

Patient Information

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.



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Call 999 if you are having difficulty breathing, a medical emergency or your symptoms are life threatening.

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>1) Changes to visiting-</p> <ul style="list-style-type: none">Birth partners can visit on antenatal and postnatal wards between 11am and 8pm Monday-Sunday providing they have booked using our online booking system https://www.uhcw.nhs.uk/news/online-visitor-booking-system-now-available-for-one-birthing-partner/ <p>Fluid resistant masks must be worn whilst attending all midwifery and obstetric appointments and in ward areas. If support people refuse to comply, they will be asked to leave, unless they are exempt for medical reasons.</p>	May 2021

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<p>Fluid resistant masks are available at all department entrances and must be worn by women and partners.</p> <p>Birth partners should be from the same household or support bubble and should be the same person throughout the pregnancy, labour and postnatal period.</p>	
<p>2) Fetal Medicine Unit-</p> <ul style="list-style-type: none">• Lateral flow testing for women and their support person (one adult) prior to their appointments in Fetal Medicine.	May 2021

Changes to visiting:

In line with national guidance, please be advised that *general* patient visiting has been extended 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).

You must **wear a fluid resistant mask** to all your scheduled appointments with your midwife or consultant in Antenatal Clinic. If you attend an appointment at the hospital, there are masks and hand gel for you to use at Maternity Reception.

On arrival to the department you and your support partner will be required to complete the 'checking-in procedure' with the receptionist. - you will have your **temperature taken** and provided with the '**COVID Risk Assessment Checklist for Antenatal Outpatient Visiting**' form to complete.

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If your result is above 37.5°C, it will be escalated to senior staff and the decision made whether your appointment should go ahead or be rescheduled.

If the recorded **temperature is above 37.5°C for your support partner**, they will not be able to attend the appointment and should access a Covid-19 PCR test using the booking process on the government website <https://www.gov.uk/get-coronavirus-test>.

You may be accompanied by **one adult to all of your scan and antenatal clinic appointments** at UHCW, Coventry and the Hospital of St. Cross, Rugby. This includes appointments at FWBU. If possible, this person should be from the same household or support bubble and should be the same person throughout the pregnancy, labour and postnatal period as you. You must both be well and not displaying any symptoms of COVID-19. You must both wear a fluid resistant mask unless you are medically exempt.

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 11am and 8pm, 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 fluid resistant face mask when you are away from your bed space. Visitors must wear a fluid resistant face mask at all times when visiting you on the ward or when accompanying you in labour.

Changes to antenatal care:

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

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appointment with the surgery over the phone. GP's 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/ support bubble. We understand how important this time is for you to share with your partner/family/friend 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 fluid resistant face mask unless medically exempt.

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 attend this appointment with you, ideally from the same household/ support bubble; 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 fluid resistant face mask unless medically exempt.

Birth/support partners can attend all scans.

All antenatal appointments in pregnancy will be conducted face to face 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.

Birth/ support partners can attend all antenatal clinic appointments at the hospital- UHCW/ Hospital of St. Cross.

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

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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 reassure you. Our staff are also carrying out lateral flow testing- meaning that they are doing home testing twice a week for Covid-19 to keep yourself and other members of staff safe.

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 self-refer to FWBU if they have any concerns about their baby's movements. **You can bring one birth/support partner with you to your appointments at FWBU.** They must be well and have not had contact with anyone who has tested positive with COVID-19 in the past 14 days. You and your birth/support partner must wear a fluid resistant face mask unless medically exempt. They will have their temperature

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checked on arrival to the maternity department but asked to leave if their temperature is above 37.5. If they are unable to stay because of this, you can contact someone else to support you.

FWBU is open from 8am to 8pm Monday to Friday, and 9am to 5pm on weekends.

Fetal Medicine Unit:

You (and your 1 support person) will be offered a lateral flow test prior to your appointment. Lateral flow antigen testing detects the presence of the COVID-19 viral antigen from a swab sample. You will be asked to attend 45 minutes before your appointment time for the lateral flow tests to be completed. If you or your support partner decline to be tested, your support partner will not be able to attend the appointment with you and will be advised to wait outside the department.

For any women experiencing signs or symptoms of, or diagnosed with COVID-19, the recommendation is to attend 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.

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 accompany you onto the Labour Ward, the Birth Centre and into theatre but we request they do not leave the unit and stay with you throughout your labour and birth. They will have their temperature checked on arrival to the department but asked to leave if their temperature is above 37.5. If they are unable to stay because of this, you can contact someone else to support you.

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

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would hope that you have had the opportunity to discuss these choices in advance with your midwife or 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 suggestive 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: **02476 967333**

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 1g (2 tablets) is helpful, and these can be taken 4 - 6 hourly but no more than 8 tablets in 24 hours. 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 to attend 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 11am and 8pm 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 NHS Trust'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, due to the risk of aerosol generating procedures in theatre extra measures will be required, and your partner will not be able to be present during the surgery.

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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 (11am-8pm) 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.

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).

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.

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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.

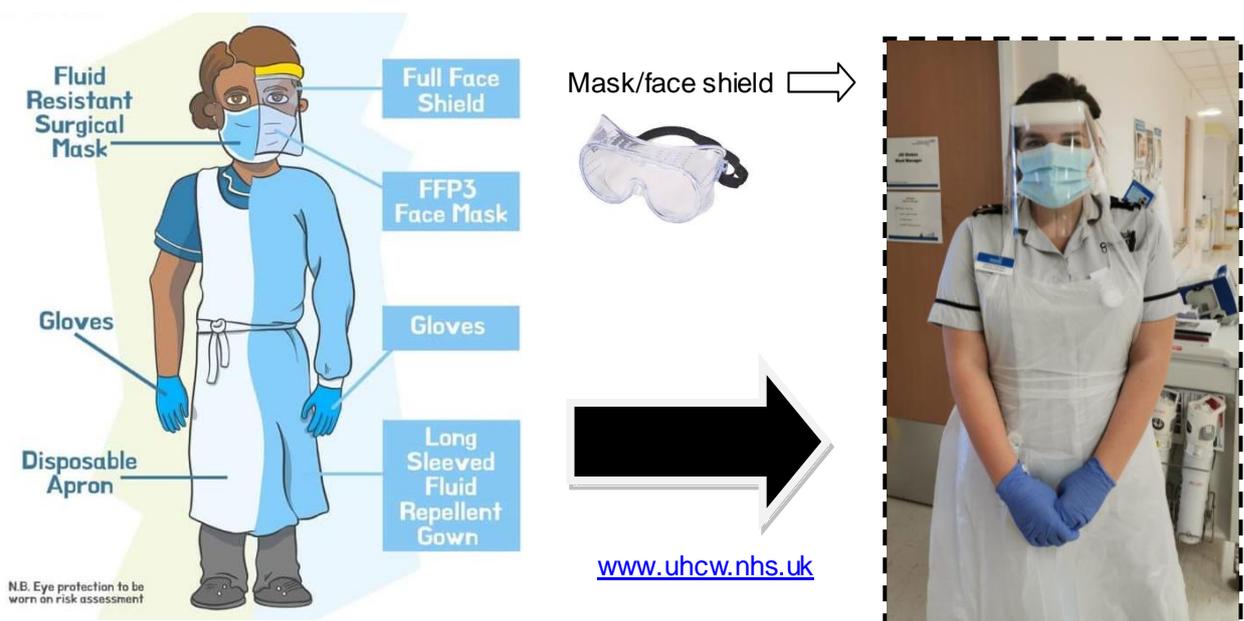
COVID-19 screening of inpatients:

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 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.



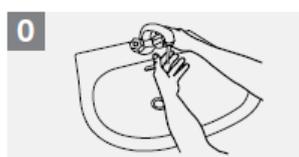
Hand Hygiene

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.

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



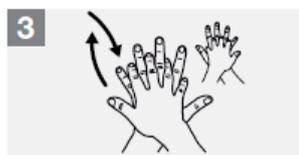
Wet hands with water;



Apply enough soap to cover all hand surfaces;



Rub hands palm to palm;



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



Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



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



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



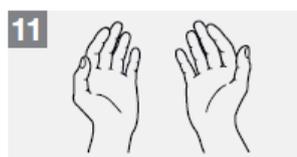
Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off faucet;



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

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.

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

The Trust operates a smoke free policy.

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

Document History

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