

What is the difference between an Emma Care nurse and a doula?

An Emma Care nurse is certified to care for pre and post-natal women. She is an obstetrics nurse who has received specialised education and holds a Singapore Nursing Board license.

A doula is an assistant who provides physical as well as emotional support during childbirth, in a non-medical capacity.

Contact Us

NUH Women's Centre

Emma Care Helpline: (65) 9838 2918
Email: Emma_Care@nuhs.edu.sg
Website: www.nuhgynae.com.sg
Clinic hours: Monday through Friday,
9am – 6pm

Location



National University Hospital
5 Lower Kent Ridge Road, Singapore 119074
Tel: (65)6779 5555 Fax: (65)6779 5678
Website : www.nuh.com.sg
Co. Reg. No. 198500843R

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions.

Information is correct at time of printing (Oct 2014) and subject to revision without prior notice.

Copyright (2014). National University Hospital
All Rights reserved. No part of this publication may be reproduced without permission in writing from the National University Hospital.



NUH Women's Centre
Is My Answer

Emma Care
Unique Collaborative Maternity Care

Our heartiest congratulations on your pregnancy!

The pregnancy and motherhood journey are memorable milestones filled with much joy, anticipation and perhaps, uncertainties. It is normal to feel unsettled. At the NUH Women's Centre, we understand what you are experiencing and can help you enjoy your pregnancy better.

Emma Care is a unique collaborative maternity care programme designed to meet your pregnancy, delivery, and postnatal needs.

Together with your obstetrician, our team of experienced midwives and nurses provides personalised holistic nursing care to support you throughout your pregnancy, right up to the birth of your baby and two months after.



Services of Emma Care

- Provides comprehensive pregnancy guidance and information on Natural Childbirth
- Accompanies you on your prenatal and postnatal clinic appointments
- Assists you in creating a realistic and personalised birth plan
- Coaches your partner to support you during and after delivery
- Provides one-to-one nursing care and support during active labour
- Offers breastfeeding support together with our postnatal ward nurses

When should I sign up for this Emma Care programme?



You can sign up for the programme preferably before 36 weeks gestation. This will give our team ample time to get to know you, better understand your needs and provide support to your pregnancy journey.

Can I sign up for the programme even if I want to have a medicated/ caesarean delivery?



Yes, we support all patients regardless of your delivery decisions.

Does this programme support home births or births in other facilities?



Our Emma Care service is only offered for deliveries at the National University Hospital.

Why do I still need to see an obstetrician under the Emma Care Programme?



Your obstetrician is essential and needed to provide you with the medical expertise throughout your pregnancy.

Will the same nurse or midwife accompany me throughout my pregnancy, labour and delivery and postnatal period?



The Emma Care programme uses a team-based, shared care system to enhance our patients' pregnancy and delivery experience. Our team of nurses and midwives work seamlessly together with your obstetrician to support and care for you throughout your pregnancy and motherhood journey.

When will my Emma Care nurse/ midwife attend to me during labour?



We will be there with you in the Delivery Suite once you are confirmed to be in established labour.