

## JCU Midwifery

### *Continuity of Care Experience*

The Australian College of Midwives (2006) describes continuity of care as “... the ongoing midwifery relationship between the student and the woman from initial contact in early pregnancy, through to the weeks immediately after the woman has given birth, across the interface between community and hospital settings”.

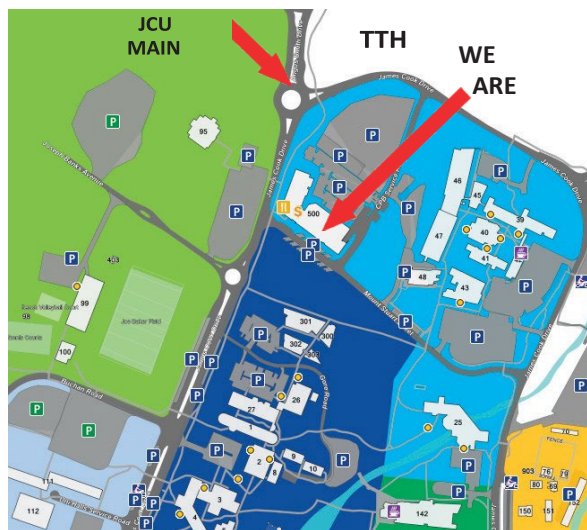
JCU midwifery student involvement in Continuity of Care Experiences is a privilege and is invaluable in the development of the student’s understanding of care for women throughout pregnancy, labour, birth and the early weeks after birth.

When you join the JCU Continuity of care program you will have your own allocated midwifery student who will attend agreed antenatal appointments with you, be with you for labour and birth if you wish, and follow you up in the early postnatal period. Your midwifery student will be supervised by the midwife providing your care.

For more information please visit:  
<https://www.jcu.edu.au/college-of-healthcare-sciences/student-resources/midwifery-student-continuity-of-care-experience>

### Parking

The clinic is located on level 2 of the Clinical Practice Building (upstairs from Otto's) with easy access to free parking after 5.00pm



# Congratulations on your pregnancy!

# What is the next step?

**To register to attend  
contact us on:**

**Email:**

[chsclinicalservices@jcu.edu.au](mailto:chsclinicalservices@jcu.edu.au)

**Phone:**

4781 3380

**Find out at JCU Midwifery  
informative sessions on early  
pregnancy**



JCU Midwifery are conducting early pregnancy education for newly pregnant women and their partners.

This one-off session will provide you with information on a variety of health focussed topics related to your pregnancy.

We will also provide up to date information on pregnancy options available in Townsville.

You will have the opportunity to link with the JCU Midwifery student Continuity of Care Program.

*The session will provide information about your options for care, early pregnancy health information and connections in the Townsville community*

## **Topics will include:**

### ***Options for Care in Townsville***

#### ***Your Physical Health***

- changes to your body
- early pregnancy discomforts such as morning sickness and sleep disturbances
- diet and exercise in pregnancy
- lifestyle choices
- preparing to feed your baby

#### ***Your Emotional Health***

- ways to take care of yourself

#### ***JCU Midwifery Continuity of Care Program***

- find out the benefits of having a JCU student be with you throughout your pregnancy



## **Information Session Times:**

Third Tuesday of each month  
at 5.30pm to 6.30pm

## **Upcoming Session dates:**

- . 15<sup>th</sup> March 2022
- . 19<sup>th</sup> April 2022
- . 17<sup>th</sup> May 2022
- . 21<sup>st</sup> June 2022
- . 19<sup>th</sup> July 2022
- . 16<sup>th</sup> August 2022
- . 20<sup>th</sup> September 2022
- . 18<sup>th</sup> October 2022
- . 15<sup>th</sup> November 2022