



## **Maternity Services at Waikato Hospital during the COVID-19 Pandemic Level 4 lock down**

We are doing everything we can to protect our patients and healthcare workers in response to COVID-19 (Corona Virus). Below is an outline of what is happening with maternity services, these changes and measures have been put in place to protect you, our staff and other patients. This is an evolving situation and we will update this information if there are any further changes to services.

We know that your pregnancy journey and the birth of your baby is a very important time for you and your whānau. We would like to ensure you and your whānau our staff and other patients are safe while you are being cared for.

*Ma taatou katoa ki te arai atu te COVID - 19*

*Lets all unite together against COVID - 19*

To help us achieve this could you please take note of the following points for each of our services:

### **Antenatal Clinic**

#### Appointments

- Depending on your condition / reason for attending clinic your appointment may be carried out over the phone. We will advise you what will happen.
- If you require a scan/tests/monitoring or you require an examination you will need to attend clinic for your appointment – we will advise you if you need to attend clinic.
- If you already have a booked appointment (arranged before the Level 4 lockdown) we will ring you to let you know if it is going ahead in the clinic or if the doctor will ring you at home (and you don't need to attend.)

#### Attending Clinic:

- Support people/partner can only attend in special circumstances that have been negotiated with you prior to your appointment. Do not bring a support person/partner if they have tested positive for COVID-19 or suspect they may have COVID-19, as they need to be self-isolating and will put you, our staff and other patients at risk. Please do not bring a support person who is over 70 years or who has a health condition. For their own health they are encouraged to remain at home during the level 4 COVID-19 lock down. Please do not bring school age children with you to clinic.

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- If you have tested positive for COVID-19 or suspect you may have COVID-19 and you have an appointment to attend clinic please ring 027 208 9018 before your appointment, so arrangements can be made for your safe care at clinic.
- The majority of women attending clinic will come into clinic by themselves. Please report to B3 main reception. If you have been driven into the hospital your driver will need to drop you off and park up. They must wait in the car and not come into the hospital. This is in line with restrictions for COVID-19 lock down and it is for everyone's safety to reduce the number of people you, our staff and other patients are exposed to.
- Please note the entrance to Women's Health Clinic (B3) is closed. All arrivals and exits must come and depart via the delivery suite entrance (B2) and come down the stairs or lift.
- We ask that partners/support people do not park their car outside B2 entrance while waiting for you in the Women's Assessment Unit (WAU). It is important this area is clear for women arriving in labour, and for women and new born babies being picked up following their discharge from the ward.

### **Women's Assessment Unit (WAU)**

WAU is open 24 hours a day 7 days a week for urgent care for pregnant women. However this is not a drop in service or walk in clinic.

- Your midwife (LMC) or doctor (GP) will contact WAU and arrange for you to attend and we will expect your arrival. If you need to be seen that day, but not urgently, the WAU team will call you and tell you a time to attend.
- If you have an urgent pregnancy related issue, for example bleeding or a change in your baby's movements and you cannot get hold of your LMC, ring 839 8899 so they can advise and make preparations for your arrival at WAU.
- If you have tested positive for COVID-19 or suspect you may have COVID-19 please let WAU know before you attend, so preparations can be made for your arrival and care.
- We ask that you come into WAU by yourself. If you have been driven into the hospital your driver will need to drop you off, park and wait in the car. They cannot come into the hospital. This is in line with restrictions for COVID-19 lockdown and it is for everyone's safety to reduce the number of people you, our staff and other patients are exposed to.
- The exception to this is if you are coming in to WAU to be cared for in the Manaia room. You will be able to bring one support person/your partner. Do not bring a

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support person/partner if they have tested positive for COVID-19 or suspect they may have COVID-19, as they need to be self isolating and will put you, our staff and other patients at risk. Please do not bring a support person who is over 70 years or who has a health condition. For their own health they are encouraged to remain at home during the level 4 COVID-19 lockdown.

- We ask that partners/support people do not park their car outside B2 entrance while waiting for you in WAU. It is important this area is clear for women arriving in labour, and for women and new born babies being picked up following their discharge from the ward.

### **Delivery Suite**

Information for women who are planning to/or have been recommended to have their baby in Waikato Hospital.

- Please do not arrive in labour before contacting us first.
- If you go into labour ring your midwife (LMC) who will talk to you to assess what stage of labour you are in. Your LMC may also come and assess you at home. Your LMC will make arrangements to meet you in Delivery Suite.
- If you cannot contact your LMC and you feel that your labour is progressing ring Delivery Suite 839 8899 and they will assess you, if you need to come in straight away they will make arrangements for your arrival.
- If you have tested positive for COVID-19 or suspect you may have COVID-19 your LMC will need to let Delivery Suite know ahead of time before your labour starts and when you go into labour, before you arrive at delivery suite. This will enable us to make preparations for your arrival and safe care during labour and the birth of your baby.
- You will be able to have one support person/partner with you during your labour. They will need to stay with you the whole time, for safety reasons they will not be able to leave delivery suite and return to the delivery room. You cannot have a second person “to take over for them”. Make sure your support person has drinks and snacks with them should they need them.
- Do not bring a support person/partner to delivery suite with you if they have tested positive for COVID-19 or suspect they may have COVID-19, even if they are the baby’s father, as they need to be self-isolating. If they come into delivery suite it will put you, your baby, our staff and other patients at risk.
- Please do not bring a support person who is over 70 years or who has a health condition. For their own health they are encouraged to remain at home during the

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level 4 COVID-19 lockdown. School age children will not be allowed in delivery suite.

- After your baby has been born and if you or your baby are clinically unwell you will be admitted directly to the maternity ward from delivery suite to ensure you and/or your baby receive the obstetric/neonatal care that you or your baby needs.
- If you and your baby are well, we recommend you go straight home or travel to the birth centre of your choice for postnatal care. If you are clinically well but feel you initially need more midwifery care, for example breastfeeding or time to rest from the needs of other children for the first few days etc. your best option at this time is a primary birth facility. Waikato hospital maternity ward has limited single rooms which will be prioritised for clinically unwell women. Women who have a postnatal stay in a birth centre will have a private room, many of which have their own en-suite facilities.

### **Maternity Ward**

- If you move to the maternity ward following the birth of your baby. Or you are admitted to the maternity ward for care during pregnancy, you will not be able to have your support person/partner stay with you.

You will not be able to have any visitors. This is in line with the COVID-19 lockdown, it is a safety measure and reduces the number of people staff, pregnant women, new mums and new babies are exposed to on the ward.

- When you are ready to be discharged from the maternity ward from an antenatal inpatient stay – you can ring your partner/support person to collect you. When they have arrived at B2 entrance they can call you and you can then leave the ward and exit the hospital out of the B2 entrance.
- When leaving the maternity ward with your new baby:
  - When you are ready to be discharged you can call your partner/support person to pick you and your new-born up.
  - When they arrive they are to phone you to let you know that they have arrived. They are to wait at the door with your baby's car seat.
  - A member of staff will accompany you, your baby and your trolley with your belongings to the B2 entrance. You can collect your car seat and put your baby in the car seat in the hospital and exit the hospital. The trolley and the bassinet will be returned to the ward with the member of staff.
  - If the car seat is fixed in the car you can wheel your baby out and you/your partner can put your baby in the car. Our staff will return the trolley and bassinet back into the hospital.

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- Our staff will assist you when you are leaving but will not fit the car seat or secure the baby into the car seat so please make sure you and your partner/support person are familiar with the car seat.