。  每個產婦懷孕的情況都是不相同的，維州有很多服務可以協助不同文化及宗教背景人士的需要。  請與你區內的母嬰健康服務和你計劃前去的醫院，商量你在文化或宗教上的需要。  如果你向產科醫院表示，你是澳洲澳洲土著或澳洲托納斯島民，你便可以享有 Koori 產科服務。  「這是更切合她們文化習慣的服務。土著和/或非土著婦女若懷有土著嬰兒的話，我們均十分歡迎她們使用我們的服務。」  當嬰兒生下來，並隨父母回家，其他巨大變化也會隨之而來。  除了學習餵哺母乳和換尿布外，還要學會日常的程序。  雖然如此，你也必須騰出時間，去維繫和伴侶的關係。  有時候初爲人母的，會感到精疲力盡，難以應付照顧新生嬰兒所帶來的重擔。你可以找一些專家服務幫忙，這包括通過網上或電話提供的服務，它們都很容易獲取和使用。  由你嘗試開始懷孕的那一刻起，到你真正懷孕，之後帶同新生嬰兒回家，這是一個永遠難忘、改變你一生的旅程。  每一個人對於這旅程都有不同感覺，它會受到醫療、文化及個人需要的影響。  通過發問及尋求意見，你會發現，維州的衛生系統，在你經歷的每一階段上，都能爲你提供各式各樣的支援服務。  詳情請瀏覽：  BETTERHEALTH.vic.gov.au/pregnancy |
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