



COVID-19 PANDAMIC OUTBREAK: THE PREGNANCY CONCERNS

Mistry Kinjal R

Nursing (OBG), Associate Professor, School of Nursing, P P Savani University, Surat 394125 Gujarat, India

ARTICLE INFO

Article History:

Received 4th February, 2020

Received in revised form 25th

March, 2020

Accepted 23rd April, 2020

Published online 28th May, 2020

Key words:

COVID-19, Pregnancy, Newborn, Kangaroo

Mother Care, Family Planning

ABSTRACT

Currently the COVID-19 spread rapidly worldwide and majorly affected vulnerable Group. The pregnant woman also consider one of the vulnerable group which requires special attention during COVID-19. If woman is suspected with symptoms of COVID-19 then only go for the COVID-19 test. The suspected and confirmed pregnant women discuss with her Obstetrician regarding continuation or reduce the number of antenatal Visits. Special attention should be taken by health personal during the delivery with PPE kit. Mother with Family also discuss with Obstetrician about Breast feeding technique, Kangaroo Mother Care and also adaptation of Family Planning Methods. She must follow social distancing, Hand Hygiene and respiratory Hygiene as precautionary Action.

Copyright©2020 Mistry Kinjal R. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

INTRODUCTION

COVID-19 is an infectious disease caused by a newly discovered coronavirus. The pandemic caused by the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) has exposed vulnerable populations to an unprecedented global health crisis.

The first case of COVID -19 was detected in wuhan city of china in earlier December 2019. As it is highly contagious disease, it was spread rapidly across the worldwide. Government of affected countries and WHO report shows unpredictable growth in increases cases day by day. As per WHO report of 23rd May around 216 countries affected with 5061476 confirmed cases, 331475 Confirmed death because of COVID-19. Due to unavailability of specific treatment and vaccination for it, government declares the lockdown. The lockdown due to globally pandemic COVID-19 is a devastating experience for each one, so one can imagine how it is experienced by pregnant women. During this period everyone focusing on protection of elderly & vulnerable group, pregnant woman might be overlooked. Researcher is trying to understand the peri-natal outcome of mother and baby in COVID-19 infected cases. Due to availability of limited data, it is difficult to reach at the specific conclusion, but based on available data till date, the mentioned guideline should be followed for the care of pregnant women with COVID-19.

Effect of COVID-19 on Pregnancy

Currently no one knows that there is a higher chance of COVID-19 infection during pregnancy in compare to other public or might develop serious illness.

The immune system of mother is already suppressed in pregnancy which might cause severe illness due to COVID-19, similarly due to the gravid uterus, the size of chest cavity decreases during pregnancy and lung gets less space for expansion. That is why the mother experiences breathing difficulty mainly in 3rd trimester (last 3 months) of pregnancy. It could also make covid 19 more severe, but till date the reported cases of pregnancy with COVID-19 show mild symptoms and good recovery worldwide.

Transmission

The data which published so far, shows that the there is no presence of Novel coronavirus in placenta and umbilical cord sample. The related report and studies reviewed which indicates vertical transmission of Corona virus infection from mother to foetus is unlikely, but this may change when more information available.

Newborn baby is more susceptible by contact spread after the birth. The affected pregnancies reported cases and from that also very limited numbers of babies are tested positive. As per CDC and ICMR declaration that virus has not been found in amniotic fluid, breast milk or other maternal sample.

Effect on Foetus

Currently, as per limited data available shows there is no evidence of teratogenic effect of COVID-19 on pregnancy. There is no risk of miscarriage or early pregnancy loss in relation to COVID-19.

*Corresponding author: **Mistry Kinjal R**

Nursing (OBG), Associate Professor, School of Nursing, P P Savani University, Surat 394125 Gujarat, India

Pregnancy and COVID-19 Testing Protocols

Testing protocols for COVID-19 in pregnancy depends on area where they live. But as per WHO recommendation, the pregnant woman with COVID-19 symptoms should be prioritized for test and if it is found positive, may need specialized care.

Care of woman during pregnancy and childbirth

All the pregnant women including suspected and confirmed COVID-19 infection have right to get high quality care during antenatal, intranatal and postnatal period.

Antenatal Care

It is really very important to attend the scheduled antenatal visit during pregnancy to identify the wellbeing of mother and baby when mother is well. If suspected or confirm COVID-19 infections during the antenatal period there may need to reduce no. of visit. However, pregnant women should not reduce number of visit without consultation of their obstetrician.

Intranatal Care

It is a responsibility of health care team to endeavour the safe and positive child birth experience to mother, irrespective of her health status pertaining to COVID-19. She should be treated with respect and dignity during this experience. Woman has to make clear communication regarding her health status with maternity care team. If possible, health personal allow her to mobilize within labour room and give a choice of birth position.

If woman is suspected or confirmed case of COVID-19, it is highly desired that the delivery is conducted in isolated area with the limited staff members with PPE kit during the delivery. During the birth process, the oxygen saturation should be maintained above 94% and electro-foetal monitoring should be continuously occur.

Caesarean and induction of labour is not necessary in each COVID-19 confirmed case, it depends on the condition of woman and foetus during that period.

Postnatal care

The newborn with COVID-19 carries high unknown risk of severe complications. After birth, transmission of COVID-19 infection from mother to newborn baby is possible by contact with infectious respiratory secretion. There is need to develop facilities for temporary separation of mother and baby. The decision of temporary separation should be taken by mother and family members after discussion with health care team about the risks and benefits involved in separation.

Breast feeding and COVID-19

As per limited studies show that the virus is not present in breast milk, however, it is not sure that virus can spread through breast feeding, but the breast milk is providing the protection against various illnesses and its best source of all nutrients what infant needs. In context of it WHO, CDC & ICMR recommended that mother with COVID-19 can breast feed her baby if she wishes but follow the hand hygiene and respiratory hygiene during breast feeding practices. The mother, family members and health care personnel jointly take decision about which practice mother has to follow: direct breast feeding or express breast milk. Irrespective of any technique utilized by mother, she must follow the hand

hygiene, respiratory hygiene practice for prevention of covid-19 in newborn baby.

Kangaroo Mother Care (KMC) and COVID-19

The baby is healthy and there is no need of (NICU) Neonatal Intensive Care Unit, then you can provide the KMC to your baby. If you are COVID-19 positive, then as discussed in breastfeeding it is a choice of mother which is implemented after the discussion of risk and benefits involved in it with the obstetrician. Also discussed about the option is available to give KMC to newborn baby through family member's involvement, but if mother wants to give, she has to maintain respiratory and hand hygiene.

Family Planning and COVID-19

In this disruption, the need for family planning is not going to change. Presently the shift in health care system is observed due to pandemic of COVID-19, so it is essential to protect access of family Planning services. If woman is COVID-19 positive, so during normal vaginal delivery we can offer her any methods of temporary family planning but she has to delay in using the permanent methods due to risk involved in related to surgical methods of permanent sterilization. If cesarean delivery occurs than we can provide the permanent sterilization along with it.

Preventive Measures for Pregnant woman

Pregnant Woman is considered in vulnerable group so, she has to follow the preventive measures such as, social distancing, stay away from public places, avoid the contact with person who is suspected or confirmed case of COVID-19. A woman, who has high risk pregnancy such as heart disease along with pregnancy, should take additional precaution by shielding.

References

1. Mehreen Zaigham and Ola Andersson. Corona Virus, Pregnant woman and Infants – New Research. The conversation: Academia rigour, journalistic fair [Internet]. 2020 April. Available from: <https://theconversation.com/coronavirus-pregnant-women-and-infants-new-research-136639>
2. Centers for Disease control and Prevention. Available from: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.html>
3. Government of India, Ministry of Health & Family Welfare, Directorate General of Health Services (EMR Division). Revised Guidelines on Clinical Management of COVID-19. [Online] March 31, 2020. Accessed on April 5, 2020. Available from: https://icmr.nic.in/sites/default/files/upload_documents/Guidance_for_Management_of_Pregnant_Women_in_COVID19_Pandemic_12042020.pdf
4. Royal College of Obstetricians and Gynecologist. CoronaVirus Infection and Pregnancy. Available From: <https://www.rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/covid-19-virus-infection-and-pregnancy/>
5. Mehreen Zaigham and Ola Andersson. Maternal and perinatal outcomes with COVID-19: A systematic review of 108 pregnancies. AOGS Acta Obstetricia et Gynecologica Scandinavica: Open Access. 7th April 2020. Available From: <https://obgyn.onlinelibrary.wiley.com/doi/full/10.1111/aogs.13867>
6. United Nation Foundation. Family Planning 2020: Overview. Available From: <http://familyplanning2020.org/covid-19>