Care during pregnancy, birth and the postnatal period during Covid-19

Obstetrics & Gynaecology

patient information

Maternity Services

The Rotherham NHS Foundation Trust
Hearing about your experience of our services is very important as it means we can pass compliments on to our staff and make improvements where necessary. Tell us what you think by emailing us at: your.experience@nhs.net

If you require this document in another language, large print, braille, audio or easyread format, please ask our healthcare providers*

*Note to healthcare providers: Translated / easyread healthcare information can be sourced via the Easyread websites listed at the back of this leaflet or via contacting our translation service which can be accessed through the Hub.
Introduction
Due to the Covid-19 outbreak, we have had to make changes to the way your maternity care is provided. We recognise that this will affect you all in different ways and we want to reassure you that the current measures are in place to ensure the safety of women, their babies and families, and our staff. These measures are reviewed on a regular basis, and in case of changes, we will provide you with an update. We will be working closely with the Rotherham Maternity Voices Partnership (accessible via Facebook) to ensure information is shared with you as quickly as possible.

This update will include:
- Some national links to further information.
- Your care during pregnancy, labour and after your baby is born.

For the Rotherham Maternity Team, the wellbeing of you, our women, and your families is always at the centre of everything that we do. We are here for you, to support you and help you - we know we could never take the place of your loved ones, but we will do our best. We want to provide you with the care and compassion we would hope for our own loved ones.

Thank you
Dotty Watkins
Interim Head of Midwifery & Nursing
Family Health Division
General information about the Trust’s approach
You will see that we are promoting social distancing on our sites by altering seating areas where we can, introducing ‘stop and wait’ points, and asking all patients who have symptoms of coronavirus (new continuous cough, and/or a high temperature) to stay at home.

Where it is possible and appropriate we are undertaking telephone or video consultations so that our clinics are less crowded.

All of our staff are trained in the use of Personal Protective Equipment (PPE) including when and how this should be worn. Not everyone you see will be wearing a mask/gloves/apron, if you have any questions about this please ask your midwife. We are following national guidance on PPE which is subject to change.

We have identified and equipped separate areas in the hospital to care for patients with Covid-19. Our maternity unit and neonatal unit also have separate isolation areas identified. We provide hand washing facilities and alcohol hand gel for use at the entrance to all wards and departments.

If you are worried about yourself or your baby, please get in touch. Your care will be provided by midwives (and doctors where necessary) in the normal way. We can make safe arrangements for you and your baby even if you have symptoms.
Urgent care

If your baby’s pattern of movements changes or reduces in number, please call and speak to a Midwife promptly on 01709 427700.

If you are advised to attend the Antenatal Day Care Unit or Maternity Triage Unit, please attend alone at the allotted time. You will be asked about Coronavirus symptoms and have your temperature checked as you arrive.

Should I still attend my antenatal appointments in the community?
We want to take good care of you and your baby. Your appointments are essential to monitor the health of yourself and your baby.

Some antenatal appointments will take place over the telephone, your midwife will advise you of which ones these will be.

Before any face-to-face antenatal appointments, you will be telephoned by a Midwife or a Maternity Support Worker to check if you have Covid-19 symptoms before you attend. If you or a member of your household is experiencing symptoms of Covid-19 or self-isolating please do not attend; in this case your midwife will advise you on how we can facilitate your appointment safely.

If you and your household are symptom free you will be invited to still attend your antenatal appointment with your community midwife, you should attend alone.
Will hospital appointments including scans still be running?

Antenatal care is essential so hospital appointments will still be carried out. You should attend all hospital appointments, including scans, alone unless told otherwise.

You may receive a call from an ‘unknown number’ up to 48 hours prior to your appointment, please answer as it may be one of our team trying to get in touch.

If you or a member of your household is experiencing symptoms of Covid-19 or self-isolating please do not attend; in this case our midwives will advise you on how we can facilitate your appointment safely. If you do need a telephone or video consultation, this will be arranged with you over the telephone.

You can expect to be asked some personal questions so that the hospital team can identify you when they call, for example your full name and date of birth. You will not be asked for any other information such as bank or credit card details.
Will I be able to film or Facetime my scan as my partner is not allowed to come?
Unfortunately, filming, video and/or telephone calls are **not permitted** during scans following guidelines. Your scan is a clinical diagnostic procedure and requires the full time and attention of our sonographers.

We understand how disappointing it is for you to attend your scan appointments alone, and we will provide you with up to three scan photographs free of charge to take home and share with your loved ones.

As antenatal classes are cancelled, is there any further information I can receive?
We have a virtual tour of Delivery Suite available on the Trust’s **YouTube channel** along with some antenatal education sessions lead by our very own Community Midwives.

We also have an **e-Midwife service** (see pg 12 for how to access this) meaning you will be to ask any questions that you may have via social media and messaging services.

Admission to Hospital
Anyone who needs to stay with us overnight will be swabbed for Covid-19 in line with government guidance.
During labour
All women are advised to call the Delivery Suite when in early labour for advice. Once your labour is confirmed, you may have 1 birth partner during this time.

You will be unable to change birth-partners during labour and unfortunately relatives will be unable to wait outside the Delivery Suite. This is to protect you, your partner, the staff and others in the area.

You will have time together following the birth of your baby on Delivery Suite. If it is safe to do so you may be discharged home from the Delivery Suite.

Before admission we will ask questions about your birth partners health, if they are found to have any symptoms of Covid-19 they will be asked to not attend the unit with you. You are asked when making your plans for labour to identify alternative birth partners in case this becomes necessary.

We shall check temperatures of anyone who accompanies you on arrival on the Delivery Suite. We will do everything we can to respect your birth choices.

If you have symptoms of or confirmed Coronavirus you will be cared for in isolation with a team who have additional protective clothing - including face protection and eye wear. In an emergency this may cause a delay, staff are practising putting this equipment on at speed to reduce the impact of this on you and your baby.
**Elective caesarean section**
If you are having a planned caesarean section you can have 1 birth partner for the duration of your caesarean birth.

If you have signs or confirmed Covid-19 unfortunately it is not possible for your partner to accompany you into theatre. Once the caesarean has been completed you will return to Delivery Suite where you can spend some time together as a family before being transferred to the ward.

We expect discharge to be within 24 hours of the procedure - this is a case by case decision.

**Emergency caesarean section**
If this event should occur during labour, and it is clinically possible your partner can accompany you into theatre & recovery.

If you have signs or confirmed Covid-19 unfortunately it is not possible for your partner to accompany you to theatre. Once the caesarean has been completed you will return to Delivery Suite where you can spend some time together as a family before being transferred to the ward. Your midwife will support throughout and will advise accordingly during this time. Again your birth partner will leave you at the entrance to Wharncliffe Ward.
Induction of labour
If you require an induction of labour, and you require admission to the ward, birth partners/visitors are not permitted.

Once your labour is established or you are transferred to the Delivery Suite for any reason your birth partner can join you. This is an assessment based on individual cases.

Home births
Women who have booked to birth at home are advised to contact Triage on 01709 427700 for advice in early labour.

The midwife will advise you what to do. She will ask questions to assess you and your unborn baby’s health at that time. The midwife will contact her colleagues to make sure that everything is in place to enable your birth choice. This depends on you having no symptoms, preparing the available staff for an anticipated home birth and the level of available transport by our healthcare partners should you need a quick transfer from home. This will be assessed on a case by case basis.

Please be aware this is only guidance and may change at any point. We will keep you informed at every step of the way if we need to make changes to any of the outlined above.

We appreciate your understanding at this testing and uncertain time for us all, we hope you understand the decisions that are being made around keeping you and your loved ones safe.
After your baby is born

Once your baby is born and as long as you and your baby are well, we will encourage you, with support, to go home as soon as possible.

Your care will be personalised to your needs and those of your baby. Baby screening tests will be arranged by your midwife.

If you have symptoms of or confirmed Coronavirus you will be cared for in isolation with your baby, and the team will wear additional protective clothing. You will be encouraged and supported to breastfeed. Should you need to stay in hospital, your partner will not be able to stay with you or visit you on the postnatal ward.

Community visits

Community midwives are continuing to visit during this time and you will be contacted prior to the midwife attending and you will be advised how this appointment will be carried out.

Please be aware this will involve minimal hands on contact. We also request that there are no visitors in the house during the visit and that the midwife only has face to face contact with mother and baby.
Registering the birth of your baby
The Registration of Births has been suspended temporarily until further notice during the pandemic period.

Parents can make a claim for Child Benefit or Universal Credit prior to the registration of the birth.

Please see more information available at: www.rotherham.gov.uk

What if I have any worries or concerns?
- If you have concerns about the wellbeing of yourself or your baby, please call Triage as normal on 01709 427700.

- If you need to change your Greenoaks Antenatal Clinic or Ultrasound Scan appointment please call 01709 424513.

- If you need to change your Community Midwife appointment please call 01709 423729.

- Our e-midwife, Olive, is available to answer your questions via direct messaging. Her page can be found on Facebook at @Oliveemidwife or by searching Rotherham Maternity Services - Ask Olive. The service is manned by experienced, fully qualified Rotherham midwives.
Maternity care during Covid-19

Links for further information
www.nhs.uk/conditions/coronavirus-Covid-19
babylifeline.org.uk/home/covid19
www.therotherhamft.nhs.uk/News/Current/Changes_to_maternity_services

THANK YOU
Your Rotherham Maternity Team.
How to contact us
Maternity Triage
Telephone 01709 427700

Delivery Suite
Telephone 01709 424491

Greenoaks
Telephone 01709 424513

Community Midwife
Telephone 01709 423729

Wharncliffe Ward
Telephone 01709 424348

Ward B11
Telephone 01709 424349
or 01709 425208

Switchboard
Telephone 01709 820000

Useful contact numbers
If it’s not an emergency, please consider using a Pharmacy or call NHS 111 before going to A&E.

NHS 111 Service
Telephone 111

Stop Smoking Service
Telephone 01709 422444

A&E (UECC)
Telephone 01709 424455

For GP out of hours, contact your surgery

Useful websites
www.therotherhamft.nhs.uk
www.nhs.uk
www.gov.uk
www.patient.co.uk

Easyread websites
www.easyhealth.org.uk
www.friendlyresources.org.uk
www.easy-read-online.co.uk

We value your comments
If you have any comments or concerns about the services we have provided please let us know, or alternatively you can contact the Patient Experience Team.

Patient Experience Team
The Oldfield Centre
The Rotherham NHS Foundation Trust
Rotherham Hospital
Moorgate Road
Rotherham
S60 2UD

Telephone: 01709 424461
Monday to Friday
9.00am until 5.00pm
Email: your.experience@nhs.net
How to find us

Hospital site plan

Rotherham main routes