#### **COVID-19 and Companion**

# QOC WEBINAR APRIL 20<sup>TH</sup> MCA DEPARTMENT





#### **Summary**

- There is no evidence that pregnant women present with different signs/symptoms or are at higher risk of severe illness and little evidence for mother-to-child transmission
- Pregnant women with suspected, probable, or confirmed COVID-19 (even if in isolation) should have access to woman-centred, respectful skilled care while applying necessary Infection Prevention and Control (IPC) measures.
- Regardless of COVID-19 status, mothers and infants should remain together, breastfeed, practise skin-to-skin contact, kangaroo mother care, and rooming-in day and night while applying necessary IPC measures
- Efforts to ensure a woman has a companion at birth should continue, so long as IPC





#### Key messages

- At this point, there is no evidence that pregnant and postpartum women with COVID-19 infection present with different signs/symptoms or are at higher risk of severe illness.
  - There is no clear evidence of mother-to-child transmission.
- Pregnant women with suspected, probable, or confirmed COVID-19 (even if in isolation) should have access to woman-centred, respectful skilled care, while applying necessary infection prevention and control (IPC) measures





### Caring for women with COVID-19 during labour and childbirth

- During labour and childbirth, care of pregnant women with suspected, probable, or confirmed COVID-19 includes, depending on the severity of the disease:
  - A companion of their choice during childbirth (with appropriate IPC measures, including appropriate training on and use of Personal Protective Equipment (PPE) and movement restriction in the healthcare facility)
  - Pain relief strategies
  - Adoption of mobility and an upright position where possible



World Health Organization





#COVID19 #CORONAVIRUS

### Caring for women during pregnancy, childbirth and postnatally

Pregnant women with suspected, probable, or confirmed COVID-19 (even if in isolation) should have access to quality, womancentred, respectful skilled care

- Be treated with dignity, privacy and confidentiality, ensuring freedom from harm and mistreatment, and enabling informed choice
- Benefit from multidisciplinary teamwork from midwifery, obstetric, perinatal, neonatal and intensive care specialists as appropriate
- Have access to facilities with readiness to care for maternal and neonatal complications
- Benefit from mental health and psychosocial support
  - Prevention and management services for common mental disorders should be



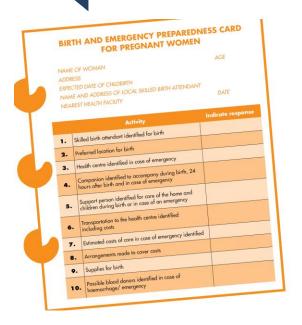
- WHO recommendations: intrapartum care for a positive childbirth experience, 2018. https://www.who.int/reproductivehealth/publications/intrapartum-bare-guizelinesen/
- Definition of skilled health personnel providing care during childbirth: the 2018 joint statement by WHO, UNFPA, UNICEF,ICM, ICN, FIGO and IPA. https://apps.who.int/iris/bitstream/handle/10665/272818/WHO-RHR-18.14-eng.pdf
- Mental health and psychosocial considerations during the COVID-19 outbreak. WHO. 2020 https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf.

#### Specific considerations for maternal and newborn health services in the context of the COVID-19

nandomic

- Maternal and newborn services are essential services that should continue throughout the pandemic.
  - Childbirth care, should be prioritized within facilities.
- MNH services provided in the facility, should focus on
- promoting care-seeking in communities
- addressing risks of COVID-19 transmission at health facilities through IPC
- supporting home care practices.
- Access to services may become difficult ( lock downs, less transport, or fear of infection in facilities).
- Women and adolescents may have even less access related to gender issues,
   discrimination, and stigma
- Midwives and community health workers can continue to support women would be alth phone calls and on-line communication platforms of the communication plat

## Birth preparedness and complications readiness during the COVID 19 pandemic



- The woman and her midwife/care provider should review the BPCR plan at every ANC contact.
- In case of changes in access to services, women and their care team will need to re-plan on where services are being offered, and inform women how they will get there or ensure they can be contacted by phone.
- Transport and costs of transport may be different during COVID-19 lockdowns.
- The person selected to be the companion should not have any signs or symptoms of COVID-19.
- The companion will have to be carefully instructed and follow the Infection Prevention and Control measures at the facility.
- It will be important for health care workers to address any fear about amongst women and/or companions about becoming infected in the facility

#### Maternity and neonatal services in the context of COVID-19

- Ensure that all patients cover their nose and mouth
- with a tissue or elbow when coughing or sneezing;
- > WASH YOUR HANDS! hand hygiene includes either:
- cleansing hands with an alcohol-based hand rub or
- with soap and water;

Health facilities should
establish infection
prevention and control
strategies to prevent or limit
transmission in maternity care
settings for women in the
context of COVID-19

As described on in the Infection Prevention and Control section of the WHOA app.





### Protecting mothers with COVID-19 and their infants

- If COVID-19 is suspected or confirmed, appropriate hygiene measures can protect the infant or child. These include:
  - Washing hands before and after breastfeeding the child or infant
  - Practicing good respiratory hygiene, wearing a medical mask where possible
    - Coughing or sneezing into a tissue and disposing of the tissue immediately
  - Routinely cleaning and disinfecting surfaces that have been touched



Women with COVID-19 can breastfeed if they wish to do so. They should:



Practice respiratory hygiene and wear a mask



Wash hands before and after touching the baby



Routinely clean and disinfect surfaces



**#COVID19 #CORONAVIRUS** 



