Maternity Care During The Coronavirus Outbreak

https://www.uhmb.nhs.uk/maternity

Maternity Contact Numbers

Royal Lancaster Infirmary
Community Midwives: 01524 583867
Day Assessment 01524 583863
Delivery Suite: 01524 583850

Furness General Hospital
Community Midwives: 01229 403802
Day Assessment: 01229 403632
South Lakes Birth Centre: 01229 403609

Westmorland General Hospital
Helme Chase Maternity Unit: 01539 795375

Patient Information Leaflet
This leaflet provides you with information regarding your maternity care during the Coronavirus outbreak.

For general and regularly updated information we recommend you visit:


Evidence suggests that the majority of women who are exposed to the Coronavirus will experience only mild or moderate flu like symptoms.

General advice is to stay at home if you have any symptoms of Coronavirus, and follow guidance available at: https://111.nhs.uk/covid-19

Only call 111 if you are not able to access the advice on-line.

If you have any symptoms of the Coronavirus please DO NOT ATTEND any appointment. Please contact your midwife or local birthing unit if you develop any symptoms prior to your appointment and we can make alternative arrangements.

We understand that you will be worried about what Coronavirus means for you and your baby and we will do all we can to keep you safe.

Please follow the Government advice

Stay at home:
• Only go outside for food, health reasons or work (where this absolutely cannot be done from home)
• Stay two metres (6ft) away from other people
• Wash your hands regularly including when you get home.

If you work in an essential service, as deemed by the Government and are pregnant please seek advice from your employer.
Community Midwifery Appointments

Self-referral: Please continue to complete our self-referral form online and a member of our team will contact you to arrange your first appointment. See link below.

https://forms.uhmb.nhs.uk/maternity/

You will be contacted by a member of our maternity team prior to any appointment you have within maternity services. You will be asked questions in relation to any Coronavirus symptoms. In line with national guidance please attend alone where possible to all your antenatal and scan appointments.

If you have any symptoms of the Coronavirus please **DO NOT ATTEND** any appointment. Please contact your midwife or local birthing unit if you develop any symptoms prior to your appointment and we can make alternative arrangements.

Your first appointment will be undertaken with your midwife. You will be invited to attend a booking appointment where you will have your blood pressure taken; a urine sample collected; you will be weighed and have any blood taken for any screening tests that you have accepted.

Screening tests for you and your baby - please see link to leaflet below prior to your first appointment


Your next booking appointment will be undertaken over the telephone / video calling. Your community midwife will arrange a long telephone conversation / video call with you and will take lots of information and provide advice and guidance.

Your **16 week** and **25 week** appointment will also take via phone call/video calling.
From 28 weeks onwards your appointments will be face to face. You will receive a phone call from a member of the team prior to your appointment. You will be asked if you or any members of your family have any symptoms of Coronavirus.

If you do, you will be advised to stay at home for a period of time and your midwife will give you further guidance. You will only be tested for Coronavirus if you become unwell and need to be admitted to hospital.

When you attend your appointment please come alone, at the allotted time. Partners and family members will not be allowed to enter the building.

**Hospital Appointments**

If you are having care with an Obstetrician at the hospital you may need to attend your appointment - or you may receive a phone call from the Obstetrician.

If you are asked to attend the hospital antenatal clinic, you will be asked if you or any members of your family have any symptoms of Coronavirus. Please attend by yourself.

If you have any symptoms of the Coronavirus please **DO NOT ATTEND** any appointment. Please contact your midwife or local birthing unit if you develop any symptoms prior to your appointment and we can make alternative arrangements.

**Scans**

If you have a scan appointment, please attend by yourself at the allotted time. You will receive a phone call from a member of the team prior to your appointment. You will be asked if you or any members of your family have symptoms of the Coronavirus. **If you or your family member have symptoms then your scan appointment date or time may be changed.**

If you have any symptoms of the Coronavirus please **DO NOT ATTEND** any appointment. Please contact your midwife or local birthing unit if you develop any symptoms prior to your appointment and we can make alternative arrangements.
Urgent Care

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

Royal Lancaster Infirmary on 01524 583863 or 01524 583850

South Lakes Birth Centre on 01229 403632 or 01229 403609

Monitoring your baby’s movements - please see link below:

https://www.tommys.org/sites/default/files/RFM%20leaflet%20Mar%202019_0.pdf

If you are advised to attend the Maternity Day Assessment Unit please attend alone at the allotted time. You will be asked if you or any members of your family have any symptoms of Coronavirus.

Antenatal classes

Following Government advice we have suspended all group sessions.

Virtual tours of our maternity units - please see link below

https://www.uhmb.nhs.uk/our-services/services/maternity-services/birth

Care in labour

In labour, when you are ready to come to hospital, please call in advance. The midwife will ask you about your labour and some additional questions about your wellbeing and that of your family.

We will do everything we can to respect your birth choices. We have to limit you to one birth partner and they must be symptom free.

Our teams are wearing additional protective clothing including face masks whilst providing your care.
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.

**Induction of Labour**

If you are booked to come into hospital for induction of labour you will receive a phone call from a member of the team prior to your admission. You will be asked if you or any members of your family have any symptoms of the Coronavirus. In line with national guidance we ask that you are supported by only one birth partner and they must be symptom free.

**Planned caesarean sections**

If you are booked to come into hospital for a planned caesarean section you will receive a phone call from a member of the team prior to your admission. You will be asked if you or any members of your family have any symptoms of Coronavirus. In line with national guidance we ask that you are supported by only one birth partner and they must be symptom free.

**Birth at home or Helme Chase Midwifery Led Unit**

We have taken the decision to temporarily stand down births at home and at our midwifery led unit due to the ongoing situation around Coronavirus.

The Trust feels at this time that it is important to utilise our midwives in a different way which ensure both the safety of our patients and staff. Midwives who would normally be on call for home births will be asked to work in another part of the service or unit including helping to support more complex births within our hospitals and helping to support women in the community.

We will continue to monitor the situation carefully and follow national guidance. We will keep our website and maternity app updated and urge any mums-to-be with any concerns to contact their community midwife.
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.

Should you need to stay in hospital, your partner will not be able to stay with you or visit you on the postnatal ward, this is for the safety of you and your baby.

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.

Postnatal Discharge Videos

For more support when you have been discharged, you will be directed by your midwife to our discharge video below.
https://www.uhmb.nhs.uk/our-services/services/maternity-services/postnatal-care

Registering the birth of your baby

All appointments relating to registration of births have been deferred for the foreseeable future.

The Government has relaxed the 42 day limit - so if you need to register a birth, please don’t do anything for now.

You can now make a claim for child benefit or universal credit prior to the birth being registered, where you have not been able to do so because of these measures.

As soon as this service resumes the registration office will publish any updates via their website and their social media channels.
Other formats
If you would like to receive this information in an alternative format, then please contact: 01539 795497

Travelling to our hospitals
For the best way to plan your journey visit our website: http://www.uhmb.nhs.uk/ or contact Patient Advice and Liaison Service (PALS): 01539 795497

Useful Contact Details
NHS Direct (24 hour health advice): 111
Royal Lancaster Infirmary - Community Midwives
01524 583867 / Delivery Suite 01524 583850
Furness General Hospital - Community Midwives
01229 403802 / South Lakes Birth Centre 01229 403609
Westmorland General Hospital - Helme Chase Maternity Unit - 01539 795375

Your Information:
If you would like to know how we use, share, disclose and secure your information and your rights of access to the information we hold about you, visit the Trust’s website: http://www.uhmb.nhs.uk/ or contact Patient Advice and Liaison Service (PALS) 01539 795497

References
Details of the references used in writing this leaflet are available on request from: Patient Information Officer 01524 512476

Feedback
We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care or treatment, please speak to a member of staff or contact PALS: 01539 795497

SMOKEFREE
UHMBT is a no smoking Trust. Smoking is not permitted on any of the hospital sites. Giving up smoking is the best thing you can do for your health.

Contact your local NHS stop smoking service:
NHS North Lancashire: 01524 845145
NHS Cumbria: 01900 324222

A great place to be cared for; a great place to work