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*by* Rr Rr

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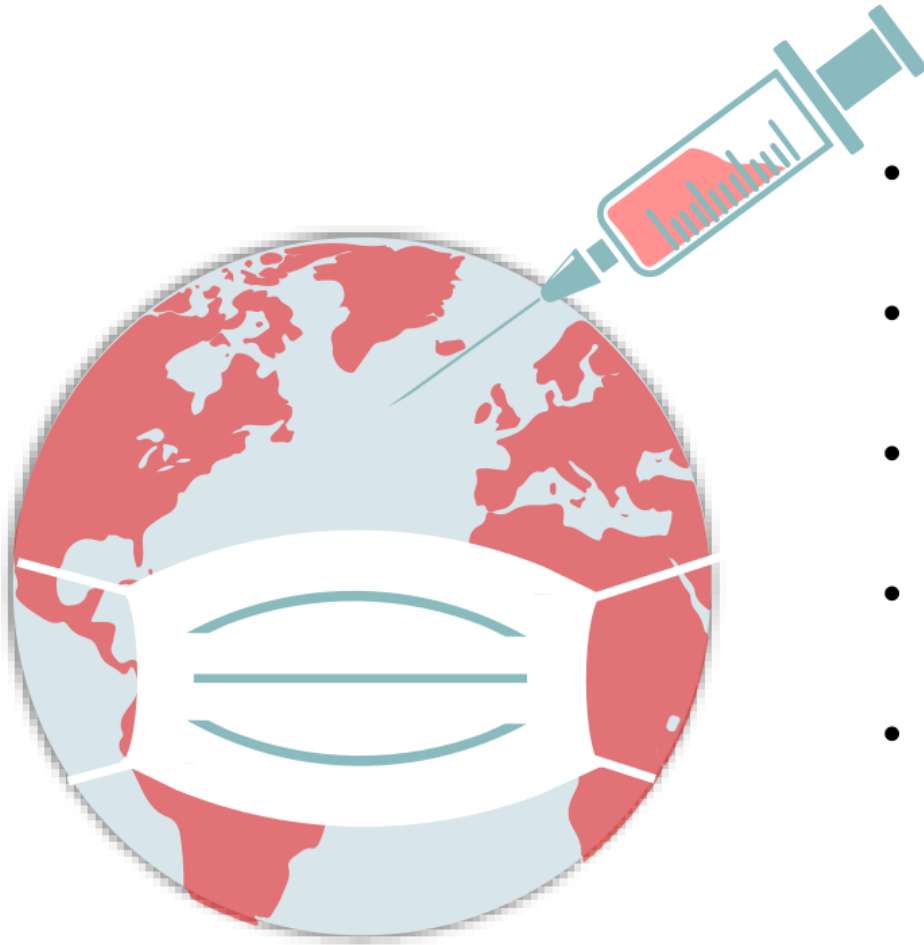
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# Pregnancy and **COVID-19**

# Introduction

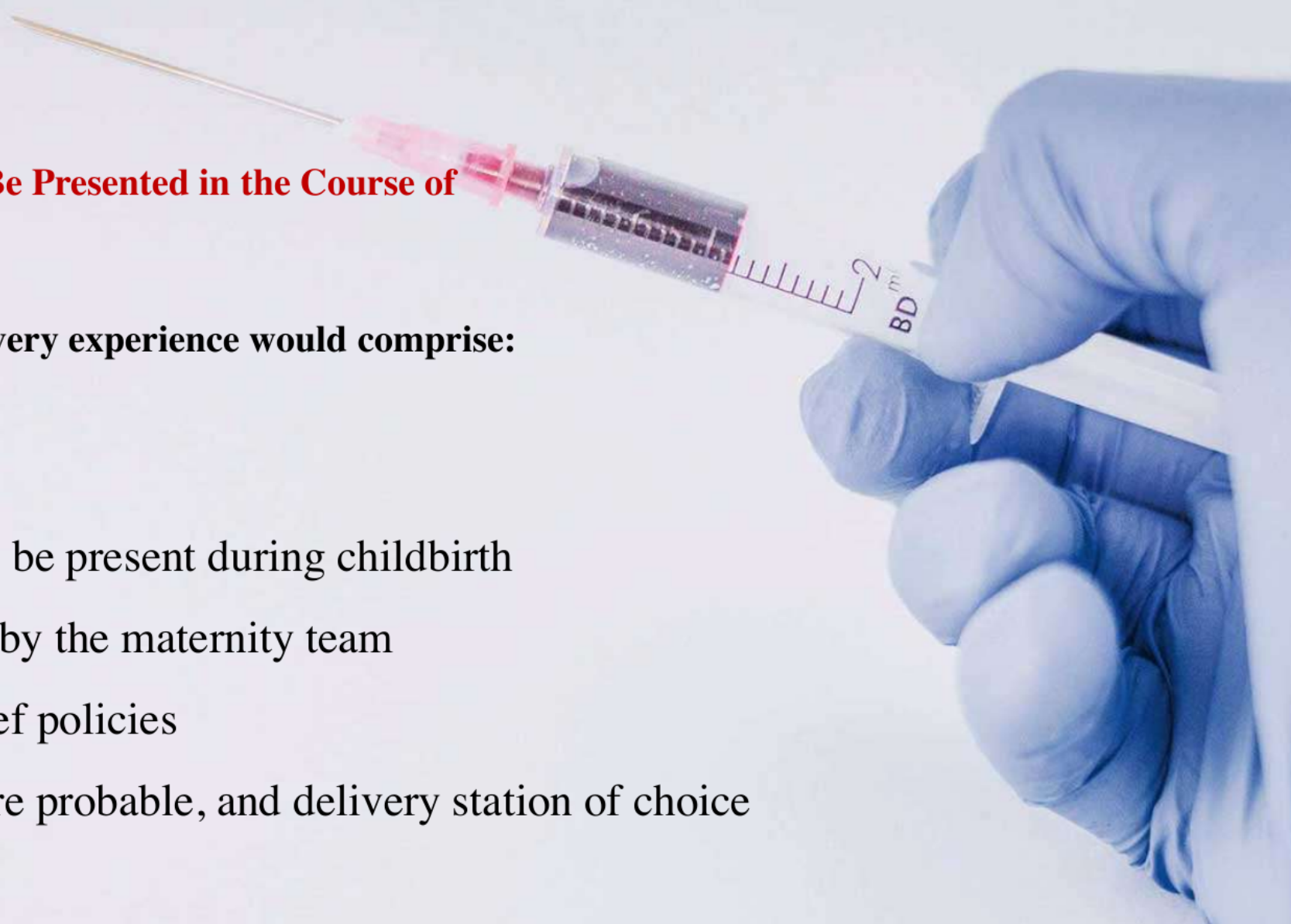


- COVID-19 Pandemic has profoundly changed the situation with ordinary lives Worldwide
- COVID 2 (SARS CoV-2) disease was found in China on 31 December 2019
- The overall threat of COVID-19 Infection to pregnant women is low
- However, pregnancy increases the threat for severe ailment and death by COVID-19 Virus
- Expectant ladies with underlying conditions are at more risk of severe illness



## What Should Be Included in the Management of Expectant Patients With Suspected or Confirmed COVID-19 Infection?

- Uterine and Fetal contraction monitoring, when suitable, depending on gestation stage
- Personalized delivery scheduling
- A multispecialty team methodology
- Comprehensive supervision relating to scheduling delivery (Garg et al., 2020)
- Medication for severely ill covid-19 infected mothers

A hand wearing a blue nitrile glove holds a syringe with a needle. The syringe is white with a pink plunger and has markings for 2 ml. The needle is long and thin. The background is a light blue gradient.

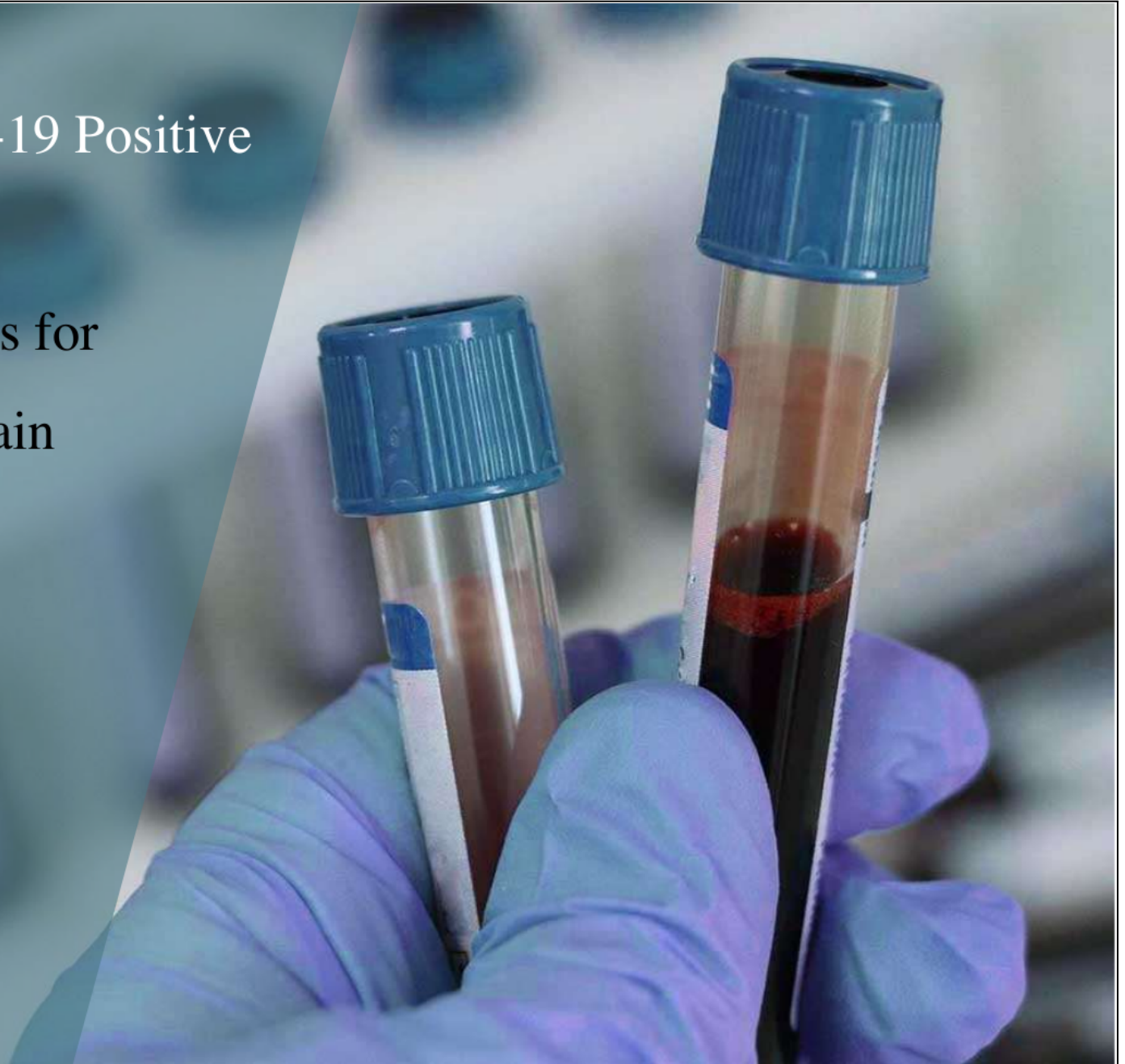
## **What Kind of Care Should Be Presented in the Course of Pregnancy and Childbirth?**

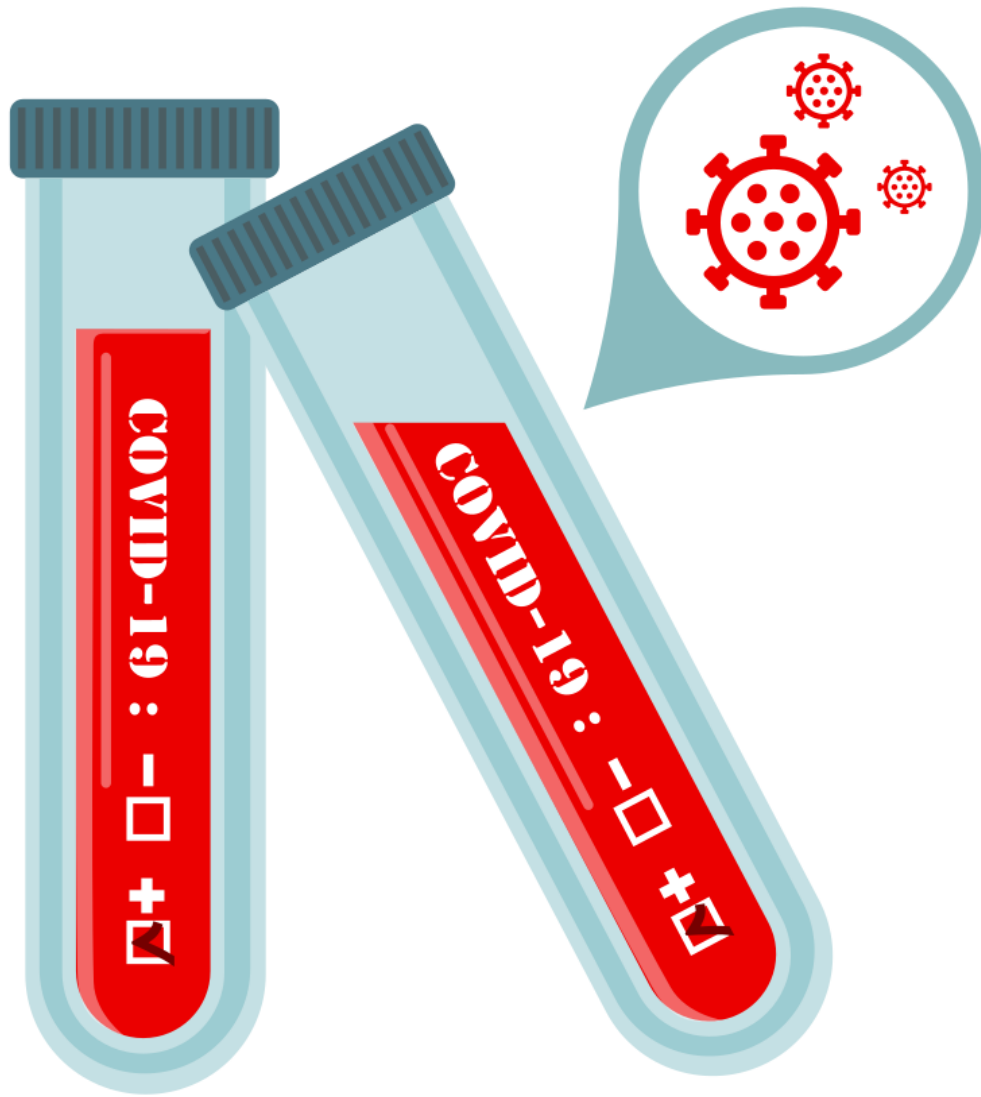
**A harmless and positive delivery experience would comprise:**

- Treatment with respect
- A confidant of choice to be present during childbirth
- Precise announcements by the maternity team
- Suitable discomfort relief policies
- Flexibility in labor where probable, and delivery station of choice

## Treatment Options For COVID-19 Positive Mothers

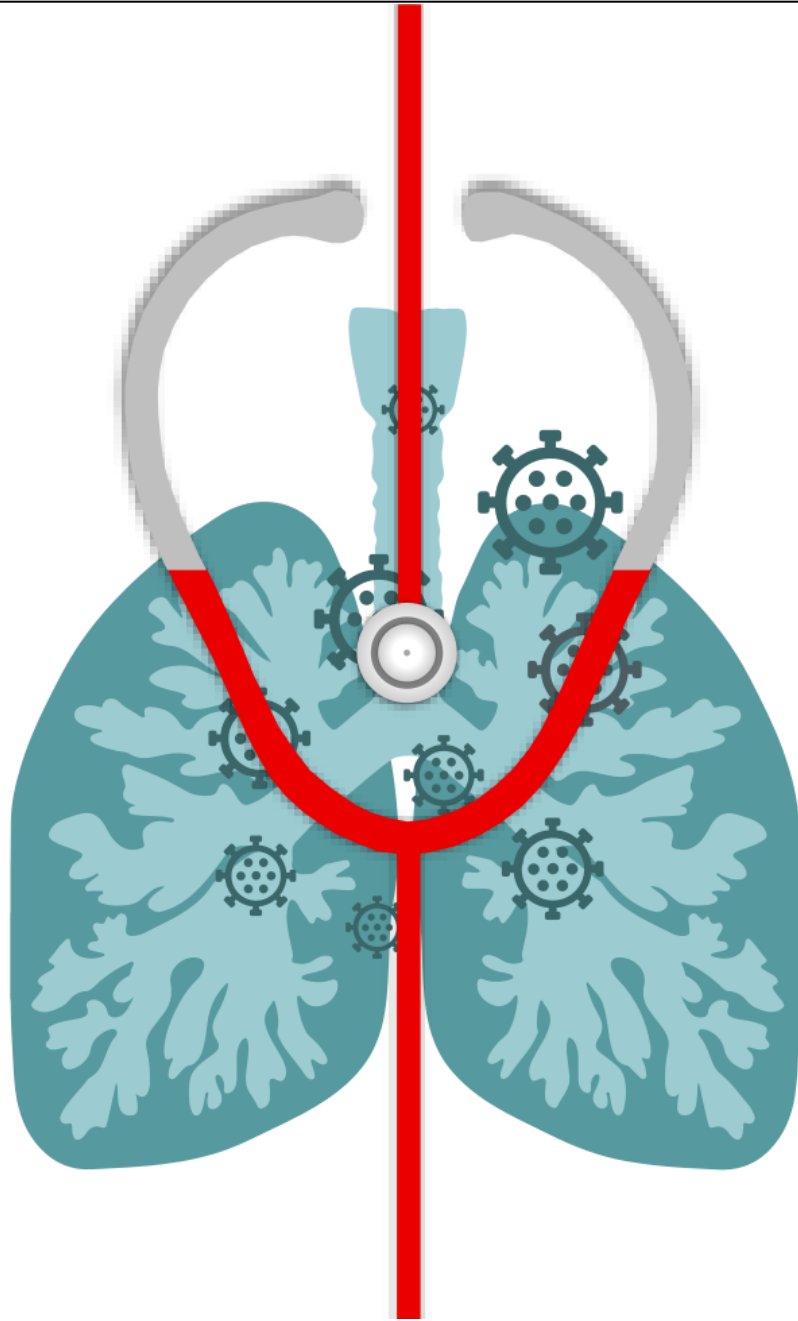
- Antiviral and biological agents for COVID-19 in pregnancy remain unclear
- NIH recommends remdesivir
- Anticoagulation
- Obstetric management
- Prevention





## Labor and Delivery Recommendations

- Confidant and expectant mother screening for COVID-19 (Zambrano et al., 2020)
- Limiting the number of individuals in the delivery chamber and visits
- Wearing appropriate face mask
- Ensuring hygienic hands when carrying the baby
- Temporary separation between the mother and the baby incase of severe illness



## Post Delivery Recommendations

- In the course of delivery hospitalization, the woman must uphold a rational space from her newborn when conceivable
- Healthcare providers should dawn personal protective equipment when providing care for well toddlers
- Deferred cord clenching practices and skin-to-skin care in delivery theaters should continue per normal focus practice
- Mothers and infants may room-in according to natural center habit

## Post Delivery Management Cont...

### Breastfeeding

- WHO suggest confirmed or suspected COVID-19 mothers to continue or initiate breastfeeding (World Health Organization, n.d).
- Counselling mothers on the benefits of breastfeeding
- Women should carry out hand sanitization prior to breastfeeding and put on a mask all through breastfeeding
- Expressing breast milk after appropriate hand hygiene for COVID-19 positive mothers



# Is it safe to Vaccinated expectant women against COVID-19 disease?

- Inadequate information are available concerning the safeness of COVID-19 vaccines for expecting women
- Clinical studies are underway
- CDC and the Federal Drug Administration (FDA) have safety observing systems (CDC, 2019)
- Moderna and Pfizer-BiotNTech vaccines are mRNA vaccines
- Vaccination can pass antibodies to the fetus



# References

- ✓ World Health Organization. (n.d). Guideline: protecting, promoting and supporting breastfeeding in facilities providing maternity and newborn services. Geneva, Switzerland: World Health Organization; 2017.
- ✓ Zambrano, L. D., Ellington, S., Strid, P., Galang, R. R., Oduyebo, T., Tong, V. T., ... & Zapata, L. (2020). Update: characteristics of symptomatic women of reproductive age with laboratory-confirmed SARS-CoV-2 infection by pregnancy status—United States, January 22–October 3, 2020. *Morbidity and Mortality Weekly Report*, 69(44), 1641.
- ✓ Garg, S., Kim, L., Whitaker, M., O'Halloran, A., Cummings, C., Holstein, R., ... & Fry, A. (2020). Hospitalization rates and characteristics of patients hospitalized with laboratory-confirmed coronavirus disease 2019—COVID-NET, 14 States, March 1–30, 2020. *Morbidity and mortality weekly report*, 69(15), 458.
- ✓ Centers for Disease Control and Prevention (CDC).(2019). Coronavirus disease 2019 (COVID-19): cases in U.S. 2020. Available at: <https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/cases-in-us.html>. Accessed March 31, 2021.

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