

CHELSEA AND WESTMINSTER HOSPITAL

The Kensington Wing Private Maternity Unit



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“Great service, lovely and very competent midwives. First class. Experience could not have been better! Thanks for everything.”

Welcome

The birth of a new baby is a very special moment for any expectant woman and her family. We realise that this experience is part of a journey that began at conception and will last well beyond.

The Kensington Wing at Chelsea and Westminster Hospital will provide you and your baby with the best possible care to ensure that this part of your journey is as relaxed and as stress-free as possible. This is why we offer a wide range of options for the various stages of your pregnancy, from antenatal care to childbirth through to postnatal care, all individually tailored to your specific needs.

We are extremely proud of our maternity team, who take the utmost pride in the care they provide working in a hospital that delivers more than 5,000 babies a year. Our team consists of highly experienced professionals-including consultant obstetricians, midwives, anaesthetists and maternity support workers, who consistently receive positive feedback for both clinical care and patient experience. They will be happy to guide you through the range of options available and ensure the highest quality care for you and your baby. For your peace of mind, should you or your baby need any specialist clinical support, the Kensington Wing has access to Chelsea and Westminster Hospital's on site specialist facilities with fully trained specialist staff.



About the Kensington Wing

The Kensington Wing is located on the third floor of Chelsea and Westminster Hospital. The hospital, which was opened in 1993 by Her Majesty the Queen, is a contemporary environment and with its open plan spaces and transparent roof over a five storey main atrium, it could be mistaken for an art gallery rather than a hospital. Through the Hospital Arts programme, we have displayed more than 1,500 works of art throughout the building and regularly arrange concerts and performances for patients, visitors and staff to enjoy.



The Kensington Wing has 16 individual rooms, all with ensuite bathrooms, providing you with the privacy and peace you require. Having been designed with both your comfort and safety in mind, all rooms have both a TV and a refrigerator. We will also provide you with complimentary dressing gown, slippers and L'Occitane toiletries. Our staff will be available to provide tea or coffee and snacks for you and your visitors. For those visitors who wish to stay overnight, many of our rooms are equipped with a custom built foldaway bed.

The Kensington Wing enables us to provide you with personalised care in a clean, relaxing, secure and beautiful environment. Our location, close to the heart of London, offers you all the amenities of a multicultural city, and the vibrant Fulham Road boasts a wealth of restaurants and shops within easy reach of the hospital.



Our facilities

Based in one of the most modern teaching hospitals in the country, The Kensington Wing at Chelsea and Westminster is supported by modern facilities and equipment. Our maternity services include the highest level of neonatal intensive care.

All well newborn babies will have a routine check by a consultant neonatologist. However, if there are concerns about your baby at any time, the emergency team will see your baby immediately.

The neonatal intensive care unit is a state-of-the-art unit. It is fully staffed 24 hours a day by a team of specialist nurses and doctors who will respond immediately to any concerns with your baby. The team is composed of seven neonatal consultants who are all fully accredited with specialist qualifications.

Although it is rare that babies need emergency help, you can rest assured that if such a situation arises, there will be prompt help for you and your baby.

We work closely with other specialist consultants, including a team of paediatric surgical consultants on-site and cardiac specialists from the Royal Brompton Hospital.



Maternity care

Our obstetricians and midwives work closely together to ensure you receive the highest level of care during your pregnancy, delivery and after your baby is born. You can choose one of the following models of care:

Midwife-led care

At the Kensington Wing we are delighted to offer private midwifery-led care, which is generally chosen by women whose medical history and any previous pregnancies indicate that this pregnancy should be uncomplicated.

We have a small team of highly experienced midwives who will be delighted to look after you through your pregnancy. They are friendly, welcoming and committed to giving you the best possible care. Our midwives are available on call 24 hours a day, seven days a week for advice or concerns throughout your pregnancy and delivery.

All antenatal tests will be carried out by your midwife and ultrasound scanning requests will be referred to a specialist. When the time comes, your baby will be delivered by one of our midwives on duty.

Should any problems arise during your pregnancy, your midwife will refer you to one of our consultant obstetricians. If there are any complications during your labour, our on-call team will be contacted for advice.

Please phone or email our Patient Liaison Officers who will be happy to give you more information.

Consultant-led care

Consultant obstetricians who work in The Kensington Wing are independent specialists with whom you should book directly. Please be aware that the obstetrician's fee is in addition to the hospital charges.

During your antenatal care, your obstetrician will carefully assess you to identify any risk factors for complications during the pregnancy. You will be monitored closely to ensure that your pregnancy is developing normally.

Your obstetrician will answer any questions that you may have and advise you about your antenatal care and the delivery options available to you. In the unlikely event of complications during birth, the obstetrician will be there to perform any emergency procedures that may be required.

Please phone or email our Patient Liaison Officers who will happily answer any questions you have while choosing your preferred model of care.

T: 020 3315 8616 / 8618

E: kensington@chelwest.nhs.uk



“Exceptional care and help. Gorgeous midwives and staff helpful, knowledgeable and kind. 10/10!! Thank you so much!!”

Antenatal care

To ensure the continued wellbeing of both you and your baby, you will be booked for regular antenatal checkups with your obstetrician or midwife. These visits are to monitor the health and wellbeing of you and your baby, provide advice and information, and give you the opportunity to ask questions and discuss any concerns.

During the booking visit, your obstetrician or midwife will discuss the antenatal packages available from the hospital and guide you through the birthing options. At this point we will conduct a general check-up which will include some blood tests.

Contact with your obstetrician or midwife is not restricted to these visits, please feel free to call us at any time for advice.

Scans

We recommend that you have two scans during your pregnancy:

The **Nuchal Translucency Scan** occurs between 11 and 13 weeks of pregnancy. It is designed to identify women whose pregnancies are at high risk of having Down's Syndrome. It is not a diagnostic test.

The **Anomaly Scan** usually occurs between 19 and 21 weeks of pregnancy. It is designed to check that your baby is developing normally.

Schedule of blood tests and scans

Bloods	Booking Consultation	Week 12	Week 20	Week 26	Week 34
Blood Glucose	●			●	
Blood Group/Antibodies	●			●	
Electrophoresis	●				
Haemoglobin (FBC)	●			●	●
Hepatitis B	●				
HIV	●				
Rubella	●				
Syphilis	●				
Scans					
Nuchal Translucency		●			
Anomaly			●		

Birth of your baby

When the time arrives for your baby to be born, you will be admitted to The Kensington Wing and meet the team of midwives.

If you are being cared for by our obstetricians, they will be notified to collaborate with your midwife during your labour.

As a forward-thinking unit, we encourage choices in birth position and can provide birth balls, beanbags, floor mats, birthing stools, and birthing pools.

Our delivery rooms are furnished with all the equipment necessary to monitor you and your baby during the labour and birth.

Our philosophy of patient choice also extends to pain relief. We encourage complementary therapies while also offering a range of traditional methods. Feel free to discuss these in depth with your obstetrician or midwife.

We provide a 24/7 dedicated on-site consultant-led anaesthetic service.





Postnatal care

After the birth of your baby, a team of professionals including midwives, maternity support workers, physiotherapists and specialist consultants (obstetricians and paediatricians) will be available to provide you with the care and support that you and your baby need. Our neonatal consultants will carry out a baby check, this is routinely given to all newborn babies.

Our experienced midwives and maternity support workers will be on hand to advise you on how to look after your baby—bathing, feeding, changing etc. They will be available 24 hours a day to ensure that both you and your baby are comfortable and to provide any guidance that you may need. A physiotherapist will also see you after the birth to give you advice on exercises which are appropriate for you as an individual.

Our care does not stop when you leave hospital. Please feel free to call us at any time with any questions that you may have after you get home. We will ensure that you receive a visit at home from a midwife the day after you leave hospital. We are able to offer an additional package of home care should you require it.

“This was our second delivery at the Kensington Wing and we were very happy with the care given by the midwives and the assistant team, including the lady serving the food! In case of a third delivery we would choose the Kensington Wing and would recommend you to friends!”

Booking information

Consultant obstetricians are booked directly by the patient. Please see our guide for contact information for all of our obstetricians. They will be able to advise you on their availability and arrange an initial antenatal appointment. Please note that the obstetrician's fees are in addition to hospital charges and should be discussed directly with them.

Midwives are booked directly through the hospital. Please note that we have a team of midwives who work together to provide your pregnancy and delivery care, and while we will try to ensure continuity of care, we cannot guarantee that you will see the same midwife at your antenatal appointments and through delivery. A deposit will be required to secure your booking with The Kensington Wing.

Midwives

Midwife means 'with-woman' and here at The Kensington Wing this is what the team aim to achieve. We offer midwife-led care as well as providing support for patients being looked after primarily by consultants.

We believe in empowerment, choice and control for all women, providing up-to-date, evidence-based information to help you make informed choices throughout your care. Our focus here on The Kensington Wing is on women-centred, holistic care. To arrange midwife led care or to enquire further about this service, please call us directly on 020 3315 8616 or 020 3315 8618.

Health insurance

The majority of insurance companies will not cover normal labour and delivery, although in some instances, an insurance company may pay part of the cost of stay. Your account will remain your responsibility at all times and we will ask for full payment at the time of discharge.

Please note, if your stay is covered by your private medical insurance then we are required to provide an itemised invoice for payment. Package prices and loyalty discounts will therefore no longer apply. Please notify the Patient Liaison Officer on 020 3315 8618 if you are covered by a private medical insurance policy prior to admission so that we can advise regarding our billing procedure. You will be required to obtain appropriate authorisation from your insurance company and ensure that any policy shortfalls are met. Please ensure you have liaised with your insurance company prior to delivery to include your baby's care post delivery on your policy.

Insurance settlement will be between yourself and your insurance company, although we will be happy to assist with relevant documentation that may be requested.

Car parking

There is limited on-site parking at the hospital.



“I liked the midwifery care provided. Felt at home. Everyone was very sweet and helpful. I especially appreciated the support given to breast feeding.”



Consultant obstetricians

Nick Wales MRCOG BSc

Mr Wales is a Consultant Obstetrician and Gynaecologist based at the Chelsea and Westminster Hospital where he is a member of the High Risk Pregnancy Team. His private obstetric practice is exclusive to The Kensington Wing, where he is the clinical lead. Nick offers a variety of maternity care options, encompassing an extended midwifery role. He also offers acupuncture for symptom relief in pregnancy. His special interests are in infectious diseases and cervical incompetence in pregnancy, in particular the use of abdominal and cervical sutures.

A: Chelsea and Westminster Hospital, 369 Fulham Road, London SW10
T: 07748 808 806 or 01689 603 126 (Marilyn)
E: nick.wales@chelwest.nhs.uk

Guy Thorpe-Beeston MA MD FRCOG

Guy is a Consultant Obstetrician and Gynaecologist at the Chelsea and Westminster Hospital. He is a member of the High Risk Pregnancy Team. His particular fields of interest include fetal ultrasound scanning, prenatal diagnosis, multiple pregnancy and miscarriage. He has very extensive experience of high risk and normal pregnancy. He strongly believes in the importance of individualised care.

A: 148 Harley Street, London W1
T: 020 7224 4460 (Christine)
E: info@guythorpebeeston.com

Vasso Terzidou MD MRCOG PhD

Ms Terzidou is a Consultant Obstetrician and Gynecologist at Chelsea Westminster Hospital, member of the High Risk Pregnancy team and a Senior Lecturer in Obstetrics and Gynecology for Imperial College. She is a clinical academic in obstetrics with an international reputation for her scientific research. She has several papers published in leading international journals. Vasso heads a specialized prematurity clinic which not only provides emotional support but also skilled obstetric monitoring for women at risk to deliver preterm. She has a personable approach, and believes strongly in holistic care. Her drive is to provide a positive birth experience for all mothers-to-be.

A: Chelsea and Westminster Hospital, 369 Fulham Road, London SW10
T: 07794 422 141 (Gaynor)
E: gaynor@chelseawomenshealth.co.uk

Consultant obstetricians (*continued*)

Makrina Savvidou MD MRCOG

Dr Savvidou is a Consultant Obstetrician and Sub Specialist in Fetal and Maternal Medicine at Chelsea and Westminster Hospital. She has trained in major teaching hospitals, has a strong research background in the study of normal and abnormal pregnancy and is a specialist in fetal medicine (obstetric ultrasound) and prenatal diagnosis. Makrina strives to deliver committed and evidence based care. She is a firm believer in individualised care which puts the mothers (and fathers) to be in the centre of it.

A: Chelsea and Westminster Hospital, 369 Fulham Road, London SW10

T: 07590 928 974 (Marlene)

E: enquiries@obstetric-care.com

Amer Raza BSc MRCOG DFFP

Amer Raza is a consultant Obstetrician and Gynaecologist at Chelsea and Westminster Hospital. He has an extensive experience in dealing with normal and complex pregnancies. He is providing private obstetric care in the Kensington wing. Amer has published in international journals and presents regularly in national and international conferences. His philosophy is to give an excellent and individualised care to each of his patient with respect and professionalism. He focuses his effort to give mothers a positive birth experience and safe outcome.

A: Chelsea and Westminster Hospital, 369 Fulham Road, London SW10

T: 07929 860 461 / 07980 948 075 (Shani)

E: dramerraza@gmail.com

Zoë Penn MD FRCOG

Zoe is a Consultant Obstetrician and was appointed at the Chelsea and Westminster Hospital in 1995. Her special areas of interest are high risk pregnancy and Labour Ward care. Zoe is part of the High Risk Pregnancy Team. Zoe has extensive experience of both conventional and active birth. She recognises the importance of keeping childbirth normal and is a strong proponent of a woman centred approach to pregnancy care. She is an advocate of partnership and choice in maternity services.

A: Chelsea and Westminster Hospital, 369 Fulham Road, London SW10

T: 07896 123 793 (Marlene)

E: marlene@obstetricservices.co.uk

Roshni Patel MSc PhD MRCOG

Ms Patel is a consultant obstetrician and specialist in maternal and fetal medicine, based at the Chelsea & Westminster Hospital. She has national and international experience of normal and high risk pregnancy, pre-pregnancy counselling & managing medical problems in pregnancy. Ms Patel has done extensive research comparing vaginal delivery with caesarean section. She provides evidenced based information to assist women in making their own choices. She recognises that each pregnancy and labour is unique and supports women to have the best and safest birth experience possible.

A: Chelsea and Westminster Hospital, 369 Fulham Road, London SW10

T: 07503 003 366

E: roshni.patel@chelwest.nhs.uk

Mark Johnson PhD MRCP MRCOG

Professor Johnson is a Consultant Obstetrician. His practice is based at Chelsea and Westminster Hospital NHS Foundation Trust. He is also a Consultant in General Medicine, Endocrinology and Diabetes, applying this to his special interest in the medical disorders of pregnancy. Mark is part of the Chelsea and Westminster High Risk Pregnancy Team. He holds a strong belief in holistic care and empowerment of women throughout pregnancy, labour and delivery.

A: Chelsea and Westminster Hospital, 369 Fulham Road, London SW10

T: 020 8846 7892 (Sue)

E: mark.johnson@imperial.ac.uk

Hazem El-Refaey MD MRCOG

Dr Hazem El-Refaey is an Obstetrician and Gynaecologist with over 25 years of experience. A graduate from Cairo in 1981, he has practiced across the United Kingdom, including London, Glasgow and Aberdeen (where he obtained his MD with merits, a rare honour). He has been based in London for more than 15 years at Chelsea and Westminster Hospital. Dr El-Refaey is trained as an academic and clinician. He has changed the face of the field he works in by pioneering several treatments to minimise complications of childbirth. These innovations are now a part of the World Health Organisation's (WHO) protocols for the management of labour, its complications and pregnancy loss.

A: Chelsea and Westminster Hospital, 369 Fulham Road, London SW10

T: 020 7362 5600 (Julie De Pascalis)

E: herhealth@me.com

Consultant Obstetricians (*continued*)

Keith Duncan MD MRCOG

Mr Duncan is an Obstetrician and accredited Sub Specialist in Maternal and Fetal Medicine. He is experienced in normal, assisted and caesarean delivery. His major interests are in high risk obstetrics, ultrasound and multiple pregnancies. He has published many research papers and an MD thesis relating to development in Utero. His philosophy is to provide a positive birth experience for mothers to be.

A: Chelsea and Westminster Hospital, 369 Fulham Road, London SW10

T: 020 7349 5204 or 07849 757 283 (Laura)

E: laura@chelseabirthclinic.co.uk

Shane Duffy DTM&H DObst MSc MRCOG

Shane is a Consultant Obstetrician and Gynaecologist at Chelsea and Westminster Hospital. His specialist areas are advanced labour ward practice, female pelvic floor dysfunction and postgraduate education in Obstetrics and Gynaecology. Shane is a faculty lead for surgical and emergency obstetric workshops both nationally and internationally. He provides a continuum of care for uncomplicated pregnancies and pregnancies that develop complications in early pregnancy or labour.

A: Chelsea and Westminster Hospital, 369 Fulham Road, London SW10

T: 07903 469 038

E: obstetrics@chelseagynaecology.co.uk

Gubby Ayida MA FRCOG DM (Oxon)

Gubby is a Consultant Obstetrician and Gynaecologist. Gubby graduated from Somerville College and Oxford and St Thomas's Medical School in London. Gubby's philosophy is based on a respect for pregnancy as a state of health and childbirth as a normal, healthy, physiological process. Her obstetric care recognises the diversity of women's needs and the variety of personal and cultural values that they bring with them. Gubby's practice is based on a highly individualised approach that is dedicated to helping women achieve their expectations of labour.

A: The Women's Wellness Centre, 204 Fulham Road, London SW10

T: 020 7751 4489 (Melissa)

E: melissa@womenswellnesscentre.com



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