

Personal data for the postpartum assistance at home

The given information is confidential and is used for my work and statistics

Surname, Name:	
Date of birth:	
Adress:	
Telefon p:	Mobilephone:
E-Mail:	Name of Partner:

Health insurance:	Insurance Number:
Adress:	AHV Number:

Profession:	
<input type="checkbox"/> No profession / learning < 2 years	<input type="checkbox"/> University/College
<input type="checkbox"/> 2- to 4- y. learning skilled crafts and trades	<input type="checkbox"/> other:

Nationality:			
Civil Status:	<input type="checkbox"/> single	<input type="checkbox"/> married	<input type="checkbox"/> widowed
	<input type="checkbox"/> divorced/separated	<input type="checkbox"/> unkown	
Form of living:	<input type="checkbox"/> Partnership/Marriage	<input type="checkbox"/> no Partnership / single Parent	
	<input type="checkbox"/> unknown		

Due date:		
Multiple pregnancy:	<input type="checkbox"/> Yes	<input type="checkbox"/> No
1st/ 2nd/ 3rd child:		1sr/2nd/3rd Pregnancy:
Planned place of birth:		
Ambulant birth planned:	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Blood type:		

Birthpreparing class with midwife in charge:	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Complementary Methods used during pregnancy, birth and postpartum period:			
<input type="checkbox"/> Acupressure	<input type="checkbox"/> Massage	<input type="checkbox"/> Aroma Therapy	<input type="checkbox"/> Babymassage
<input type="checkbox"/> Craniosacral Treatment	<input type="checkbox"/> Reflexology	<input type="checkbox"/> Haptonomy	<input type="checkbox"/> Acupuncture
<input type="checkbox"/> Homeopathy	<input type="checkbox"/> Moxibustion/Moxa	<input type="checkbox"/> Other:	

Gynaecologist:
Pediatricaen:

Please fill in this form and return it to me. Thank you for your inscription and best regards.

Information and material list for postpartum care at home

After you'll leave the hospital I will assist you and your family as a professional. I will support you by getting used to day to day life at home. One visit lasts approximately 1 hour and consists of a control of mother and Baby, as well as instructions of baby care and breastfeeding.

Cost recovery:

There is a collective agreement between the midwives and the swiss concordat of health insurances:

- Postpartum visits up to the 56^h day after the birth, as well as 3 breastfeeding consultations during the period of breastfeeding are covered by the basic insurances
- If there are needed more visits because of medical reasons, a prescription from the Gynaecologist can be requested.
- If you would like a preliminary talk, we can arrange an appointment. The costs therefor amount to CHF 100 per hour, costs of traveling expenses included.

Service personnel:

The application for the postpartum care is binding. This means, that I will be available for you until the end of the postpartum time, or organise another midwife replacing me. For this service the municipality will pay me CHF 115. If the application is not followed by a postpartum assistance through me, the client will be charged the amount of CHF 115.

In order to plan the postpartum visits I ask you to send one – 1st text message in the first 24 hours after the birth, one– 2ndtext message, as soon as you know, when you'll leave the clinic. After receiving the 2nd sms, I will get in touch and propose an appointment for a first visit at home.

Availability:

During the postpartum period, that means from my first visit after the birth until the completion of the postpartum care, I will be available for you per phone.

Phone number: mobile phone: 079 398 07 41

On my free days, or holidays, a colleague midwife will replace me. I will send you her contact ahead of time.

Discharge from the clinic:

Please bring along the birth information from the clinic.

Should there be a blood test from the Baby pending, or stitches, or clamps from a wound taken out, please give me notice in advance.

Material for yourself

Breast pads * 2 Packages of soft sanitary towels

If you come home before the 4th day after birth

Curd (for breast packing) Icecubes or cold-hot-pack Hot water bag

For the newborn:

Cotton sitcks (non sterile) Hair-dryer Babyoil* Fenneltea
Digital thermometer Babytub and thermometer *often the hospital provide these things

Ombudsstelle of the swiss midwifery alliance, Rosenweg 25c, 3000 Bern 23,
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