

Updates from LMC Covid Liaison & LMC Liaison 4/4/22

- **Congratulations!** Norma passes on her thanks and congratulations to LMC's for embracing the challenge of ensuring that C+ māmā are getting the level of care they require including face to face appointments.
- **Postnatal Referrals for C+ Māmā**
Please do not send a referral for C+ postnatal māmā and pēpi to Maternity Clinic. If māmā or pēpi needs medical input for covid this must be accessed through GP or After-Hours Clinic. If they have obstetric postnatal complications, please refer via the usual pathway.
Covid Positive Pēpi
It has come to our notice that some parents may be RAT testing their pēpi. This is not appropriate or safe, if parents are concerned that their pēpi has contracted Covid they would be advised to consult with their GP.
- **Covid Infections may have peaked**
The actual infection rates are in step with the modelling, and this suggests that we may have reached the peak, however we expect surges along the way especially when the border opens. It is likely that we will experience a long tail of infection for 6-8 weeks.
- **C+ Māmā Referrals - changes**
Thanks to all LMC's for your referrals of your C+ Māmā. This process is working well with numbers remaining steady. Please note that the line "Can link in with Covid LMC liaison" which you may see in the letter from clinic about the ongoing care of your client is in error. I have asked for this statement to be removed.
- **SFH measurements crucial for identifying SGA/FGR/IUGR**
Information collected by midwives during abdominal palpation is a valuable indicator for fetal growth. Measurement of the SFH weekly from 36/40 and asking māmā about fetal movements gives vital information for the early detection of SGA/FGR/IUGR. Maternal perception of fetal movement is a potent indicator for fetal well-being. The use of Growth Assessment Protocol (GAP) is recommended as a regular component of midwifery care. Emergent information from in Aotearoa NZ and overseas is showing that some variants of Covid-19 are impacting on fetal growth, this is likely due to placental inflammation.
- **Third Trimester Scans for māmā who have had Covid after 28 weeks gestation.**
The recommendation for māmā who have tested positive for Covid in the third trimester is for increased vigilance with screening for SGA as above and for a fetal well-being scan at 37/40. This scan may be organised at CWH Radiology if they have capacity or in the community. If the scan is completed in the community the CDHB will pick up the co-payment cost.
- **Caution with Return to Work (RTW)**
Some people recovering from Covid are experiencing significant brain fog and exhaustion – you may want to consider a staged return to work as you gradually build up strength. 20% of C+ people are not well enough to RTW at day 10.
- **Flu Season is Approaching**
It is possible to have concurrent infections of influenza and Covid-19. Keep an eye out for staff flu vaccination timetabling in the units. Also continue the conversations with your clients about covid boosters, flu & whooping cough vaccinations. Emerging evidence from overseas experience with the Omicron variant of Covid-19 is that those who are "boosted" are less likely to contract Covid-19.
- **Normal Antenatal Obstetric Referrals**
Please ensure that you continue to make referrals to MOPD for the usual reasons and at the recommended times even though you may have previously made reference to co-morbidities that require obstetric input in your Covid Positive Māmā referral.

- **RCOG Coronavirus (Covid-19) Infection in Pregnancy**

This document has the latest Covid-19 infection in pregnancy information from UK and was published 7/3/22.

<https://www.rcog.org.uk/media/xsubnsma/2022-03-07-coronavirus-covid-19-infection-in-pregnancy-v15.pdf>

- **IOL Referrals for māmā who have had Covid during pregnancy**

There is no recommendation for a term IOL for women who have had Covid during their pregnancy unless they have been admitted for respiratory complications. If you have any questions, please touch base with Maternity Outpatients.

Some LMCs are telling women they will need to be induced at 40 weeks if they have had Covid. We are sorry if we confused you but that is only those who were admitted to the medical wards and pregnant with covid so therefore very unwell.

- **Post Dates IOL**

Over the next few weeks CWH Birthing Suite may have limited capacity with respect to providing staff for the wahine undergoing IOL. The midwifery/medical team will be triaging the IOL list according to need. If appropriate could LMC's consider offering women a membrane sweep and cervical stretch from 40 weeks to help reduce the numbers requiring a straight post dates IOL. Any wahine who has an urgent need for an IOL will be accommodated. If you are unsure how to undertake a stretch and sweep the midwives at MAU are happy to support you while you do it.

- **LMC's moonlighting as CDHB Staff**

Currently and for the next few weeks midwifery staffing at CWH will be critically short. There are midwives in both core and LMC spaces who are leaving or not renewing their APC's and this is impacting severely on the service for whānau. Your patience and understanding are greatly appreciated. If any LMC's have capacity to offer any hours to CWH please contact Katherine Gee or Sarah Stevens. If you can help, we have a special arrangement with the CDHB, so you are paid through your normal provider. You can work for a minimum of 4 hours, but you may also work for up to 12 hours to help our colleagues.

- **Information Leaflet for Pregnant People with Covid-19**

This information leaflet has been adapted with permission from a CCDHB resource. It is partly pictorial which may be easier for ESOL people to understand.

<https://www.cdhb.health.nz/wp-content/uploads/17d1ff3e-youre-pregnant-and-you-have-covid-19-.pdf>

- **Māmā with Exaggerated Pregnancy Sickness**

The pathway for māmā to get additional support for exaggerated pregnancy sickness is through the 24-hour surgery and not through ED. The LMC may wish to contact the 24 hour surgery to advise of the pending admission. Health Pathways has a clear management plan:-

<https://canterbury.communityhealthpathways.org/25368.htm>

Ngā mihi nui

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