

瑪麗醫院提供高質素的生產服務，包括「特定助產士」護理及硬脊膜外腔麻醉。分娩期間，丈夫／伴侶亦可以陪產。

特定助產士護理

當產婦入院後，便有一位特定的助產士照顧和護理。在待產期間，除了一般的護理外，助產士更會細心和詳盡地向產婦解釋待產的過程，作產時各種止痛的方法和所需要的檢查。助產士十分樂意回答產婦的提問。若產婦已預先制定個人的"生產計劃書"，助產士會在可能的情況下盡量協助，以達需求。

硬脊膜外腔麻醉

硬脊膜外腔麻醉，俗稱無痛分娩，是最有效的止痛方法。每位作產的孕婦都有機會接受此減痛方法。祇要產婦願意，經產科和麻醉科醫生評估後，便可進行。為了產婦在接受無痛分娩後得到適當的照顧，入院後請儘早通知醫護人員。

陪產服務

推行丈夫陪伴妻子分娩是希望丈夫能給予妻子心理及行動上的支持，也藉此能減輕作產時的

Queen Mary Hospital provides high quality delivery services including named midwife care, epidural analgesia and if you prefer, you can have your husband / partner to accompany you during labour.

Named Midwife System

Once a pregnant woman is admitted, she would be under the care of an assigned midwife. During the first stage of labour, aside from the basic nursing care, the midwife will also give detail explanation on the labour process, various pain relief methods and the examinations required during labour. The midwives are always ready to answer your questions about labour and delivery. If you have a "birth plan", our midwives will work it out with you as much as conditions allow.

Epidural Analgesia

Epidural analgesia, the so-called painless labour, is the most effective method to relieve pain during labour. Every pregnant woman has the option of receiving epidural analgesia. However they must be first assessed by both the obstetrician and the anaesthetist. In order to ensure that every woman under epidural analgesia can receive good quality care, please inform the medical staff as soon as possible after admission.



Accompanying Labour

As a husband and father-to-be, accompanying wife during labour can provide physical and psychological support to his wife during this critical period. It is hoped that this can lessen the woman's anxiety and pain during labour. However, the husband who plans to accompany his wife in labour should attend the antenatal talks and exercise classes together with his wife so as to improve the knowledge on labour and birth and to learn the ways to support his wife. (For details, please refer to the pamphlet on Husband Accompany Labour).

If in case the husband cannot accompany his wife during labour, and the wife really wants someone to accompany her during labour, we may consider individual request to allow a relative (female) appointed by the wife to accompany her during labour. Whoever would be the one accompanying labour, we really hope that he/she would attend the antenatal classes together with pregnant woman so that he/she can really help the labouring woman.

Early Breastfeeding

Early breastfeeding can stimulate your breasts to produce more milk and help to establish mother-infant bonding. Thus, midwife will assist you to start breastfeeding in Delivery Suite soon after delivery if the conditions allow. In postnatal ward, midwives will continue to instruct and assist you in breastfeeding related issues.

恐懼和痛苦。首先，丈夫應當陪同妻子參與產前講座及產前運動班，藉以增加對生產的知識（詳情請參閱丈夫陪產單張）。假若丈夫不能陪產，而產婦希望有一位女性親人陪產，本院也會因應個別情況考慮。不論是丈夫或家人陪產，均須與孕婦一同參加產前講座，陪產計劃才能更有效地發揮作用。

成功餵哺母乳的第一步

假若你選擇餵哺母乳，而情況允許下，產房的助產士會在你生產後指導妳餵哺母乳的方法，乳房因受刺激而產生更多的乳汁，嬰兒與母親的親密關係亦提早建立。產後房的助產士亦會繼續提供指導及協助。

