

Pregnancy with a disability



You're expecting a child. It's been recommended that you be followed in the CHUM's Pregnancy with Disabilities Clinic. This health sheet presents the Clinic and explains how you will be followed.



What is the Pregnancy with Disabilities Clinic?

It's a clinic that offers specialized care and services to people with disabilities who:

- want to become pregnant
- are already pregnant and need pregnancy follow-up adapted to their needs

What type of follow-up will I have?

Your pregnancy will be followed by a doctor specializing in high-risk pregnancy.

This doesn't mean your pregnancy is at risk. But this type of follow-up allows for better access to specialized and adapted care. The goal is to make sure everything goes smoothly.

How will my pregnancy be followed?

Your pregnancy will be followed in three main steps:

At the start of the follow-up

A nurse will call you to assess your needs and give you the overall follow-up calendar for pregnancies with disabilities. This calendar indicates the appointments and exams you'll need to have during your pregnancy. It also specifies the week of pregnancy at which each appointment and exam should be done.

During the call, the nurse will also discuss ways to facilitate your hospital appointments. Your monitoring will then be organized with the Clinic's team.



If you have any special needs or questions, please feel free to discuss them with the team. They're there to support you and find the best solutions for you.

During the follow-up

Your follow-up will begin between the 9th and 12th week of pregnancy. Besides the doctor's appointments, you'll have various tests, such as blood tests and ultrasounds. You'll also see other health professionals, depending on your needs. They're there to support you and find solutions adapted to your situation. These include:

- **A social worker**, who will provide advice and support in line with your needs. The social worker will also connect you with agencies and services that can support you during your pregnancy and afterwards.
- **A physiotherapist**, who will assess the impact of pregnancy on your physical capacities and can create an exercise program for you.
- **A professional from the Pain Management Centre**, who can provide care to manage the pain, taking into account the fact that you're pregnant.



Between the 28th and 30th week of pregnancy, you'll meet with a **physiotherapist** and an **occupational therapist** in a hospital room. They'll assess your ability to move around the room and do your daily tasks. The goal is to prepare you for your hospital stay. During your stay, you may be loaned equipment and supplies to help you take care of your baby and remain independent.



Example of a room in the Birthing Centre.

You can also talk with other professionals. For example:

- **An anesthesiologist**, who is a specialist in pain management during pregnancy and can help you find the best ways to relieve pain during childbirth.
- **A lactation consultant**, who can help you prepare to feed your baby in whatever way you choose.
- **A neonatologist**. This is a pediatrician who specializes in the care of newborns who are premature or have problems at birth. The neonatologist can assess the risks that your baby might have to stay in the hospital a little longer after birth. These risks depend, for example, on the medications taken by the mother during pregnancy.

Will I be able to express my birth preferences?

Yes. After speaking with you, the Clinic team will make a plan to prepare for your delivery based on your wishes and needs. This plan will be conveyed to the Birthing Centre care team that will look after you from the birth until your return home, so that they'll know your preferences and needs.

Before you leave the hospital, your needs will be assessed. You'll be offered solutions tailored to your situation to carry out your parenting role once you're at home.



To find out more about your follow-up appointments, consult the general follow-up calendar for pregnancies with disabilities. (See Useful Resources on the right.)

Who can I call if I have questions?

You can call the Pregnancy with Disabilities Clinic:

 **514 890-8355**



CHUM PATIENT HEALTH LINE

514 890-8086

24 hours a day, 7 days a week

You're a CHUM patient? You have questions about your health status? A nurse can help you.



RESSOURCES UTILES

CHUM Pregnancy with Disabilities Clinic:
chumontreal.qc.ca/repertoire/clinique-grossesse-situation-handicap

(French only)

To see the pregnancy follow-up calendar, click on Prendre rendez-vous → Calendrier des examens obstétricaux - Handicap et grossesse

Parents Plus Clinic

Parents Plus is a specialized clinic of the Centre intégré universitaire de santé et de services sociaux du Centre-Sud-de-l'Île-de-Montréal. It supports families, parents, future parents, or grandparents with disabilities across the province. It works closely with the CHUM team.

ciuss-centresudmtl.gouv.qc.ca

(French only)

On the home page, open the search bar and type in "Parents Plus" → "Parents Plus - Soutien aux parents en situation de handicap physique"

Tous parents!

Guide for parents with disabilities written by the Association québécoise des personnes de petite taille.

aqppt.org (French only)

On the home page, click on Réalisations → Tous parents!

Other CHUM health fact sheets are available. Ask your care team which fact sheets can help you.



You can also read them online.
chumontreal.qc.ca/fiches-sante

The content of this document in no way replaces the advice of your healthcare professional.

To find out more about the Centre hospitalier de l'Université de Montréal
chumontreal.qc.ca

