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Pregnancy and COVID-19

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Pregnancy and COVID-19

Abstract

There is a global information gap currently that involves pregnancy and COVID-19. Research suggests that approximately two-thirds of expectant mothers infected with Coronavirus do not show any symptoms, whereas those that show symptoms only have mild flu-like or cold symptoms. However, it is anticipated that a small percentage of expectant women with the COVID-19 Virus may be at high risk of developing severe complications than non-expectant. This research aims to determine the effect of COVID-19 infection on unborn babies and their mothers. In collecting relevant information, the research method employed was collecting background information already published and organizing this data with relevant citations since they formed the basis of my research. The findings suggested that pregnant women with suspected or confirmed COVID-19 virus infection were less likely to experience fever or muscle pains. Nonetheless, if they developed severe illness, they were more likely to require intensive attention.

Introduction

Even though recent research indicates that there are chances of increased threat of premature delivery for pregnant women who become severely sick with COVID-19, there is no indication to propose that COVID-19 infection in early pregnancy escalates the possibility of miscarriages. Predominantly, this is because it is suggested that their children were born timely for the benefit of the females' health and to allow them to recuperate. Babies delivered before the full duration of 37 weeks are susceptible to complications related to premature birth. Likewise, the conducted studies show that the admission rates of pregnant women to intensive care units

are higher compared to non-expectant women. Moreover, current proof shows that hospital admissions might be more common among expectant mothers with suspected or confirmed COVID-19 infection than their non-pregnant counterparts of similar ages. However, this is partly because expectant women are also admitted to clinics for other causes unrelated to the COVID-19 Virus.

Conclusion

Avoiding COVID-19 infection during pregnancy should be a top priority for expectant women because they are at high risk of experiencing immune system changes that would make them more vulnerable to respiratory complications. Therefore, pregnant women should be proactive in ensuring that they follow all the safety measures and take strict precautions in protecting themselves from the Virus. Preferably, every expectant woman should be screened for COVID-19 infection whenever they visit hospitals for a normal checkup or are admitted to deliver their babies. This practice would assist in ensuring the wellbeing of both the mother and the baby. Similarly, hospitals play as the epicenter of infection; thus, hospital managements need to implement prevention strategies like limiting visitors for admitted pregnant women to curb the spread of the Virus. Lastly, it is important to state that regardless of a lady's COVID-19 infection status, their right to progressive pregnancy and appropriate delivery practices should be guaranteed.

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