



**How will today's webinar work?**

- Teaching/Discussion
- Resources
- Open Q & A

COVID-19

---

---

---

---

---

---

---

---

**Top Three Things we'll cover...**

1. The latest research on COVID-19 and pregnancy
2. Recent practice guidelines
3. Implications for childbirth

COVID-19

---

---

---

---

---

---

---

---

**The latest research on COVID-19 and pregnancy**

COVID-19

---

---

---

---

---

---

---

---







**Recent systematic review**

- Researchers in Sweden published a systematic review online ahead of print on April 7
- They searched all published case reports and series from Dec. 8, 2019 to April 4, 2020 that described lab-confirmed COVID-19 during pregnancy
- Included articles in Chinese and English

Zaigham & Andersson, 2020

**COVID-19**

---

---

---

---

---

---

---

---

---

---

**Data from 108 pregnancies with COVID-19**

18 articles with data from 108 pregnancies: 86 births, 22 ongoing pregnancies at time of report

- 14 case reports published from March 7 to April 1
- 4 case series published March 1 to March 8
- Most of the studies were from China, but cases from Sweden, the U.S., Korea, and Honduras were also included

Zaigham & Andersson, 2020

**COVID-19**

---

---

---

---

---

---

---

---

---

---

**Maternal characteristics**

- Most common symptoms were fever (68%) and dry cough (34%)
- Most tested positive in their 3<sup>rd</sup> trimester
  - 22 people (20%) tested positive earlier in pregnancy and recovered without giving birth; the outcomes of these pregnancies were not documented in the reports

Zaigham & Andersson, 2020

**COVID-19**

---

---

---

---

---

---

---

---

---

---







**Possible changes during the pandemic**

- Reducing inductions that are not medically necessary
- Increasing outpatient inductions
- Reducing routine growth scans that are not for guidance-based indications
- Increasing efforts to help pregnant people quit smoking
- Asking about mental health at every contact

RCOG Version 8

**COVID-19**

---

---

---

---

---

---

---

---

**Advice regarding childbirth during the pandemic**

- Birthing people should be “permitted and encouraged to have a birth partner present with them during their labor and birth”
- The birth partner must not have had any symptoms which could suggest COVID-19 in the preceding 7 days

RCOG Version 8

**COVID-19**

---

---

---

---

---

---

---

---

**Suspected or confirmed COVID-19 infection**

- Encouraged to remain at home for early labor (standard practice)
- Use private transport and notify staff before entering hospital
- PPE precautions for staff; the mother should wear a surgical mask
- Isolation room with essential staff only; asymptomatic birth partner is permitted
- Continuous EFM in obstetric unit

RCOG Version 8

**COVID-19**

---

---

---

---

---

---

---

---







**Inductions – more or fewer?**

- Some providers are discouraging or refusing inductions for non-medical reasons; lots of spontaneous labor!
- Other hospitals and providers pressuring families into inductions at 39 weeks or even earlier
- Some families are reporting intense psychological pressure to undergo non-medically indicated inductions
- Other families are requesting inductions and being refused

**COVID-19**

---

---

---

---

---

---

---

---

**Separation from doula, partner, baby**

- It is a human right to have a companion during labor
- It is a human right to be able to keep your baby with you
- After birth, the hospital should not separate you from your baby without your permission
- These rights are being violated in some cases, particularly with parents with confirmed or suspected COVID-19
- MAJOR safety concerns with people being left to labor alone or recover alone postpartum

**COVID-19**

---

---

---

---

---

---

---

---

**Some good news...**

- Fewer staff are present during your labor/birth; more privacy
- Postpartum units are quieter, so parents can bond with their baby without interruption
- Early discharge is now strongly encouraged (good for parents who want to go home early)

**COVID-19**

---

---

---

---

---

---

---

---



**Evidence Based Birth®  
Resources**

COVID-19

---

---

---

---

---

---

---

---

**Visit [evidencebasedbirth.com/covid19](https://evidencebasedbirth.com/covid19)**



**EVIDENCE  
BASED *Birth***  
*Evidence that Empowers!*

Home About Parents - Professionals - Events Blog Shop **COVID-19**

••••• This webinar  
Weekly newsletters  
Links to resources  
Guided relaxation session

[evidencebasedbirth.com/covid19/](https://evidencebasedbirth.com/covid19/)

**COVID-19**

---

---

---

---

---

---

---

---

**Evidence Based Birth® Resources**

- Birthing in the Time of COVID-19: A Free Crash Course
- All EBB classes and workshops totally online, including our Childbirth Class!
- Virtual Doula Directory made up of EBB Pro Members and EBB Instructors
- Legal waiver to decline mother-infant separation

**COVID-19**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---







