

Impact of Covid-19 on Pregnancy & Newborn

Research Article

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Abstract:

Coronavirus disease (COVID-19) is an infectious respiratory disease. It is a newly discovered group of viruses. Some viruses' causes respiratory problems in human and other circulates among animals such as- cat, camel, rat etc.

It spreads person to person and most people who fall sick with COVID-19 will experience mild to moderate symptoms and recover without special treatment but some needs special treatment.

Keywords: COVID-19- Coronavirus disease of 2019

INTRODUCTION

COVID-19: It is a serious infectious disease mainly transmitted through droplets generated from an infected person coughs, sneezes, or exhales. After that these droplets quickly fall on surfaces as these droplets are too heavy and cannot hang in the air.

Anyone can get infected by breathing in the virus if the person is in close contact with proximity of someone who has COVID-19, or by touching his / her nose , eyes and mouth after touching the infected surfaces.

PREGNANCY

Due to physiological changes and having low immunity pregnant women's are more prone to get COVID-19 infection and same as other vulnerable groups they also need more care and special consideration in maternal management.

Pregnant women need to maintain social distancing same like other population. And advised to avoid social meets.

OBSTETRICAL MANAGEMENT WITH COVID-19 INFECTION:

Pregnant women with symptoms of COVID-19 should be prioritized for testing. If she is positive with COVID-19, needs specialized care.

SIGN & SYMPTOMS: Due to pregnancy there are so many changes in body and immune systems. Pregnant women can badly affected by respiratory problems. Fever, cough, chest pain, breathing difficulties can be the possible symptom may be reported.

PROTECTION: Pregnant women should take more precautions to avoid COVID-19 infection as others like;

- 1) Washing hands frequently with soap or alcohol based hand rub.
- 2) Avoiding touching eyes , mouth and nose after touching open surfaces.
- 3) Keeping space between her selves and others and also avoid crowded spaces.
- 4) Should cover her nose and mouth with mask.

- 5) Should Practice respiratory hygiene by covering her mouth and nose with bent elbow or tissue when cough or sneeze. Then dispose of the used tissue immediately.

MOTHER TO CHILD TRANSMISSION:

As this is a new virus still no evidence present that virus can pass from mother to fetus during pregnancy, delivery and breastfeeding. There is limited evidence about caring for women with COVID-19 infection in women when they have just given birth.

A very small number of babies have been diagnosed with COVID-19 soon after birth, so the infection may have occurred in the womb but still not sure that whether transmission was before or soon after the birth and to the date virus has not been found in amniotic fluid and breast milk.

If the mother is COVID-19 infection positive the newborn will be examined and get care according to doctors' advice.

A. CARE DURING PREGNANCY:

All pregnant women have the right to get high quality care before, during and after child birth, including those with suspected or confirmed COVID-19 infections.

That care includes antenatal, Intranatal, Post natal, newborn & mental health care.

1. Comfortable clothing and shoes:

- Wear loose and comfortable cotton clothes
- Use brassier to support breast
- Avoid high heeled shoes

2. Sexual Activities:

- Avoid coitus during first three and last two months
- Increases risk of abortion in first three months and infection in late pregnancy

3. Travel:

- Avoid travel during first three and last two months
- If travelling long distance. Period of rest should be scheduled

4. Drugs: Avoid to take any drugs unless very essential and prescribed by doctor.

- Avoid x rays for radiation

- Protect from infection especially measles. Syphilis if found treated fast.

B. MOTHER SHOULD EXPERIENCE A SAFE AND POSITIVE CHILDBIRTH INCLUDES:

- ❖ Get priority based care
- ❖ Being treated with respect and dignity
- ❖ Should receive Complete information
- ❖ Clear and complete communication from staff or medical team
- ❖ Appropriate examination and pain relief strategies.
- ❖ Mobility in labor where possible.
- ❖ Birth position should be according to choice of mother.
- ❖ Mode of delivery as per the condition and choice of mother.

ANTENATAL VISIT:

- ❖ Antenatal visits must be continuing which will help to prevent complications.
- ❖ Antenatal visits should be planned.
- ❖ Request for minimal people at maternity center during your visit.
- ❖ If possible reduce the number of antenatal visits. You will be told if this is necessary.
- ❖ Not to reduce number of visits without permission of maternity team.
- ❖ If pregnant mother experience symptoms of corona virus should be inform to maternity team and team will plan and arrange better place for mothers visit.

INTRANATAL CARE:

FIRST STAGE:

- ❖ Assess the onset of true labour and admit the mother
- ❖ Perform PV examination to assess pelvic adequacy stage & progress of labour.
- ❖ Stop / no PV if mother is bleeding.
- ❖ Avoid perineal shaving
- ❖ Avoid routine enema
- ❖ Provide position of mother according to her choice

SECOND STAGE:

- Wear personal protective equipment's and maintain aseptic technique throughout the delivery.
- Labour room should be made ready along with all required equipment's, medicine and disposables.
- Shift mother to labour bed in the active stage of labor
- Discourage early bearing down by asking her to take deep breaths.
- When cervix is fully dilated along with strong uterine contractions encourage her for bearing down efforts.
- Ensure that mother is fully hydrated and the bladder is empty.
- Provide emotional support and reassurance.
- Deliver the baby and place over the mothers abdomen.

THIRD STAGE:

- Three steps are important in third stage- inj. Oxytocin, CCT & Uterine Massage.
- Ensure that complete placenta with membranes must be delivered.

FORTH STAGE:

- Ensure that uterus is well contracted and there is no heavy bleeding.
- Examine the perineum , vagina and vulva for tear or any bleeding.
- Estimate the amount of blood loss and repeat examine in every 15 minute.

- Encourage women for urination.
- Promote mother for breast feeding and establishment of bonding with baby

POST PARTUM CARE:

- Encourage mother for exclusive breast feeding
- Minimum 04 postnatal visit must be planned
- Inspect for any infection.
- Advice for complete diet, hygiene, contraception etc.

NEW BORN CARE

- ❖ Receive the baby in a baby tray.
- ❖ Keep the baby warm & breathing normally
- ❖ Provide eye, skin and cord care.
- ❖ Ensure proper sucking while breastfeeding.
- ❖ Advice for burping after each feed.
- ❖ Inspect for any danger signs.
- ❖ Advice for immunization. BCG, OPV-o, HepatitisB-o must be received by baby.

CONCLUSION: Pregnant women and newborns should be retained as a "vulnerable" population and must be receive special care to prevent any complication such as fetal distress, premature labour etc.

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