

# GP led Pregnancy Care

Antenatal GP shared care is a model in which your antenatal shared care is between your GP and the local public hospital. It's about seeing women before, during and after pregnancy. Establishing this relationship matters not only for the pregnancy but for early parenting and beyond.

GP shared care is suitable for women who have a low-risk pregnancy and who may want management of their pregnancy by a doctor but are unable to access private obstetric care through a private health fund.

Shared maternity care aims to provide a community-based, holistic, safe and culturally appropriate model of care for women. Women often choose this model of care as it provides continuity of care and the GP may already know their family and for many women, it is convenient.



## Sexual & Reproductive health in the heart of Launceston



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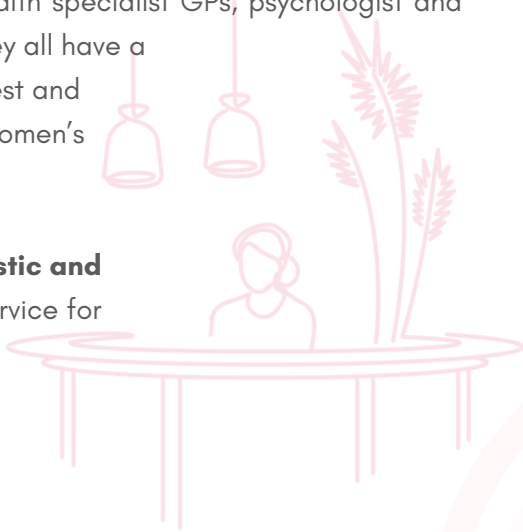
# About

## The Bubble

**The Bubble Launceston** is a specialist GP clinic providing sexual and reproductive women's health services for Launceston. Conveniently located on Brisbane Street, The Bubble commenced women's health consults in April 2021.

This clinic is a **first of its kind** in Tasmania as it also offers science based approaches to common early life problems of breastfeeding, sleep, crying babies and maternal mood.

The Bubble brings together a group of local women's health specialist GPs, psychologist and midwife. They all have a strong interest and passion in women's health care, providing a **safe, holistic and inclusive** service for patients.



# Our

## Services

- Contraceptive advice
- Intrauterine device (IUD) and contraceptive implant insertions and removals
- Management of period problems
- Vulva and vaginal issues
- Cervical screening test, formally known as the 'Pap Smear'
- Breast examination
- Fertility and pre-conception care
- Pregnancy care / antenatal GP shared care
- Post natal care
- Perinatal mental health management
- Management of infant feeding (breast or bottle), sleep or unsettled infant behaviour issues
- Sexual health issues, including screening and treatment for sexually transmitted infections
- Medical termination of pregnancy
- Menopause and peri-menopause care
- Antenatal classes
- Pelvic floor physiotherapy
- TENS machine hire for labour

# Mums

## and Bubs

The Bubble's comprehensive 60 minute 'Mums & Bubs' appointments (Dad's welcome too!) are an opportunity to sit with one of the **Neuroprotective Developmental Care** (NDC) accredited doctors and gain evidence based support for breastfeeding, baby sleep and cry fuss problems.

NDC aims to protect the rapidly developing infant brain and gut during the critical first 12 months of life, starting antenatally, and supports parents' mental health and **psychological resilience** during this challenging, though rewarding, time. NDC offers a genuine paradigm shift - we flip much of the popular advice parents receive upside down.

Many families find that the traditional advice simply doesn't work for them. Our approach goes **beyond assessing a problem** in isolation, recognising that you, your baby, and your family unit need to be considered together.

Our comprehensive approach considers families in terms of five areas: *feeds, sleep, baby's health & sensory needs, and carer health*; understanding that these five areas interrelate and interact to influence your well being and your baby's well being.

