

## 陪產計劃

### 引言

在生產過程中，配偶/親屬的陪伴及鼓勵，能令產婦獲得莫大的滿足和欣慰，使生產過程更加順利。有見及此，瑪麗醫院特推行陪產計劃，歡迎產婦選擇一位至親陪伴生產。

### 陪產須知

為免影響其他產婦及妨礙醫護人員的工作，請詳細閱讀本單張內的各項資料及規則。

如欲參與陪產計劃，請於入院生產時通知入院室護士。

- ◆ 產婦可選擇一位至親陪產。
- ◆ 申請陪產前，應作好心理準備，建議陪產者陪同孕婦出席各產前講座及運動班。
- ◆ 若有疑問，請先向醫護人員查詢。

### 如何協助孕婦分娩

- ◆ 陪產者的關懷和鼓勵，對產婦非常重要。

- ◆ 輕握產婦手部，以及提醒她配合呼吸運動，有助減輕陣痛和焦慮。
- ◆ 拭汗和在助產士的指導下進行生產按摩，對舒緩陣痛有一定的幫助。

### 陪產計劃的規限

- ◆ 產房若有緊急醫療事故，本院有權終止/暫停陪產計劃。
- ◆ 於特殊情況下如產婦需施行緊急手術，陪產計劃或可能被取消。

### 產房規則

- ◆ 本院會因應產婦的健康狀況及產房的運作環境而決定准許或拒絕陪產。
- ◆ 一般情況下進入產房後，陪產者不得換人。
- ◆ 其他親屬，未經許可，不得擅進產房。
- ◆ 進入產房時，請依指示穿戴恰當。
- ◆ 貴重物品，請勿攜帶。私人財物須

自行保管，輕巧個人物品可存放在儲物櫃內。櫃內物品，如有遺失，院方概不負責。

- ◆ 陪產者不得於產房內進行飲食。
- ◆ 嚴禁在產房內使用無線電話、相機及攝錄機。
- ◆ 為保障其他產婦分娩的權益和私隱，任何陪產者均不准在產房內四處踴躑。
- ◆ 基於衛生和保安理由，陪產者未得醫護人員批准和陪同，均不可擅闖嬰兒室。
- ◆ 觸摸新生嬰兒前必需洗手。
- ◆ 陪產者若有不適或需要離開產房，請即時告知醫護人員。

若有任何疑問請向護士查詢

以上資料由瑪麗醫院婦產科及贊育醫院提供




瑪麗醫院  
Queen Mary Hospital



贊育醫院  
Tsan Yuk Hospital



## 陪產計劃 BIRTH COMPANIONSHIP PROGRAM

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## BIRTH COMPANIONSHIP PROGRAM

### Introduction

Women who are accompanied and supported by a companion of their choice during labour often find more satisfaction in the labour process. Therefore, we welcome a person of your choice to stay with you during labour.

However, in order to avoid disturbances to other mothers and our services, please read the following instructions:

### Scope of service

If you wish to have a birth companion, please inform the admission ward staff upon admission for delivery.

- ◆ You can choose a birth companion of your choice.
- ◆ To understand what to expect during labour, the accompanying person should preferably have attended the antenatal talks and exercise classes together with you.

- ◆ For any queries, please contact the healthcare professionals.

### Birth companion support during labour

- ◆ The reassurance and encouragement from your birth companion are most important to you.
- ◆ Hand holding and reminding you to practice breathing exercise are effective to decrease your pain and anxiety.
- ◆ Sponging face and performing child birth massage can help to alleviate your physical discomfort.

### Constraints of this Scheme

In case of critical medical conditions in the labour room, birth companionship may be suspended.

Birth companionship is not allowed during special circumstances such as ultra-urgent emergency caesarean section or operations under general anaesthesia.

### Rules & Regulations Inside Labour Ward

- ◆ Permission for your companion to enter the labour ward is subjected to the ward situation and your own medical condition.
- ◆ Change of companion is not allowed in general.
- ◆ Apart from the chosen companion, other persons are not allowed in the labour ward.
- ◆ Put on the appropriate attire as instructed.
- ◆ Avoid bringing valuables to hospital. Always keep your personal belongings with you. A small locker will be provided. Please note that the hospital will not be held responsible for the loss, damage or theft of property held by birth companion.
- ◆ No food or drink is allowed inside the labour ward.

- ◆ Use of mobile phones, photograph taking and audio-visual recording are prohibited inside the labour ward.
- ◆ To protect other labouring women's privacy, wandering around is not permitted.
- ◆ Due to security reason, the accompanying person is not allowed to enter the nursery, except when accompanied by our nurse.
- ◆ Hand washing is required before touching the newborn baby.
- ◆ When the accompanying person wants to leave or feels uncomfortable, please inform the healthcare professionals immediately.

If you have any questions, please contact the nursing staff

Information provided by Department of Obstetrics & Gynaecology, Queen Mary Hospital and Tsan Yuk Hospital.