

A midwife's guide to ACC's maternal birth injury cover


DATE: 2 November 2022



**He Kaupare. He Manaaki.
He Whakaora.**
prevention.care.recovery.



Karakia



Whāia, whāia
Whāia te tika
Whāia te pono
Whāia te aroha
Mō te oranga tāngata
Kia puta ki te whai ao,
Ki te ao mārama
Haumi e, hui e, tāiki e.

ACC's Purpose Karakia can be used to begin and end meetings and can be interpreted as follows:

Striving to do what is right
Undertaking to act justly
Being considerate of everyone
That it may improve the lives of all

Basics of ACC coverage

- ACC can help pay for a range of treatment and rehabilitation if we cover the injury and your client has an accepted claim.
- In some cases we'll only pay for part of these costs, the treatment provider will ask your client to pay the rest.
- **ACC can only help pay for treatment when the treatment is necessary and appropriate.**
- Treatment providers need to be registered with ACC.

Maternal birth injuries cover

ACC is not replacing existing maternal care services

Legislation expands cover:

- 12 maternal birth injuries
- Will improve scheme equity
- Took effect from **1 October 2022**
- Consequential injuries included
- Review process for primary injury list

Not retrospective – date of injury is date of birth

- Does not cover pēpi (babies) injured during birth
- Existing treatment injuries cover continues

Covered birth injuries

- Anterior wall and posterior wall prolapses
- Coccyx fracture or dislocation
- Labial, vaginal, vulval, clitoral, cervical, rectal, & perineal tears
- Levator avulsion
- Obstetric fistula (incl. vesicovaginal, colovaginal & ureterovaginal)
- Obstetric anal sphincter injury tears and urethral tears
- Obstetric haematoma of pelvis
- Post-partum uterine inversion
- Pubic ramus fracture
- Pudendal neuropathy
- Ruptured uterus during labour
- Symphysis pubis capsule or ligament tear
- Uterine prolapse

Potential ACC support

Depending on the severity of the covered physical injury and the expected recovery from that injury, ACC may consider requests for:

- Treatment (e.g. pelvic health physio, specialists, surgery)
- Rongoā services
- Transport for clients to and from medical appointments
- Equipment to help at home (e.g. toileting, showering, moving around)
- Home help (e.g. assistance with cleaning your home)
- Attendant care (e.g. assistance with showering or dressing)
- Childcare (e.g. help for an injured parent to look after a child)
- Counselling and therapy sessions (if related to support for the physical injury)

Key points

- Injuries incurred on or after **12am 1 October 2022**
- Your role as the **main point of contact for your client** remains
- **Clinical care** remains the priority
- **Funding/support change** increases options for your client

Being able to lodge claims with us is a way you can ensure the women and birthing parents in your care, have access to the ACC-funded support they may need to recover from an injury incurred during labour and delivery, even after they are discharged from your care.

When to lodge a claim

- Currently midwives can lodge claims for obstetric anal sphincter injury tears or tears to the perineum, labia, vagina, vulva, clitoris, cervix, rectum, anus, or urethra
- Not every injury will need an ACC claim
- A claim can be made at any time – it does not need to be lodged on the date of injury *(often an injury may not present for several months to even years in the case of prolapse)*
- Midwives will continue to be funded by Te Whatu Ora (Health NZ) as you are now, with no additional funding through ACC. *(This remains consistent with our approach to other healthcare providers who are not paid for their time spent lodging a claim.)*

How to lodge a claim

In hospital - check with your hospital re: their existing ACC lodging process

Outside of a hospital

- Need to be registered as a **provider** with ACC
- Order ACC45 paper forms (or we have sent packs to birthing centres)
- Complete form with your client
- Email to ACC

See ACC website - *Quick Guide: Supporting maternal birth injuries as a midwife*

[How to register as a provider](#)

Sample ACC45 claim form

Claims can be lodged electronically through a practice management system or via paper-based ACC 45 (or ACC46) forms

For faster processing include the following information:

- Date of injury = date of birth
- Correct READ, SNOMED or ICD10 code for the injury type *(using a generic code will delay claim assessment)*
- 'MBI' or 'maternal birth injury' in the Additional Injury Comments field (Part D)

ACC 45 ACC Injury Claim Form
Patient to complete

PART A: PERSONAL DETAILS

Family name: RANGI
First name(s): ANDI
Date of birth: 02/02/2002 Male ☐ Female ☒
Home/postal address: 123 ARDHANUI TERRACE OTAU WAIKATO 3456
Telephone WORK: 0220000000 HOME: 0220000000
What is your ethnic background? This information is collected for statistical reasons only, to help ACC develop services that are culturally appropriate.
☒ NZ European/Pakeha ☐ Cook Island Maori ☐ Fijian ☐ Indian ☐ Samoan ☐ Other ethnic group - please specify
☐ Other European ☐ Tongan ☐ Other Pacific ☐ Other Asian ☐ Tokelauan
☐ NZ Maori ☐ Niuean ☐ South East Asian ☐ Chinese ☐ I'd prefer not to say

PART B: ACCIDENT AND EMPLOYMENT DETAILS *If required you can provide further information in answer to the following questions on a separate piece of paper.*

When did the accident happen? 01/02/22 at 10:30 am ☐ pm ☒
Accident scene (eg. home, place of work, road): HOSPITAL
Accident location (eg. Taupo): HAMILTON Did the accident occur in New Zealand? ☒ Yes ☐ No
What were you doing - what happened - how was the injury caused? (eg. cleaning kitchen, slipped on wet floor and hit head on table)
MATERNAL BIRTH INJURY, THIRD DEGREE TEAR DURING CHILDBIRTH
Did the accident involve a moving motor vehicle on a public road, driveway or beach? ☐ Yes ☒ No If sporting injury, name sport (eg. rugby union):
Occupation: Please tick those that apply ☒ I am in paid employment (part time or full time) ☐ I own/part own the company in which I work ☐ I am self-employed ☐ I am not in paid employment
What type of work do you do? ☐ Sedentary (brief standing and walking) ☒ Light (mainly standing and walking) ☐ Medium (often lift 5kg plus) ☐ Heavy (often lift 9kg plus) ☐ Very heavy (often lift 22kg plus)
Did the accident occur at work? ☐ Yes ☒ No
What is the name of the business you are employed by/own?
What is the address of the business you are employed by/own?
EMPLOYER NAME AND ADDRESS

PART C: PATIENT AUTHORISATION AND DECLARATION

I have read and understood the Important Information and the Patient Authorisation and Declaration on the reverse of the patient copy of this form
Patient to sign here or legal guardian or representative: X Andi Rangi Date: 01/02/22
Authorised representative's name: Authorised representative's relationship to patient:

Treatment Provider to complete
Note: ACC does not provide cover for illness or sickness.

PART D: INJURY DIAGNOSIS AND ASSISTANCE

Patient's NHI no.: N123456
Diagnosis coding used if not READ Codes ☐ ICD9 ☐ ICD10
Diagnosis 1: L342 Side: ☐ Left ☐ Right
Diagnosis 2: Side: ☐ Left ☐ Right
Diagnosis 3: Side: ☐ Left ☐ Right
Is this a work related gradual process, disease or infection claim? ☐ Yes ☒ No
Additional injury comments to injury code entered above: MBI
Has the patient been admitted to hospital? ☒ Yes ☐ No
Is this a claim for an injury caused by treatment? ☐ Yes ☒ No (If Yes, also fill in ACC2152)
Referral information (type of Treatment Provider referred to):
REHABILITATION/ASSISTANCE REQUIRED (eg. case management or home help) ☐ Yes ☐ No
ACC should call me? ☐ Yes ☐ No

PART E: ABILITY TO WORK *Registered Medical Practitioner only to complete this part*

IS THE PATIENT ABLE TO CONTINUE NORMAL WORK? ☐ Yes (go to part F) ☒ No (continue)
RESTRICTED DUTIES: The patient is able to undertake restricted duties for days, from month year of the following:
☐ Sedentary (brief standing and walking) ☐ Light (mainly standing and walking) ☐ Heavy (often lift 9kg plus)
Additional restrictions (eg. up to four hours per day; no lifting):
CURRENTLY LIMITED MOBILITY, NG
FULLY UNFIT: The patient is unfit for work for days, from month year (Maximum 14 days using this form)
REVIEW/RETURN TO WORK: Based on this medical assessment ☒ a review is required on, or ☐ the patient should be fit to return to normal work on: 12/12/22
PART F: TREATMENT PROVIDER DECLARATION
I certify that, on the date shown, I have personally examined the patient and that in my opinion the condition is the result of an accident. I also certify that the patient (or their representative) has signed the Patient Authorisation and Declaration and has authorised me to lodge the claim on their behalf.
ACC PROVIDER NUMBER: ACC123
HEALTH PRACTITIONER INDEX: GXNNNFC
Treatment provider name (print) or stamp: H HOPATA
Treatment provider signature: X Date: 01/02/22
ACC or Accredited Employer copy: please return this form when completed to your ACC Service Centre or to the Accredited Employer (check www.acc.co.nz).



He Kaupare. He Manaaki.
He Whakaora.
prevention. care. recovery.

Questions we've been asked (part 1)

- Diagnosis code for the ACC45 form – there is a list of MBI-related diagnosis codes on our website or in the *Quick Guide: Understanding maternal birth injury cover*
- Episiotomies are not one of the defined injuries (*an episiotomy is treatment*)
- Mental injury support may be available if the diagnosed mental injury is consequential (as a result of) the physical maternal birth injury (*see ACC website for info*)
- Rongoā Māori providers can deliver services to injured birthing parents if registered with ACC
- ACC will typically organise someone to come and assess what help may be needed at home for a client (e.g. home help, childcare).

Questions we've been asked (part 2)

- If specialist medical care is needed (e.g. GP, obstetrician), your existing referral process remains.
- Some treatment can be self-initiated e.g. clients can make direct appointments with pelvic health physiotherapists or with rongoā practitioners.
- If your client wants ACC to help pay for treatment, they need:
 - an accepted claim for a covered birth injury needing that treatment; and
 - to check that the treatment provider is ACC registered before they make an appointment.
- They may also wish to ask about co-payment levels when making the appointment.

Information and resources

ACC has developed a significant suite of supporting material and resources:

- Website content for providers and for clients
- Quick guides
- Supporting providers via communications and professional bodies
- Developed on foundation of customer insights relating to lived experience

Where to find information – acc.co.nz

ACC He Kaupare, He Manaaki. He Whakaora. prevention. care. recovery.

About us Mō mātou Preventing injury Te kaupare wharanga Resources Ngā rauemi Contact us Whakapā mai Log in

I'm injured ▾ Kua whara ahau For business ▾ Mā ngā pakihi **Health providers ▾ Ngā whare hauora**

Search acc.co.nz 🔍

Health providers → Ngā whare hauora

Find what you need to make working together easy. Learn more about our contracts, invoicing and supporting patient treatment and recovery.

- Getting started**
 - Quick guides
 - Key contacts
- How to provide your services**
 - Register with us as a health provider
 - Working under a contract
 - Providing therapy for sensitive claims
 - Contact our provider relationship team
 - Understanding your responsibilities
 - How we support quality and resolve issues
 - Working with us as a rongoā Māori practitioner
- ProviderHub**
 - Learn about ProviderHub
 - Get ready for ProviderHub
 - Features of ProviderHub
- Working with us using our digital services**

- Lodging claims**
 - Lodging a claim for a patient
 - Using the right read code
 - Sending patient notes
 - Updating or changing a claim
 - Getting a decision on your patient's claim
 - Using SNOMED Clinical Terms
 - Understanding claims and cover
 - Occupational noise induced hearing loss claims
- Treatment and recovery**
 - Getting prior approval for further treatment for allied health providers
 - Referring a patient for rehabilitation
 - Issuing medical certificates and recovery at work
 - Work type detail sheets
 - How we support clients throughout their recovery
 - Supporting safer treatment

- Invoicing us**
 - Paying you for your services
 - How to invoice us
 - Sort out a problem with a payment
- Provider news and events**
 - Watch and learn webinars
 - Provider email updates
 - Weekly claims data
 - Innovation Fund
- Maternal birth injuries**
 - Specific changes for providers
 - How to provide maternal birth injury services
- Evolving the ISSC**
- Kaupapa Māori health services**
- Reporting health and safety incidents**

I'm injured ▴ Kua whara ahau **For business ▾** Mā ngā pakihi **Health providers ▾** Ngā whare hauora

I'm injured → Kua whara ahau

An injury can have a big impact on your life and those close to you. We care, and we're here to support your recovery.

- What to do if you're injured**
 - What we cover**
 - Injuries we cover
 - Injuries we don't cover
 - Treatment we can help pay for
 - If you're a New Zealander injured overseas
 - If you're a visitor injured in New Zealand
 - Using rongoā Māori services
 - Cover for maternal birth injuries
 - Types of ongoing support**
 - Getting aids and equipment
 - Help at home
 - Transport and getting around
 - Childcare and education support
 - Travelling for treatment
 - Counselling and therapy
- Types of financial support**
 - Getting paid if you can't work - weekly compensation
 - Getting back to work after an injury
 - Keep getting payments if you move overseas
 - Financial support if you have a permanent injury
 - Financial support if someone has died from an injury
- MyACC - manage your recovery online**
 - About MyACC
 - Trouble registering or logging into MyACC
 - Register for MyACC
 - Get tips for using MyACC

ACC He Kaupare, He Manaaki. He Whakaora. prevention. care. recovery.

Ngā wharanga whakawhānau pēpi

Maternal birth injuries

We're supporting those who experience certain maternal birth injuries during labour or delivery on or after 1 October 2022. Understand what health providers need to know to lodge claims and provide treatment for a maternal birth injury.



Specific changes for health providers →

We've expanded the types of health providers who can lodge claims, including midwives, and also opened up access to traditional and holistic healing through rongoā Māori.

Lodging a maternal birth injury claim →

Claims are lodged using the ACC45 and there is some specific information to include. View the list of Read Codes and complete our learning module.

Information for parents and whānau →

Support for parents, whānau and health providers to prompt discussion about maternal birth injuries, how to seek help, and give an understanding of what's normal following childbirth.



Maternal birth injury quick guide

From 1 October 2022 our accident cover includes specific injuries birthing parents can experience from the beginning of labour through to delivery of the pēpi/baby. That means those who give birth from 1 October 2022 onwards and who have a covered injury can access the appropriate support, treatment, and care through the Accident Compensation Scheme to help their recovery and return to independence.

Download

PDF 140 KB

Quick guide - MBI



► PROVIDER QUICK GUIDES
COVER FOR MATERNAL BIRTH INJURIES

1 of 2 ➔

Understanding maternal birth injury cover

🕒 Read time: 3 mins

Our personal injury cover includes maternal birth injuries (MBI) as accidents, for injuries that occur on or after 1 October 2022. This allows birthing parents with accepted claims to access ACC-funded treatment, support, and care to help in their recovery.

What's covered

- Our legislation lists specific primary maternal birth injuries which can be covered as accidents if they occur after 12.00am on 1 October 2022.
- Birthing parents can be considered for further cover if they suffer a mental injury or any other physical injury caused by a covered maternal birth injury.
- Other injuries not listed in the legislation may be considered for cover as treatment injuries where clinically appropriate. For example, an infection in an abdominal wound following a caesarean section could be considered as a treatment injury claim.
- Maternal birth injury cover doesn't include injuries to pēpi/babies, but ACC cover for treatment injury remains an option for them.

Making a claim for a maternal birthing injury

If your client or patient has had one of the listed injuries during labour or childbirth (after 12.00am on 1 October 2022), and you think they will benefit from ACC support, complete and submit an ACC45 or ACC46 form.

If you're a midwife, our quick guide for midwives provides more information about how to lodge a claim; see acc.co.nz/maternalbirthinjuries

To help us make faster cover decisions, the completed ACC45/ACC46 should include the following:

- ✓ When the accident happened as the date the birth occurred
- ✓ Injury diagnosis is one of the correct read codes (see examples overleaf). Please list the underlying injury (eg fourth degree tear) and not the symptom (eg urinary incontinence)
- ✓ Include 'MBI' or 'maternal birth injury' in the additional injury comments field
- ✓ If you're a doctor or nurse practitioner, fill out Part E (Work Capacity). Otherwise leave it blank
- ✓ Complete all other sections fully including your client/patient's declaration.

► PROVIDER QUICK GUIDES
COVER FOR MATERNAL BIRTH INJURIES

2 of 2 ✓

Who can lodge a maternal birth injury claim?

Practitioners registered with us can lodge claims for clients or patients who have covered injuries within their area of practice. If your patient has an injury outside your claim lodgement ability, you'll need to refer them to another registered provider who can lodge it on their behalf.

The table below shows the listed injuries and which practitioners can diagnose and lodge claims for them. For a full list of read codes see acc.co.nz/read-codes.

Using SNOMED codes? See the diagnosis codes section on acc.co.nz/maternalbirthinjuries.

Covered maternal birth injuries	Health practitioners who can lodge claims (if registered with ACC)										Example Read codes
Anterior wall prolapse, posterior wall prolapse, or uterine prolapse	✓	✓	✓	✓	✓	✓					K5110; K5112; K511z; K512.; K513.; K514.
Coccyx fracture or dislocation	✓	✓	✓	✓	✓	✓	✓	✓	✓		S108.; S4941
Levator avulsion	✓	✓	✓	✓	✓	✓					Z.... code
Obstetric anal sphincter injury tears or tears to the perineum, labia, vagina, vulva, clitoris, cervix, rectum, anus, or urethra	✓	✓	✓	✓	✓	✓				✓	L340.; L341.; L342.; L343.; L3540; L353.
Obstetric fistula (including vesicovaginal, colovaginal, and ureterovaginal)	✓	✓	✓	✓	✓						Kyu92; K52.; K5217; K5212; K5207
Obstetric haematoma of pelvis	✓	✓	✓	✓	✓						L345.; L357.
Post-partum uterine inversion	✓	✓	✓	✓	✓						N855; O712 (ICD10)
Pubic ramus fracture	✓	✓	✓	✓	✓	✓	✓				S1320; S1321; S1322
Pudendal neuropathy	✓	✓	✓	✓	✓						SJ6x2; SJ7x.
Ruptured uterus during labour	✓	✓	✓	✓	✓						L351.
Symphysis pubis capsule or ligament tear	✓	✓	✓	✓	✓	✓	✓				L356.; S138.

- General practitioner
- Obstetrician/Gynaecologist
- Nurse practitioner
- Registered nurse
- Urologist
- Pelvic health physiotherapist
- Physiotherapist
- Chiropractor
- Osteopath
- Midwife

Information for your clients/patients

Our website includes information for clients/patients who may need extra support, including links to a range of resources and organisations who can help.

Quick guide - midwives



► PROVIDER QUICK GUIDES
GETTING STARTED AS A MIDWIFE

1 of 2 →

Supporting maternal birth injuries as a midwife

🕒 Read time: 3 mins

Maternal birth injuries can have a huge impact on women/birthing parents and whānau after the birth of a pēpi/baby.

We're here to help women/birthing parents with covered injuries get the support they need – whether that's treatment, help at home, or assistance with other costs associated with their recovery.

What's covered

Our legislation allows us to cover specific maternal birth injuries which happen during labour or delivery after 12.00am on 1 October 2022.

For injuries that happen before midnight on 31 September 2022, or those not listed, women/birthing parents may be eligible for treatment injury cover if the injury was caused by the treatment provided by a health professional during birth.

As a midwife, you can lodge a claim with us for maternal birth injuries within your scope of practice, provided they're on the list of covered injuries. See the table on page 2.

Registering with us

Midwives working in a hospital should check with the facility for guidance about the most appropriate way to lodge claims. Public hospitals have these systems and processes already in place.

If you're working in the community or a facility without an existing process to lodge claims, you'll need to register with us as a healthcare provider. This means we can process your claim through our systems. Registering can be done in a few simple steps if you have the right information at hand.

acc.co.nz/register-health-provider

All midwives will continue to be funded by Te Whatu Ora, with no ACC funding for claim lodgement.

Lodging an ACC45* claim form

Not every injury will need an ACC claim. You should consider lodging a claim if you and the woman/birthing parent in your care believe they will benefit from further support to help them recover.

Lodging a claim is the first step to ensure injured women/birthing parents can access ACC-funded support. A claim can be made at any time and doesn't need to be done immediately after birth.

If you're lodging claims using a hospital practice or patient management system, we suggest checking in with the facility about any specific lodgement processes.

If you're lodging a claim for a birth in the community or in a facility without an existing process, you'll need to send us a paper version of the ACC45. You'll get more information about this after you register with us.

Once we have the completed form, we'll process the claim and be in touch with the injured person about the outcome and the next steps.

*This also applies to ACC46 forms used in hospitals.

► PROVIDER QUICK GUIDES
GETTING STARTED AS A MIDWIFE

2 of 2 ✓

Completing the form

So your client/patient has their claim reviewed as quickly as possible, the completed ACC45 should include:

- ✓ **When the accident happened** as the date the birth occurred
- ✓ **Injury diagnosis** as one of the correct read codes. Please list the underlying injury (eg fourth-degree tear) and not the symptom (eg urinary incontinence)
- ✓ Include 'MBI' or 'maternal birth injury' in the additional **injury comments** field
- ✓ Leave Part E (Work Capacity) blank as this section can only be completed by doctors and nurse practitioners
- ✓ Complete all other sections fully including the client/patient's declaration.

If you're submitting a paper ACC45, scan and email each form as a PDF to hamilton.registration@acc.co.nz. You can also send us a good quality photo of the form.

Using the right Read code

ACC-registered practitioners can lodge claims within their area of practice. As a midwife, you'll be able to lodge claims for the following injuries:

Covered maternal birth injuries	Example Read codes
Obstetric anal sphincter injury tears or tears to the perineum, labia, vagina, vulva, clitoris, cervix, rectum, anus, or urethra (all grades)	L340.; L341.; L342.; L343.; L3540; L353.

Refer to our full list of MBI-related read and SNOMED codes: acc.co.nz/read-codes

Referring to another specialist

If you suspect a woman/birthing parent has experienced an injury that's outside your scope of practice to diagnose, refer them to their general practitioner, nurse practitioner, or another specialist as you normally would.

Information for your clients/patients

Our website includes information for clients/patients who may need extra support, including links to resources and organisations who can help.

Where to learn more

We've created resources to help you lodge claims with confidence. Sign up to our free learning platform learning.acc.co.nz and click on the Maternal Birth Injuries section. Modules will take around 15 minutes to complete in total.

Find out more about working with us. acc.co.nz/getting-started



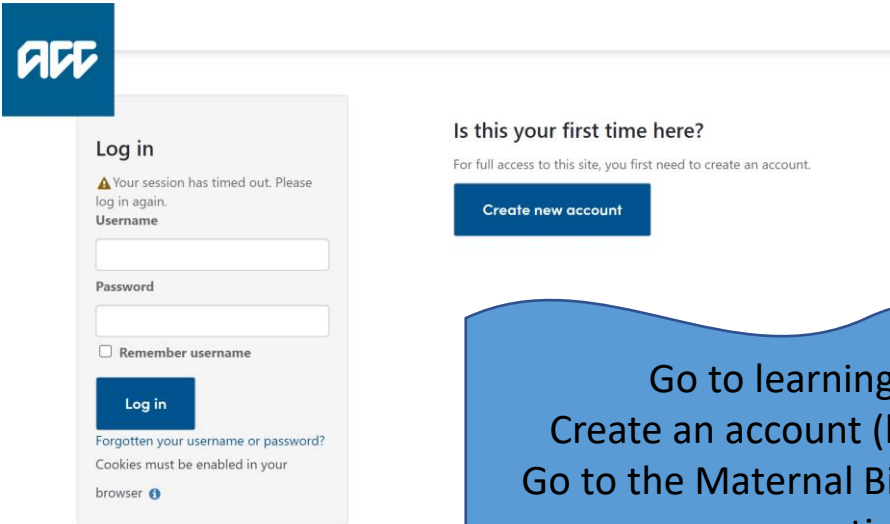
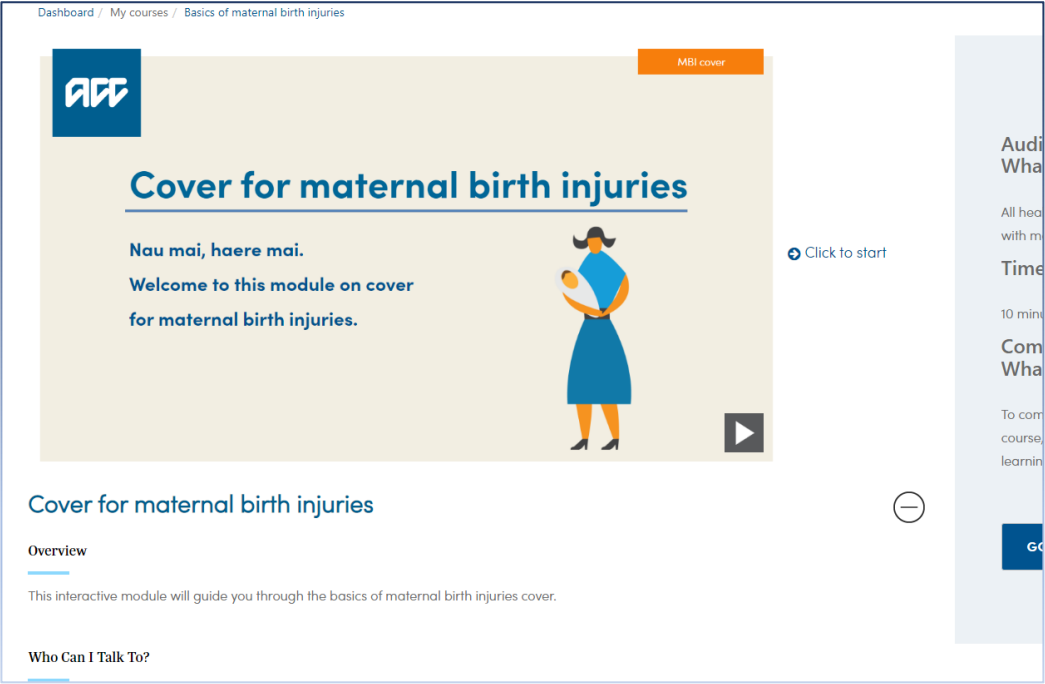
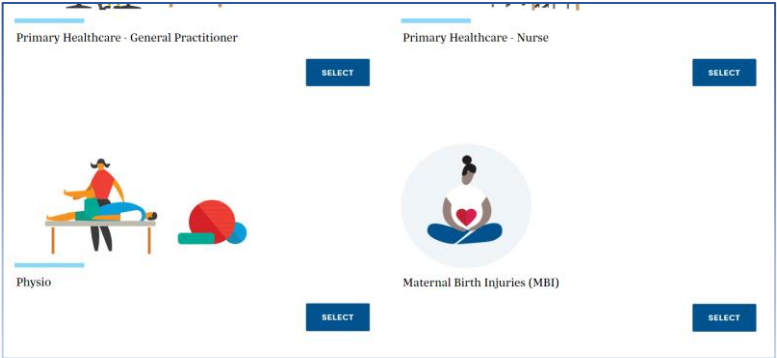
He Kaupapa. He Manaaki.
He Whakaara.
prevention. care. recovery.



Need more info? Scan the QR code or...
visit acc.co.nz/maternalbirthinjuries

September 2022

E-learning modules



Go to learning.acc.co.nz
Create an account (health provider)
Go to the Maternal Birth Injuries (MBI)
section

Information for parents & whānau (under ‘I’m injured’)

The birth of a pēpi (baby) is a life-changing moment for you and your whānau, but it can also lead to injuries for the birthing parent which take time to recover from.

If you have have experienced an injury while giving birth on or after 1 October 2022, we may be able to help with your recovery.

On this page

1. [What to do if you're injured](#)
2. [What we cover](#)
3. [What we don't cover](#)
4. [Support available from ACC](#)
5. [What to do if you're experiencing mental distress](#)
6. [Where else to go for information and support](#)

What to do if you’re injured

Maternal birth injuries can have long-lasting effects so it's important to get treatment and support early on. This will help you recover faster and reduce the impact of related injuries in the future.

Your midwife, doctor, nurse, physio or other healthcare provider can lodge an ACC claim for you after you're diagnosed with an injury. This might be straight away after the birth of a baby while you're in the hospital, or sometime after birth when it's been identified you need further support and care for your injury.

[Learn more about how a claim is filed on your behalf](#)

What's normal?

In some cases, maternal birth injuries can become apparent weeks or months after birth, so it's helpful to be aware of what's normal and what's not, and when to seek help.

Learn more

Where else to go for information and support

Birth Trauma Aotearoa

Provides information and support for parents and whānau following a birth trauma.

[Birth Trauma Aotearoa](#)

Healthline

A free service that provides health advice if you're feeling unwell but aren't sure if you need to see a doctor, and that helps you find services near you.

[Healthline](#)

PlunketLine

A free helpline and advice service available to all families, whānau and caregivers 24 hours a day, seven days a week.

[PlunketLine](#)

The Ministry of Health

Provides helpful advice for birth and afterwards.

[Ministry of Health](#)

The New Zealand College of Midwives

Provide resources about how to care for yourself and what to expect throughout pregnancy, labour and birth and the postnatal period.

[New Zealand College of Midwives](#)

Nga Maia Māori Midwives O Aotearoa

A national body that represents Maori birthing. The kaupapa of Nga Maia focuses on mama, pepi, whānau and promoting Mātauranga Māori in pregnancy and childbirth.

Email ngamaia@trust@gmail.com

Helplines that offer men

Anxiety Line

Phone [0800 2694 389](tel:08002694389)

When to seek medical help

While some symptoms after giving birth are normal and will reduce over time, too much pain, bleeding or swelling could mean something is seriously wrong. So, it's important to listen to your body. If something doesn't feel right, talk to your midwife, doctor, or other healthcare provider.

If you're experiencing any of these symptoms, please contact your healthcare provider.

- heavy vaginal bleeding that continues to increase and soaks a maternity pad in less than 30 minutes, or passing large blood clots (lumps of blood)
- chills or a fever of more than 38°C
- fainting or dizziness
- changes to your vision or a severe, persistent headache
- painful urination or difficulty urinating
- vaginal discharge with a strong odour
- heart palpitations, chest pain or difficulty breathing
- vomiting
- if the wound from your C-section or episiotomy is red, swollen, or has pus
- abdominal (lower belly) pain that is getting worse, or new abdominal pain
- sore breasts that are red or feel hot to the touch
- pain in your legs with redness or swelling
- increase in swelling in the legs, feet or hands
- incontinence that lasts more than 6 weeks
- passing gas, faeces, urine, or pus from your vagina
- prolonged sadness, significant anxiety, or other significant changes in mood or energy, that impacts your ability to complete daily tasks
- pain during and after sex
- heaviness or a dragging sensation in the pelvic region.
- pain when walking and sitting which continues several weeks after birth

Further information

- Resources/info for birthing parents (downloadable/printable flier)
- Webinars / Q&A sessions
- Comms via professional bodies
- We'll update information/website as needed

If you need more information

- [How to provide maternal birth injury services \(acc.co.nz\)](https://acc.co.nz/how-to-provide-maternal-birth-injury-services)
- Provider Helpline: 0800 222 070 or providerhelp@acc.co.nz
- maternalbirthinjuries@acc.co.nz

If your client has a concern about their clinical care:


- [Raise your concerns directly - Health and Disability Commissioner \(hdc.org.nz\)](https://hdc.org.nz/raise-your-concerns-directly)

Pātai

Thank you for your time

maternalbirthinjuries@acc.co.nz

Karakia



Whāia, whāia
Whāia te tika
Whāia te pono
Whāia te aroha
Mō te oranga tāngata
Kia puta ki te whai ao,
Ki te ao mārama
Haumi e, hui e, tāiki e.

ACC's Purpose Karakia can be used to begin and end meetings and can be interpreted as follows:

Striving to do what is right
Undertaking to act justly
Being considerate of everyone
That it may improve the lives of all
