

## Maternity

# COVID-19: Updated Maternity Advice

Thank you for using the maternity services of University Hospitals Coventry and Warwickshire (UHCW)

We would like to update you on a few changes that we have made to our services in response to the COVID-19 outbreak.

You can also receive regular updates for maternity services by following UHCW on Facebook or Twitter:

<https://www.facebook.com/NHSUHCW/>

<https://twitter.com/nhsuhcw>

<https://instagram.com/nhsuhcw>

## Key Information

### COVID-19 Symptoms:



- A high temperature: You feel hot to touch on your chest or back. If you have a thermometer, a high temperature is anything at 37.8C or above.
- A new continuous cough: Coughing for more than an hour, or 3+ coughing episodes in 24 hours.
- A loss or change to your sense of smell or taste
- If you feel you cannot cope with your symptoms at home, or your condition gets worse, or your symptoms do not get better after 7 days, then use the NHS 111 online coronavirus (COVID-19) service. If you do not have internet access, call NHS 111 or 119. Call 999 if you are having difficulty breathing, a medical emergency or your symptoms are life threatening.



## Patient Information

Please let your midwife know if you have COVID-19 symptoms, and do not attend the hospital until you have spoken to a midwife or doctor on the phone number below.



### **Labour Ward Triage: 02476 967333**

It is also important to let us know:

**If you or your partner have had symptoms or have tested positive for COVID-19 in the last 7 days.**

**Or anyone living in your household has symptoms or have tested positive for COVID-19 in the last 14 days.**

At University Hospitals Coventry and Warwickshire, we are continually reviewing how we deliver our maternity care and services. Due to the COVID-19 Pandemic, we have arranged different ways of working to keep women, their families and our staff safe.

**The table below summarises the key changes and the date the changes were published:**

Summary of Amendments	Published
<p><b>1) Changes to visiting-</b></p> <ul style="list-style-type: none"><li>• One adult can accompany you to your dating and anomaly scan appointments, ideally from the same household</li><li>• Birth partners can visit on antenatal and postnatal wards between 12pm and 4pm Monday-Sunday providing they have booked using our online booking system</li></ul> <p><a href="https://www.uhcnw.nhs.uk/news/online-visitor-booking-system-now-available-for-one-birthing-partner/">https://www.uhcnw.nhs.uk/news/online-visitor-booking-system-now-available-for-one-birthing-partner/</a></p> <p>Face coverings must be worn for <b>all</b> midwife and maternity appointments and in ward areas.</p>	October 2020

<p><b>2) Changes to Antenatal Care-</b></p> <ul style="list-style-type: none"><li>• All midwife appointments are face to face</li><li>• All maternity appointments in the hospital are face to face</li><li>• <b>You can have one person with you for your dating and anomaly scans only</b>- any other appointments must be attended alone</li><li>• All inpatients are required to wear a face mask/covering when away from their bed</li></ul> <p><b>You or your accompanying adult must not attend any appointments if you have been tested positive for COVID-19, have been in contact with anyone who has tested positive for COVID-19 in the past 14 days or have any Coronavirus symptoms. Contact the scan department to re-arrange or discuss if this happens</b></p>	October 2020
<p><b>3) Changes to Labour and Birth-</b></p> <ul style="list-style-type: none"><li>• If your labour needs to be induced- if booked for Induction of Labour on ward 24 (antenatal ward), birthing partners must book online to visit between 12pm and 4pm</li><li>• Once your baby has been born- birthing partners can stay for the duration of the time you are on Labour ward or Lucina. If you need to be admitted to ward 25 (postnatal ward) they must leave and return during visiting times and have booked a visit using the online booking system.</li></ul> <p><b>Face covering must be worn in the ward areas (with the exception of a woman in labour) when moving in the ward areas.</b></p>	October 2020

<p><b>4) Changes to Postnatal Care-</b></p> <ul style="list-style-type: none"><li>• ‘Primary visits’ - your first home visit- will be carried out at home by a midwife in your team, even if you are isolating. The midwife will wear full Protective Personal Equipment (PPE).</li><li>• Day 3 visits will only be carried out if there has been a discussion with a midwife or support worker and there are concerns regarding feeding</li><li>• Day 5 visits will be carried out even if you are isolating. The midwife will wear full PPE.</li><li>• Day 14 appointments will be face to face at a local clinic for discharge to GP and Health Visiting services.</li></ul> <p><b>All inpatients are required to wear a face mask when away from their bed</b></p>	October 2020
<p><b>5) Hand Hygiene-</b></p> <ul style="list-style-type: none"><li>• Please use hand gels or wash your hands when come to our hospitals, in ward areas, during mealtimes and when using drinks facilities.</li></ul>	November 2020

### Changes to visiting:

In line with national guidance, general patient visiting has now been suspended at both of our sites – University Hospital, Coventry and The Hospital of St Cross, Rugby. We understand how important support from partners, family and friends is during pregnancy and have made some changes in light of this. However, these measures are necessary to help us to further protect our patients, staff and visitors from Coronavirus (COVID-19).

## Patient Information

You must **wear a face covering** to all your scheduled appointments with your midwife or consultant in Antenatal Clinic. It is important that you **attend these appointments alone**. If you attend an appointment at the hospital, there are masks and hand gel for you to use at Maternity Reception.

You may bring **one adult** to your dating and anomaly scan appointments. If possible, this person should be from the same household as you. You must both be well and not displaying any symptoms of COVID-19. You must both wear a face covering.

**Birthing partners** are able to visit on both the antenatal (Ward 24) and postnatal ward (Ward 25) provided they have no COVID symptoms and haven't been in contact with anyone who has had a positive COVID-19 test or with COVID-19 symptoms within the last 14 days.

**Birthing partners** are now able to book their visiting slot between midday and 4pm, seven days a week, using our new online booking system available:

<https://www.uhcw.nhs.uk/news/online-visitor-booking-system-now-available-for-one-birthing-partner/>

Friends and family are encouraged to keep in touch with patients, who can make free phone calls to landlines from their hospital beds (calls to mobile phones will be charged).

**If you are in inpatient (on W24, W25 or Labour Ward) at UHCW you must wear a face mask when you are away from your bed space. Visitors must wear a face mask at all times when visiting you on the ward or when with you in labour.**

### **Changes to antenatal care:**

Our **pregnancy booking appointments** are now face to face appointments with a midwife. They will go through your individual needs and requirements and direct your care appropriately. You will need to tell your GP Surgery that you are pregnant and you can arrange an

## Patient Information

appointment with the surgery over the phone. GP surgeries are now back open for you to attend midwife appointments alone.

The **dating ultrasound scan** will take place between 11 weeks and 2 days, and 14 weeks and 1 day. You will be able to have one person attend this appointment with you, ideally from the same household. We understand how important this time is for you to share with others, but they must be well and have not had contact with anyone who has tested positive with COVID-19 in the past 14 days. You must both wear a face covering.

**18 - 20 week anomaly ultrasound scan:** At this visit a midwife or healthcare assistant will check your blood pressure and urine. You will be able to have one person come to this appointment with you, ideally from the same household; they must be well and have not had contact with anyone who has tested positive with COVID-19 in the past 14 days. You must both wear a face covering. If you choose to find out the gender of your baby, and it can be seen on scan, we can provide this information in a sealed envelope so you can open it with your loved ones, as a gender reveal.

**Any extra scans you have must be attended alone. Birth partners cannot attend any other scans with the exception of dating and anomaly scans.**

**All antenatal appointments** in pregnancy will be face to face appointments with a midwife or doctor who can go through your individual needs and requirements, answer your concerns and direct your care appropriately. You will be contacted and advised when the appointment will take place but appointments with your midwife will be at your GP surgery. In light of the current visiting restrictions you must attend this appointment alone and wear a face covering.

**Please do not attend any appointments if you have COVID-19 symptoms, have been in contact with anyone with COVID-19 in the past 14 days or tested positive for Coronavirus. We are unable to test you, so please do not attend your appointment requesting a test. If you feel you cannot cope with your symptoms at home, or your condition gets worse, or your symptoms do not get better**

## Patient Information

**after 7 days, then use the NHS 111 online coronavirus (COVID-19) service. If you do not have internet access, call NHS 111/119.**

When you attend our services you will notice that our staff are wearing face masks and other Personal Protective Equipment (**PPE**). We appreciate that this can seem strange and may be a barrier to the way we communicate. Please be reassured we are here for you and do let us know how you are feeling so we can help you.

**Please call Labour Ward Triage: 02476 967333 (24 hours, 7 days a week) if you experience any of the following symptoms:**



- You think the baby is not moving or movements are less or different than usual
- You have any vaginal bleeding
- You have starred or blurred vision
- You have swelling of the hands and feet
- You think your waters have broken or you are worried about vaginal discharge
- You have pain passing urine
- You have a constant tummy pain
- You have headaches that don't get better with rest or paracetamol
- You have a persistent pain in your upper tummy area or under your ribs that doesn't go away
- Itching of the hands and feet
- Shortness of breath
- Generally feel unwell and feverish

**Fetal Well Being Unit (FWBU): 02476 967427**

FWBU is still open for pregnant mothers who may be referred if problems have been identified by the midwife or consultant. Pregnant women can contact the unit themselves if they have any concerns about their baby's movements. In light of the current visiting restrictions you must attend this unit alone, wearing a face covering. FWBU is open from 8am to 8pm Monday to Friday, and 9am to 5pm on weekends.

## Patient Information

For any women experiencing signs or symptoms of, or diagnosed with COVID-19, you should come to the hospital when in established labour where you will be cared for in a separate space with dedicated midwives. Additional monitoring is recommended to maintain the safety of you and your baby.

### **Changes to Labour and Birth care:**

**Birth partners:** We understand how important support is during birth. When you come to the hospital in labour, we are able to support your chosen birth partner to stay with you throughout your birth. This person **must be well** and not recently exposed to COVID-19. They can come with you onto the Labour Ward, the Birth Centre and into theatre but they should not leave the unit and must stay with you throughout your labour and birth.

**Birth choices:** We are happy to support all birth choices as before COVID-19.

This means you can choose to have a home birth, give birth in Lucina Birth Centre, water birth or on the Labour ward. We continue to support planned caesarean sections and epidurals for pain relief. However, we would hope that you have had the opportunity to discuss these choices in advance with your midwife or specialist (obstetrician) so that you can understand birth choices in context with your health and well-being and the progress of your pregnancy. If you wish to discuss this further please contact your community midwife.

**NB: If you test positive for COVID-19 or have symptoms, we would care for you in the Labour Ward as outlined above and water birth and home birth would not be recommended in line with national guidance.**

**When labour starts:** If your contractions start, your waters break, or you have any other concerns please call and speak to one of our midwives, who will be able to advise you:

Labour Ward Triage: **02476 967333**

Lucina: **02476 967425**

## Patient Information

**Early Labour:** We recommend, if it is safe to do so and following advice from our staff that you **remain at home in early labour**. You should keep hydrated, try different positions, and check you are passing urine regularly. In the early stages you may also find paracetamol (2 x 500mg tablets) is helpful, and these can be taken 4 - 6 hourly but no more than 8 tablets in 24 hours (some small women should take less, please talk to your GP). You can call back regularly e.g. if things change or every 4 hours for further advice and to keep us updated.

**If your labour needs to be induced:** this will be discussed with you in advance and a date will be arranged. There may be the option for you to start your induction in hospital and then go home to see if labour starts before coming back the next day. We will discuss your suitability for this with you at the time of admission. If not, we will start your induction on the ward where visiting between 12pm and 4pm must be booked online. Once you are in labour your birth partner can stay regardless of the time, to support you.

**If you have a caesarean section planned:** Someone will contact you a few days before the date you have been given, to ask if everyone in your household is well. Everyone having a planned caesarean will also be asked to attend UHCW's outpatient testing pods for a Coronavirus swab. This screening will help us to manage your care appropriately and avoid delays on the day of surgery, if you choose not to have the screening, extra measures will be required in theatre, and your partner will not be able to be present during the surgery.

**Once your baby has been born:** we will aim to get you home as a family as soon as possible. For some women and babies, if all is well and you have not had surgery, this could be quite soon after birth (minimum of 2 hours) and you can leave with your birth partner. If you are on Labour ward or Lucina, your birthing partner can stay with you for the entire time. If we need to take more time to look after you or your baby then we may need to admit you to the ward areas. This would mean that visiting restrictions apply and your birth partner would need to leave and return during visiting hours (12pm-4pm) and book a visiting slot online. They may need to come back to collect you when you are ready for discharge if it is out of visiting times.

## Patient Information

**Friends and family** are encouraged to keep in touch with patients, who can make free phone calls to landlines from their hospital beds (calls to mobile phones will be charged).

### **Changes to Postnatal care:**

**Day 1 - Your first day at home (often referred to as your primary visit):** A home visit will be carried out to by a midwife from your midwife team, they will check your physical and emotional wellbeing, answering any concerns you might have. Your midwife will also assess your baby and discuss feeding. An individual care plan will be discussed with you depending on your needs.

**Day 3:** You will have a telephone consultation if there are any concerns about your baby's feeding. A face to face appointment will be arranged if needed. If there are no concerns about your baby's feeding on your first visit, a midwife will see you on your day 5 visit. If you have concerns about your baby's feeding but don't have a scheduled phone call, you can call our postnatal ward **02476967315**.

**Day 5:** Your midwife will invite you to a dedicated nearby clinic or visit you at home and will offer to carry out a Newborn Blood Spot Screening Test (NSST) for your baby. A full assessment of you and your baby will also take place. If you are isolating, please limit the number of people present in the room however, the NSST will still be carried out.

**Day 14:** Your midwife will arrange to see you in a dedicated clinic. During this consultation your midwife will check your physical and emotional wellbeing and discuss how well your baby is feeding. You will also have the opportunity to discuss any other concerns you may have. If you and your baby are well, your care will be handed over to your GP and Health Visiting team. This means you and your baby will be **discharged** from community midwifery services. However you can still contact the midwifery services for support for up to 28 days after the birth of your baby.

### **COVID-19 screening of inpatients:**

As part of national policy from NHS England, we are now swabbing all people who need to be admitted into hospital for any reason. This also

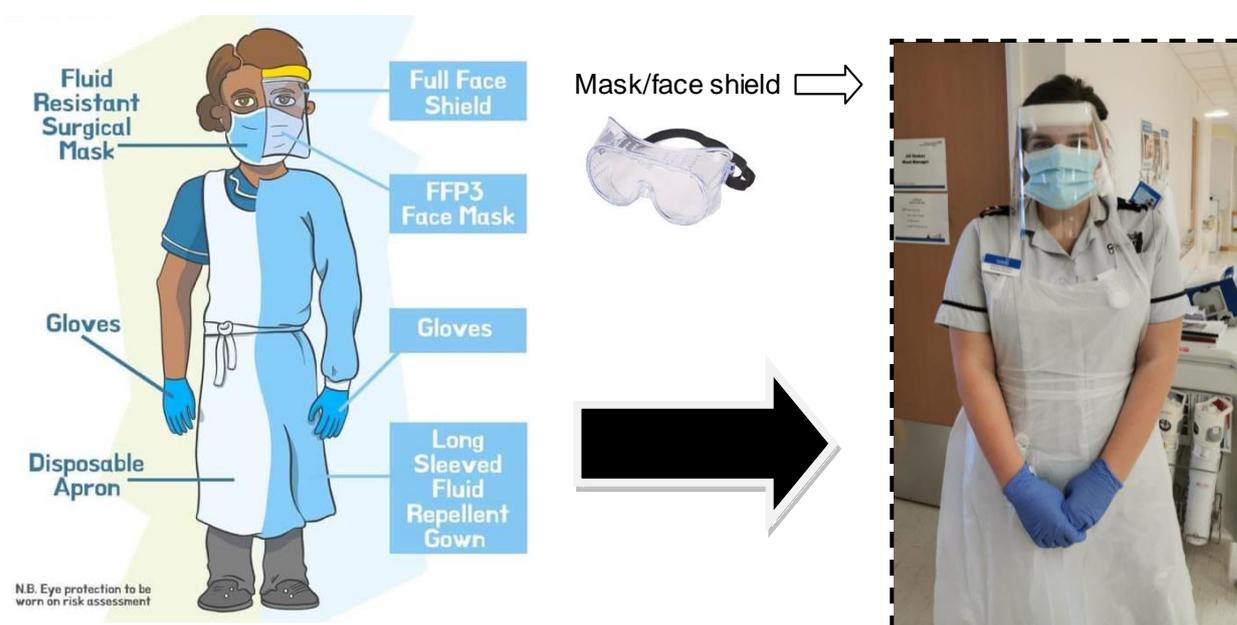
## Patient Information

includes women being admitted into our maternity services. If you are expected to stay with us overnight for an episode of care during the antenatal, postnatal period or in labour, you will be offered to be swabbed at the time of your admission for COVID-19. If the results are known before your discharge you will be informed and if positive you will be moved to a side room for your care to continue to minimise the risk to other patients.

If you have gone home before the result is known, you will be contacted by telephone to let you know **only if you have a positive result**, and to give advice for your household. If you start to have symptoms of COVID-19 at home, you should still contact 111 for advice.

## Personal Protective Equipment (PPE)

Here is an example of the PPE you can expect staff to be wearing during your stay with us.



## Hand Hygiene

Please use the **hand gels** provided or **wash your hands** when you come to our hospitals. **There are masks and gel at Maternity Reception for you to use if you have forgotten your own.** Please use hand gel in all ward areas when moving from your bed space to a communal area, such as when getting meals or using drinks machines, and moving between ward areas.

## Patient Information

**Visitors** must also use the hand gel and masks on arrival to UHCW NHS Trust before they are given their visitors pass.

### WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

 Duration of the entire procedure: 40-60 seconds



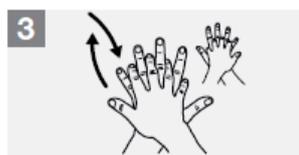
0 Wet hands with water;



1 Apply enough soap to cover all hand surfaces;



2 Rub hands palm to palm;



3 Right palm over left dorsum with interlaced fingers and vice versa;



4 Palm to palm with fingers interlaced;



5 Backs of fingers to opposing palms with fingers interlocked;



6 Rotational rubbing of left thumb clasped in right palm and vice versa;



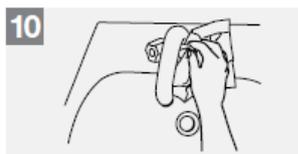
7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



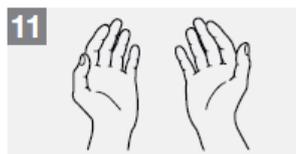
8 Rinse hands with water;



9 Dry hands thoroughly with a single use towel;



10 Use towel to turn off faucet;



11 Your hands are now safe.

### For more information:

**For urgent enquiries please contact 02476 967333**

For further questions regarding COVID maternity care we are happy to receive your questions by email:

**[MaternityCOVIDQueries@uhcw.nhs.uk](mailto:MaternityCOVIDQueries@uhcw.nhs.uk)**

COVID-19: Updated Maternity Advice for UHCW

[Feedback@uhcw.nhs.uk](mailto:Feedback@uhcw.nhs.uk)

## Patient Information

Please hold your smart phone camera or QR reader over the codes below for useful online contacts



This code will take you to the website of the Royal College of Obstetrics and Gynaecologist's where you can find up to date **information for pregnant women.**



This code will take you to an information video from NHS England.



This code will take you to the UHCW **virtual tour** which will show our facilities.

*Please note this was filmed prior to COVID-19.*

## Patient Information

The Trust has access to interpreting and translation services. If you need this Information in another language or format please contact us on **02476 967333** and we will do our best to meet your needs.

The Trust operates a smoke free policy

### Document History

Department:	Maternity
Contact:	27213
Updated:	December 2020
Review:	December 2022
Version:	1
Reference:	HIC/LFT/2534/20