



COVID-19: Updated Maternity Advice for South Warwickshire NHS Foundation Trust

Version 10
21 January 2021



Document Revisions

During this pandemic and state of national emergency all maternity services will need to find alternative ways of working to keep women and staff safe. At South Warwickshire NHS Foundation Trust, we are continually reviewing how we deliver our maternity services and this guidance will be amended to detail the changes as they are made.

The below table summarises the key revisions to this document and the date these revisions were published:

Version	Outline of Amendments	Published
1	-	16 April 2020
2	<ul style="list-style-type: none"> • Amendment to information concerning dating scan • Amendment to information concerning anomaly scan • Amendment to postnatal visiting • Amendment to contact details for women if they have critical concerns in the postnatal period 	18 April 2020
3	<ul style="list-style-type: none"> • Addition of 'Document Revisions' • Amendment regarding layout of COVID-19 symptoms, no change to content • Amendment to information concerning dating scan • Amendment to information concerning anomaly scan • Extension to 'FAQs' • Amendment to question 'Can my partner join me for my scan?' 	23 April 2020
4	<ul style="list-style-type: none"> • Addition to 'Key Information': <ul style="list-style-type: none"> - 'COVID-19 symptoms' information revised • Amendments to 'Summary of Changes': <ul style="list-style-type: none"> - 'Birth partners and visiting' information revised - 'Place of birth' information revised - 'Postnatal' information revised • Amendments to 'Antenatal Pregnancy Care': <ul style="list-style-type: none"> - 'Changes to visiting' information revised - 'Attending ultrasound scans' section added • Amendments to 'Schedule of visits for midwifery led care pathway': <ul style="list-style-type: none"> - 'Dating scan' information revised - 'Anomaly scan' information revised 	01 June 2020

Document Revisions

Version	Outline of Amendments	Published
4	<ul style="list-style-type: none"> • Amendments to ‘Labour and Birth’: <ul style="list-style-type: none"> - ‘Birth partners and visiting’ information revised - ‘Planned procedures such as induction of labour and caesarean’ section added • Amendments to ‘Postnatal Care’: <ul style="list-style-type: none"> - ‘Postnatal care on Swan Ward and the Midwifery Led Unit’ section added - ‘Information for parents with a baby on the Special Care Baby Unit’ section added - ‘Discharge’ information revised - ‘Following discharge’ section added - ‘Postnatal visits’ information revised • Amendment to ‘FAQs’: <ul style="list-style-type: none"> - ‘Will I be tested for COVID-19?’ question added - ‘Can my partner join me for my scans?’ information revised 	01 June 2020
5	<ul style="list-style-type: none"> • Amendments throughout guidance: <ul style="list-style-type: none"> - Advice concerning social distancing <i>Social distancing recommendations from the government remains at two metres for healthcare settings.</i> - Advice concerning face coverings <i>All women and any accompanying visitors (where permitted) must wear a face covering to attend any appointments including when attending the hospital in labour in line with national guidance. However, women will not be expected to wear a face mask during birth.</i> - Advice for individuals of BAME background <i>Evidence suggests that individuals of BAME background are at a higher risk of developing severe complications of COVID-19. This appears to also apply to pregnant women.</i> • Amendment to ‘Postnatal Care’: <ul style="list-style-type: none"> - ‘Day 1 — Your first day at home’ <i>This appointment will now take place at home.</i> 	02 July 2020
6	<ul style="list-style-type: none"> • Amendments throughout guidance: <ul style="list-style-type: none"> - Visiting on Swan Ward (postnatal ward) <i>Your chosen birth partner can now visit you on Swan Ward (postnatal ward) between the hours of 14:00—21:00, seven days a week, in addition to the three hours post birth family bonding time.</i> 	03 Sept 2020

7	<ul style="list-style-type: none"> • Amendment throughout guidance: <ul style="list-style-type: none"> - Update to Maternity Outpatient Appointments <i>You must wear a face covering to all your scheduled appointments with your midwife or consultant in Antenatal Clinic (at both Warwick and Stratford hospital), the Antenatal Assessment Unit, Scan or your community hub. You can attend these appointments with one adult. This person must: be well and not recently exposed to COVID-19, adhere to social distancing, maintain good hand-washing and wear a face covering. If possible, this person should be from the same household. Please do not attend with children or any other visitors. If you feel comfortable to attend alone, this is still the safest option during the pandemic..</i> 	10 Sept 2020
9	<ul style="list-style-type: none"> • Revisions: <ul style="list-style-type: none"> - Symptoms of COVID-19 - Birth partners - Advice for birth and visiting - Visiting times on Swan Ward - FAQs 	15 Dec 2020
10	<ul style="list-style-type: none"> • Amendments throughout guidance: <ul style="list-style-type: none"> - Attending scheduled appointments including scans - Availability of side rooms for induction of labour - Guidance around routine COVID-19 testing for planned procedures - Visiting guidance for Swan Ward (postnatal ward) - Visiting guidance for the Special Care Baby Unit • Addition: <ul style="list-style-type: none"> - Getting ready for a home visit from your midwife 	21 Jan 2021

COVID-19: Updated Maternity Advice for South Warwickshire NHS Foundation Trust

Thank you for using the maternity services of South Warwickshire NHS Foundation Trust. 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 'Maternity Updates SWFT' on Facebook



South Warwickshire NHS Foundation Trust



@nhsswft



nhsswft



SWFT Maternity Partnership



@swftmatpship

Key Information



COVID-19 Symptoms: Please inform your named midwife and do not attend the hospital or any other appointment until you have spoken to a midwife or obstetrician via:

Antenatal Assessment Unit, Warwick (AAU): 01926 495321 // Ext. 4090

Labour Ward, Warwick: 01926 495321 // Ext. 4552

- If you or your partner have been feeling unwell and have experienced the following symptoms and/or has tested positive for COVID-19 in the last seven days
- Or anyone living in your household has the following symptoms and/or has tested positive for COVID-19 in the last 10 days

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 three+ coughing episodes in 24 hours.

Loss or change to sense of smell or taste.

Although these are the most common symptoms of COVID-19, you may experience others. Headache and fatigue are among the most common early symptoms of COVID-19 but they are also common in a lot of other conditions. Sore throat, loss of appetite and shortness of breath are also commonly reported and delirium is a common symptom in older people. If you or anyone in your household are feeling unwell, it's best to contact us to check.

Call 999 if you are having difficulty breathing or your symptoms are life threatening.

Keeping everyone safe when visiting maternity

What we're doing:



Staff wear the right PPE for every task. That means masks, aprons and gloves.



Hand sanitiser is available around the maternity department.



Staff who have COVID-19 symptoms are required to isolate and get tested.



Keeping in touch with the women in our care about any changes to services.

What you can do:



If you're a birth partner and have any symptoms of COVID-19 or are isolating, please **do not** come to the hospital.



Please wear a mask in all areas, including scan rooms.



Please wash your hands regularly and use the sanitiser available after touching things like door handles.



Keep your distance from staff and other people in the hospital and avoid going to other areas of the hospital outside of maternity.

Above all, be kind and respectful to the maternity team: they're here to help you and your baby stay safe

Getting ready for a home visit from your midwife

To keep your midwives safe when they visit your home, we ask you to:



Call to let us know if you or anyone in your home has symptoms of COVID-19 before we visit your home.



Open the window of the room where the midwife will be meeting you, so that it is well ventilated.



It is important that the midwives and support staff don't touch too many surfaces in your home when they visit, so please leave doors open for them when they arrive and leave.



Make space so the midwife can see you and your baby alone. Other members of the house should maintain social distancing (2m+).



The midwife will be wearing protective clothing, including a mask, when they visit but hopefully you will still be able to see them smile!

Summary of Changes

Birth partners and visiting: We are following social distancing recommendations from the government which remains at two metres for healthcare settings, as well as national guidance for maternity care during the COVID-19 pandemic.

- You must wear a face covering to all your scheduled appointments with your midwife or consultant in Antenatal Clinic (both at Warwick and Stratford hospital), the Antenatal Assessment Unit, the Maternity Assessment Unit, Scan and your community hub. You can attend these appointments with one adult although **if you feel comfortable to attend alone, this is still the safest option during the pandemic.** If you are accompanied to an appointment, the person accompanying you must: be well and not recently exposed to COVID-19, adhere to social distancing, maintain good hand-washing and wear a face covering. If possible, this person should be from the same household as you.

Please be aware that if you are accompanied to an appointment in the Antenatal Assessment Unit or the Maternity Assessment Unit, if social distancing cannot be maintained, they may be asked to wait in the car or in another area of the hospital.

Please do not attend with children (including babies) or any other visitors.

- We are able to support your chosen birth partner to stay with you throughout your labour and birth. This person must be well and not recently exposed to COVID-19 and if possible from the same household as you. We request that your partner stays with you and avoids leaving the unit. We advise your birth partner to bring a small bag containing anything they might need. You must both wear a face covering when attending the hospital.
- You will not be expected to wear a face mask during birth but your birth partner will be.
- If you need to stay on Swan Ward (postnatal ward), in light of the national lockdown, we are introducing visiting slots to ensure we keep everyone safe. Provided your birth partner remains well and hasn't been exposed to COVID-19, they may visit you as follows:
 - For women in Bays 1, 4 and 10, your birth partner can visit between 10:00 – 12:00.
 - For women in Bays 3 and 8, your birth partner can visit between 15:00 – 17:00.

Your midwife will let you know which bay you are in before your birth partner goes home following birth. There will be a bathroom allocated so that your birth partner does not have to leave the ward during their visiting slot.

Your birth partner must wear a face covering when visiting you. They will also be asked to wash their hands, following hand-washing guidance, on entering ward areas. To protect you and your baby, other mothers and their families, and our staff, we suggest that your birth partner restricts their contact with other people until you have been discharged.

No other children (including babies) or any other visitors are able to attend the maternity unit at this time.

Antenatal care: We are committed to maintaining our midwifery teams out in the community, so that you have a known midwife, supported by a team. Our consultant-led clinics will continue to run from Antenatal Clinic in the hospitals. Some antenatal appointments will be conducted virtually. Online antenatal education sessions and tours of the unit will be shared on the 'Maternity Updates SWFT' Facebook page while we are unable to provide the face-to-face sessions.

Place of birth: We are committed to supporting choice and intend to keep all birth settings

available (Labour Ward, Birth Centre and home birth) throughout this pandemic. We are actively encouraging our well, Birth Centre suitable women to consider home birth. Please discuss this with your named midwife.

Planned procedures such as induction of labour and caesarean section: Planned procedures in maternity are going ahead as normal.

- If you need to come to the maternity unit for an induction of labour and it is scheduled in advance, you will be asked to attend the Birth Centre at Warwick Hospital three days prior to your procedure to take a routine COVID-19 test. This involves a nose and throat swab. Please contact the **Birth Centre** on **01926 495321 ext. 6976** or **6977** to arrange this. Following your test, we ask that you self-isolate at home until you come in to the unit. If your induction of labour is booked any less than three days in advance, COVID-19 swabs will be taken straight away by the clinician booking your induction or in Antenatal Clinic.

When you arrive for your induction of labour, we will try our best to accommodate you in a side room (subject to availability) to enable your birth partner to remain with you throughout the induction process and birth. We request that your partner stays with you and avoids leaving the unit. If it is not possible to accommodate you in a side room, a midwife will discuss this with you prior to your arrival.

- If you need to come to the maternity unit for a planned caesarean section, we will ensure you stay with your birth partner throughout the process. A routine COVID-19 test will be taken as part of your pre-op assessment. This involves a nose and throat swab. Following your test, we ask that you self-isolate at home until you come in to the unit.
- You and your birth partner must wear a face covering when attending the hospital for your planned procedure. You will not be expected to wear a face mask during birth but your birth partner will be.

Postnatal: We understand the importance of post birth time together for couples with a new baby. If you need to stay on Swan Ward (postnatal ward) following birth, we are introducing visiting slots so that your birth partner can visit you, provided they remain well and haven't been exposed to COVID-19. There will be a bathroom allocated so that your birth partner does not have to leave the ward during their visiting slot. Your birth partner must wear a face covering when attending the hospital and for the duration of their visit.

We will be aiming to discharge you home as soon as it is safe to do so following birth. Once you are discharged, we will ensure that you receive the very best postnatal care at home. We are committed to maintaining our midwifery teams out in the community, so that you have a known midwife, supported by a team for your postnatal care. Some postnatal appointments will be conducted virtually.

Individuals of BAME background: Evidence suggests that individuals of BAME background are at higher risk of developing severe complications of COVID-19. This appears to also apply to pregnant women. Please talk to your midwife if you have any concerns about your health.

Frequently asked questions (FAQs): There are FAQs and answers at the end of this guidance.



Antenatal - Pregnancy Care

Changes to visiting: We are following social distancing recommendations from the government which remains at two metres for healthcare settings, as well as national guidance for maternity care during the COVID-19 pandemic.

We understand how important support from partners, family and friends is during pregnancy but in order to protect you and our staff during the pandemic, we have visiting restrictions in place. We are regularly reviewing these restrictions against national guidance and will continue to take safe steps towards a return to “normal”.

You must wear a face covering to all your scheduled appointments with your midwife or consultant in Antenatal Clinic (both at Warwick and Stratford hospital), the Antenatal Assessment Unit, the Maternity Assessment Unit, Scan and your community hub. You can be accompanied to these appointments by one adult although **if you feel comfortable to attend alone, this is still the safest option during the pandemic.** If you are accompanied to an appointment, the person accompanying you must: be well and not recently exposed to COVID-19, adhere to social distancing, maintain good hand-washing and wear a face covering. If possible, this person should be from the same household as you.

Please be aware that if you are accompanied to an appointment in the Antenatal Assessment Unit or the Maternity Assessment Unit, if social distancing cannot be maintained, they may be asked to wait in the car or in another area of the hospital.

Please do not attend with children (including babies) or any other visitors.

Attending ultrasound scans: You may be accompanied by one adult to your scan appointments although **if you feel comfortable to attend alone, this is still the safest option during the pandemic.** If you are accompanied to your scan, the person accompanying you must: be well and not recently exposed to COVID-19 and wear a face covering. If possible, this person should be from the same household as you.

When you arrive for your scan, you will be asked to wash your hands or use the hand gel provided. Please check-in for your scan as usual. To adhere to social distancing, your partner may have to wait outside and when we are ready, we will ask you to call them to come into the scan room. Once the scan is complete anyone accompanying you will need to leave the hospital. This is to maintain social distancing and protect other pregnant women and our staff.

Please note that children (including babies) must not be brought to appointments, nor are they allowed in the hospital. There are no facilities for children to wait in the hospital while you have a scan. We are sorry but if you arrive for your scan with children, your scan will not take place and you will need to return home immediately.

If you or anyone in your household has symptoms of COVID-19, or are feeling unwell, please telephone us before your appointment and we will advise you.

 **Scanning Department, Warwick: 01926 495321 // Ext. 6566 or 4709**

Our current schedule of visits for your midwifery led care pathway:



Booking appointment: Your first meeting with a midwife will be over the phone or by virtual appointment which usually takes an hour. The midwife will take your previous medical and obstetric history (please have any relevant documents with you) and ask you questions about your lifestyle. They will discuss the blood tests recommended for your next appointment and will also agree a plan for your care.



Booking blood tests clinic: You will attend a clinic to have the blood tests taken that were discussed with you at your booking appointment. Your blood pressure and urine samples will also be taken. You may be accompanied to this appointment by one adult, where possible from the same household as you, providing you are both well and not displaying symptoms of COVID-19. You must both wear a face covering.



Dating scan: This ultrasound scan will take place between 11 weeks and 2 days and 14 weeks and 1 day. You may be accompanied to this scan by one adult, where possible from the same household as you, providing you are both well and not displaying any symptoms of COVID-19 and are both wearing a face covering. We are currently offering free scan photos. Following this scan, you may opt to have screening blood tests.



16 week appointment: You will be seen by your midwife who will discuss your pregnancy care plan with you. You may be accompanied by one adult, where possible from the same household as you, providing you are both well and not displaying any symptoms of COVID-19 and are both wearing a face covering.



Anomaly scan: This ultrasound scan will take place between 18 weeks and 20 weeks and 6 days. At this visit a midwife or maternity support worker will check your blood pressure and urine. You may be accompanied to this scan by one adult, where possible from the same household as you, providing you are both well and not displaying any symptoms of COVID-19 and are both wearing a face covering. We are currently offering free scan photos. If you, together with your loved ones, choose to find out the gender of your baby and it can be seen on your scan, we are happy to write this down for you, please ask.



25 week appointment: For first time mums only. This may be a telephone consultation or take place in a community hub. Your midwife will discuss your pregnancy care plan with you. If your appointment is in a community hub, you may be accompanied by one adult, where possible from the same household as you, providing you are both well and not displaying any symptoms of COVID-19 and are both wearing a face covering.



28 week appointment: You will see a midwife and they will check your blood pressure and urine, listen to your baby's heart rate, and check the position of your baby. This will take place in a community hub. You can also collect your MATB1 form (please inform your midwife if you need your MATB1 form before 28 weeks). You may be accompanied by one adult, where possible from the same household as you, providing you are both well and not displaying any symptoms of COVID-19 and are both wearing a face covering.



32 week appointment: You will be seen by your midwife who will check your blood pressure and urine, listen to your baby's heart rate, and check the position of your baby. This will take place in a community hub. You may be accompanied by one adult, where possible from the same household as you, providing you are both well and not displaying any symptoms of COVID-19 and are both wearing a face covering.



36 week appointment: You will be seen by your midwife who will check your blood pressure and urine, listen to your baby's heart rate, and check the position of your baby. Your midwife will also discuss your birth preferences with you. This will take place at home or in the community hub. If your appointment is in a community hub, you may be accompanied by one adult, where possible from the same household as you, providing you are both well and not displaying any symptoms of COVID-19 and are both wearing a face covering.



38 week appointment: For first time mums only. You will be seen by your midwife who will check your blood pressure and urine, listen to your baby's heart rate, and check the position of your baby. This will take place in a community hub. You may be accompanied by one adult, where possible from the same household as you, providing you are both well and not displaying any symptoms of COVID-19 and are both wearing a face covering.



40 week appointment: You will be seen by your midwife who will check your blood pressure and urine, listen to your baby's heart rate, and check the position of your baby. Your midwife will give you information about prolonged pregnancy, and induction of labour. This will take place in the community hub. You may be accompanied by one adult, where possible from the same household as you, providing you are both well and not displaying any symptoms of COVID-19 and are both wearing a face covering.

If you are following a consultant-led pathway, you will have a similar pattern of appointments but tailored to your personalised care plan.



If you experience any of the following, please call us:

 **Antenatal Assessment Unit, Warwick (AAU): 01926 495321 // Ext. 4090**

 **Labour Ward, Warwick: 01926 495321 // Ext. 4552**

- Vaginal bleeding
- Your baby is not moving, or the movements are not the usual pattern
- Starred vision or disturbed vision
- Swelling of your face, hands or feet
- Leg pain, swelling and / or redness
- If your waters break or you are concerned about vaginal discharge
- If you have pain when passing urine
- Constant tummy pain
- Persistent headache not improved / cleared with paracetamol
- Epigastric pain not resolved with antacids
- Itching of your hands or feet
- If you feel short of breath
- If you feel unwell and are unable to maintain fluid intake or become feverish

Labour & Birth

Place of birth: We are committed to supporting choice and intend to keep all birth settings available (Labour Ward, Birth Centre and home birth) throughout this pandemic. To do this, we are working hard to make sure we have enough staff in all areas, and we have acquired additional resources to support transfers of women in urgent situations.

If you have planned or would like to plan to give birth at home in the next few months, talk to your midwife who will ensure you have the most up to date information.

For any women experiencing signs or symptoms of, or diagnosed with COVID-19, the recommendation is to attend the hospital when in established labour. You will be cared for on the Labour Ward as additional monitoring will be recommended to maintain the safety of you and your baby. If this is you, for further advice before attending the hospital please call:

 **Labour Ward, Warwick: 01926 495321 // Ext. 4552**

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, Warwick: 01926 495321 // Ext. 4552**

 **Birth Centre, Warwick: 01926 495321 // Ext. 6977**

We recommend, if it is safe to do so and following advice from one of 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 (two tablets) is helpful, and these can be taken four to six hourly but no more than eight tablets in 24 hours. You can call back regularly e.g. every four hours for further advice and to keep us updated.

If you are coming in as an inpatient to the Birth Centre or Labour Ward, we will take a swab sample from you when you arrive to test for COVID-19. We will also take a swab sample to test for COVID-19 as part of your pre-op assessment if you have a booked elective caesarean section.

Birth partners and visiting: We are following social distancing recommendations from the government which remains at two metres for healthcare settings, as well as national guidance for maternity care during the COVID-19 pandemic.

- We are able to support your chosen birth partner to stay with you throughout labour and birth.
- This person must be well and not recently exposed to COVID-19.
- We request that your birth partner stays with you during labour (and induction of labour if applicable) and avoids leaving the unit. We advise that your birth partner brings a small bag containing anything they might need.
- You will not be expected to wear a face mask during birth but your birth partner will be.
- No other visitors or children (including babies) are able to attend the maternity unit at this time.

Planned procedures such as induction of labour and caesarean section: Planned procedures in maternity are going ahead as normal.

- If you need to come to the maternity unit for an induction of labour and it is scheduled in advance, you will be asked to attend the Birth Centre at Warwick Hospital three days prior to your procedure to take a routine COVID-19 test. This involves a nose and throat swab. Please contact the **Birth Centre** on **01926 495321 ext. 6976** or **6977** to arrange this. Following your test, we ask that you self-isolate at home until you come in to the unit. If your induction of labour is booked any less than three days in advance, COVID-19 swabs will be taken straight away by the clinician booking your induction or in Antenatal Clinic. When you arrive for your induction of labour, we will try our best to accommodate you in a side room (subject to availability) to enable your birth partner to remain with you throughout the induction process and birth. We request that your partner stays with you and avoids leaving the unit. If it is not possible to accommodate you in a side room, a midwife will discuss this with you prior to your arrival.
- If you need to come to the maternity unit for a planned caesarean section, we will ensure you stay with your birth partner throughout the process. A routine COVID-19 test will be taken as part of your pre-op assessment. This involves a nose and throat swab. Following your test, we ask that you self-isolate at home until you come in to the unit.
- You and your birth partner must wear a face covering when attending the hospital for your planned procedure. You will not be expected to wear a face mask during birth but your birth partner will be.

Postnatal Care

Postnatal care on Swan Ward (postnatal ward) & the Midwifery Led Unit: We understand the importance of post birth time together for couples with a new baby. If you need to stay on Swan Ward (postnatal ward) following birth, in light of the national lockdown, we are introducing visiting slots so that your birth partner can visit you provided they remain well and haven't been exposed to COVID-19:

- For women in Bays 1, 4 and 10, your birth partner can visit between 10:00 – 12:00.
- For women in Bays 3 and 8, your birth partner can visit between 15:00 – 17:00.

Your midwife will let you know which bay you are in before your birth partner goes home following birth. There will be a bathroom allocated so that your birth partner does not have to leave the ward during their visiting slot. Your birth partner must wear a face covering when visiting you. They will also be asked to wash their hands, following hand-washing guidance, on entering ward areas.

To protect you and your baby, other mothers and their families, and our staff, we suggest that your birth partner restricts their contact with other people until you have been discharged. No other children (including babies) or any other visitors are able to attend the maternity unit at this time.

Visiting restrictions are in place across the entire maternity unit and hospital. If you are planning to birth on the Midwifery Led Unit, please contact your named midwife for more information.

Information for parents with a baby on the Special Care Baby Unit (SCBU): Should your baby need some support following birth they may spend some time on the SCBU. We recognise the importance for you to be able to maintain parental involvement whilst ensuring we keep your baby, you, other parents and staff safe and well.

If this is the case:

- One parent will be allowed unlimited visiting each day provided they are well.
- A second parent may visit however this must be agreed with nursing staff prior to attending the unit. The duration of the visit will be dependent on the number of babies in the nursery; this is so social distancing can be maintained. If the nursery is full, unfortunately, it may not be possible to accommodate visiting by a second parent.

Whilst visiting we ask that you please:

- Adhere to social distancing which remains at two metres for healthcare settings, at all times where possible.
- Wear a face mask at all times whilst in the unit.
- Follow our guidance for hand-washing. Wash hands on arrival and regularly throughout your stay.
- Do not leave the unit during your visit.

If you or any member of your family become unwell please do not visit.

If you require any further information or clarification please call:

 **SCBU, Warwick: 01926 495321 // Ext. 4750 or 4560**

Discharge: We will be aiming to discharge you home as soon as it is safe to do so following birth.

Following discharge: Once you are discharged, we will ensure that you receive the very best postnatal care at home. We are always at the end of the phone if you have any questions. Please contact your named midwife if not urgent, or Labour Ward / Birth Centre with more urgent queries.

Postnatal visits: We are committed to maintaining our midwifery teams out in the community, so that you have a known midwife, supported by a team for your postnatal care. Some postnatal appointments will be conducted virtually.

Whilst this will vary with individual circumstances, the minimum consultation plan will include:



Day 1 — Your first day at home: Your midwife will visit you at home. Your midwife will check your health and wellbeing, answering any concerns you might have and also discuss feeding your baby.



Day 3: This will be a telephone consultation. If you have any concerns about your baby's weight, a face-to-face appointment can be arranged.



Day 5: Your midwife will visit you at home and will offer to carry out a Newborn Blood Spot Screening Test for your baby.



Day 14: Your midwife will check your health and wellbeing. Your midwife will visit you at home to discuss feeding your baby.



If you experience any of the following, please call us:

- ☎ Labour Ward, Warwick: 01926 495321 // Ext. 4552
- ☎ Birth Centre, Warwick: 01926 495321 // Ext. 6977

- If your bleeding is becoming heavier or you are passing clots
- You are concerned that your wound site is becoming infected (red, inflamed, painful, swelling, oozing)
- Your vaginal discharge is offensive, or your stitches become more painful
- You are concerned about your baby feeding or your baby is sleepy and not waking for feeds
- You feel unwell and/or feverish
- You have pain or swelling in your legs or feel short of breath
- If you have any other concerns

Thank You.

Living with COVID-19 over the last year has become a new way of life in clinical practice and for all of us in our day-to-day lives.

We are very proud here at SWFT of the way we have sustained maternity services throughout the pandemic and importantly maintained choices around place of birth; Labour Ward, Birth Centre and home. Partners have always been supported to attend birth and are welcome to attend all scans and appointments. The visiting on the postnatal ward is still limited to birth partners only and at the moment, sadly, not yet for extended family and friends. In order to keep you and our staff safe we are regularly reviewing how we are working but I would like to reassure you, at the heart of each decision is what is important to you.

I would like to thank you for talking to us, the continual flow of feedback is really helpful to ensure we are getting it right. For those parents who have shared their stories on our Facebook page, a huge thank you, even when birth plans have not quite gone to plan, your resolve and resilience is inspirational to others. Please keep sharing. In these difficult times, the pictures of the youngest in our community are a beautiful reminder that life is the greatest gift of all.

This document will continue to be updated and reposted. Please ensure you are looking at the most recent version. We will also continue to regularly post updates on the 'Maternity Updates SWFT' Facebook group – please circulate this information to anybody in your network whom you know is pregnant, to help us keep everybody informed.

I would like to wish you and your family all the very best. Stay safe and take care.

Warmest wishes,

Sarah Noble
Head of Midwifery

Frequently Asked Questions



What other resources are available for information concerning COVID-19? We will be updating the 'Maternity Updates SWFT' Facebook page as information and guidance changes. We have also compiled a list of useful resources which you can view by clicking the blue links below.

The Royal College of Obstetricians and Gynecologists in conjunction with the Royal College of Midwives have created a webpage with useful information for you and your family. This page is frequently updated as new guidance and information is available.

[COVID-19 Infection and pregnancy, information for women and their families](#)

[COVID-19 Parent information for newborn babies from NHS England](#)

[COVID-19 Information for parents worried their baby is unwell and how to seek help from the Royal College of Paediatrics and Child Health](#)

[More general information regarding COVID-19 from NHS England](#)

[This is also available in many different languages](#)

What other resources are available for information relating to your baby? We have compiled a list of useful resources which you can view by clicking the blue links below.

[NHS Information for low risk women having their first baby](#)

[Information for healthy, low-risk women who have had a baby before](#)

[International Confederation of Midwives Statement](#)

Who should I contact? For non-urgent issues please contact your named midwife. If you have an urgent query, please contact:

 **Labour Ward, Warwick: 01926 495321 // Ext. 4552**

Should I be social distancing? We recommend that you follow government advice on social distancing which remains at two metres for healthcare settings. Click the following link for more information.

[Guidance on social distancing for everyone in the UK](#)

What is the latest advice concerning self-isolating and treating COVID-19 symptoms?

The latest advice can be found on the Government's website.

Click the following link for information.

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/>

Should I wear a face covering? You and any one accompanying you must wear a face covering when attending Warwick Hospital, Stratford Hospital and a community hub. You will not be expected to wear a face mask during birth but your birth partner will be. If your birth partner visits you on Swan Ward (postnatal ward) they must wear a face covering.

Will I be tested for COVID-19? If you or anyone in your household develops symptoms of COVID-19, you should book a test by visiting the government's website.

[Click here to book a test for COVID-19](#)

We will test you for COVID-19:

- When you arrive at the hospital in labour on either the Labour Ward or the Birth Centre.
- As part of your pre-op assessment if you are having an elective caesarean section.
- If you require induction of labour.
- If you need to stay overnight in the hospital.



Will I be offered a COVID-19 vaccine? The latest guidance states that only two groups of pregnant women will receive the vaccination: those with high risk medical conditions and health and social care workers. Click the following link for more information.

<https://www.rcog.org.uk/globalassets/documents/guidelines/2021-01-12-covid-19-vaccine-info-sheet.pdf>

Is the hospital safe and clean? All our healthcare and support staff are working tirelessly to ensure the hospital is kept clean and the risk of transmitting COVID-19 is minimised. We all need to play our part in ensuring we report symptoms and perform hand hygiene regularly. The senior midwifery and medical team are constantly reviewing how many staff are available and how busy we are across the whole maternity service. We have contingency measures in place should staff sickness increase to ensure the safety and quality of our care is not affected.

Can I still attend the hospital if I have any concerns? If your concern is life threatening, then please call 999. Otherwise you should call the **Antenatal Assessment Unit, Warwick (AAU): 01926 495321 // Ext. 4090** or **Labour Ward, Warwick: 01926 495321 // Ext. 4552** and a midwife will assess your concern and advise you. Please be assured that you will be seen if it is clinically indicated.

Can anyone accompany me to a Maternity Outpatient Appointment including scans? Yes, you may be accompanied by one adult to your scheduled appointments with your midwife or consultant in Antenatal Clinic (both at Warwick and Stratford hospital), the Antenatal Assessment Unit, the Maternity Assessment Unit, Scan and your community hub. **If you feel comfortable to attend alone, this is still the safest option during the pandemic.**

If you are accompanied to an appointment, the person accompanying you must: be well and not recently exposed to COVID-19, adhere to social distancing and maintain good hand-washing. If possible, this person should be from the same household as you. You must both wear a face covering. Please be aware that if you are accompanied to an appointment in the Antenatal Assessment Unit or the Maternity Assessment Unit, if social distancing cannot be maintained, they may be asked to wait in the car or in another area of the hospital.

Please do not attend with children (including babies) or any other visitors.

What will happen if I have been referred for an antenatal anaesthetic appointment during my pregnancy? If you have been referred by your midwife or obstetrician for an anaesthetic appointment during pregnancy, your referral will be triaged for either a written response, telephone assessment or a face-to-face appointment. In some cases we will advise you request to see the anaesthetist upon arrival to Labour Ward to discuss any issues you might have. We will write to you via the Badger portal of the outcome of your referral.

Will I give birth alone? You will not give birth alone. Women can have one partner, without symptoms to support them when in labour. Midwives and support staff are very skilled in supporting women. We will take great care of you.

My planned birth partner is symptomatic and is unable to come to the hospital - can I bring someone else? Yes if this person is well and not displaying symptoms of COVID-19 and/or self-isolating. It is really important that you inform us via **Labour Ward, Warwick: 01926 495321 // Ext. 4552** prior to attending the hospital. This allows staff to prepare for your arrival and ensure we minimise the possible transmission of the virus.

Can anyone visit me while I am on Swan Ward (postnatal ward)? We have introduced visiting slots, so that your chosen birth partner can visit you on Swan Ward (postnatal ward) provided they remain well and haven't been exposed to COVID-19:

- For women in Bays 1, 4 and 10, your birth partner can visit between 10:00 – 12:00.
- For women in Bays 3 and 8, your birth partner can visit between 15:00 – 17:00.

Your midwife will let you know which bay you are in before your birth partner goes home following birth. There will be a bathroom allocated so that your birth partner does not leave the ward during their visiting slot.



Your birth partner must wear a face covering when visiting you. They will also be asked to wash their hands, following hand-washing guidance, on entering ward areas. To protect you and your baby, other mothers and their families, and our staff, we suggest that your birth partner restricts their contact with other people until you have been discharged. No other children (including babies) or any other visitors are able to attend the maternity unit at this time.

Are home births being supported? We are committed to supporting all current birth choices around place of birth and we are actively encouraging our well Birth Centre suitable women to consider home birth. Please discuss home birth as an option with your named midwife.

What changes have been made to the induction of labour process? Dependent on the reason you are being induced we may be able to offer you an outpatient induction. This is to minimise your time in hospital. Your consultant will be able to discuss this option with you. You will be required to have a routine COVID-19 test prior to your induction.

When I go into labour will I still be able to have my elective caesarean section? If you are booked and go into labour then you can still opt for your caesarean section. We will aim to get you your caesarean section as soon as possible however if out of hours, this may incur a delay, as it will depend on the availability of theatre staff. If you are suitable to give birth vaginally and are progressing well, you may be offered the option to continue to aim for a vaginal birth but it will be your choice.

Will I get my elective caesarean on the day it is booked? All elective caesareans are subject to theatre availability and could be postponed if we have an unexpected emergency. All cases in these circumstances are reviewed and prioritised according to risk. This has always been the case even before COVID-19.

What pain relief options will be available during labour and birth? Our current pain relief options are still available including water, gas and air, pethidine, remifentanyl and epidural.

Will an epidural be available to me? COVID-19 has not resulted in non-availability of anaesthetists in maternity yet. The service continues as normal and epidurals are still available.

Is there any evidence that taking ibuprofen or diclofenac will increase the risk of developing COVID-19 or of developing more severe COVID-19 symptoms? NHS England and NHS Improvement issued a review on 14 April 2020, and advised that there is no evidence that the acute use of NSAIDs such as ibuprofen and diclofenac increases the risk of developing COVID-19, or of developing more severe COVID-19 symptoms. We recommend that it is taken as normal postnatally, with the routine exclusions applying.

I am of BAME background, am I at greater risk of COVID-19? Evidence suggests that individuals of BAME background are at a higher risk of developing severe complications of COVID-19. This appears to also apply to pregnant women. Please talk to your midwife if you have any concerns about your health.

The Royal College of Obstetricians and Gynaecologists has produced a short video providing information on COVID-19 for pregnant BAME women.

[Information on COVID-19 for pregnant BAME women](#)