

To Community Health Aides and Practitioners: Thank you for your dedication and care of your communities and families.



CHAP Weekly Update

September 4, 2020

Pregnancy and COVID-19: Caring for Your Patients

Risk of COVID-19 in Pregnancy

Pregnancy does carry some increased risk for serious illness with COVID-19, but overall the risk is still quite low.



Healthy Pregnancy During a Pandemic

How can we help women have a healthy pregnancy during the COVID-19 pandemic?

Overlapping Symptoms of COVID-19 and Pregnancy

Mild discomforts of pregnancy can look like COVID-19.

Early pregnancy:

- ❖ nausea
- ❖ vomiting
- ❖ fatigue

Late pregnancy:

- ❖ Mild shortness of breath
 - from the baby taking up so much room
- ❖ Body aches and discomfort
- ❖ Fatigue

How do you tell the difference?

- ❖ Pregnancy symptoms usually come on slowly
- ❖ COVID-19 symptoms usually start abruptly
- ❖ Test everyone - A negative test is reassuring



Encourage women to make and keep prenatal appointments:

- ❖ Regular care allows you to identify and treat problems early before they cause bigger complications
- ❖ Early treatment of high blood pressure and diabetes prevents harm to mom and baby
- ❖ Early deliveries and medevacs might be prevented
- ❖ Ongoing support and education helps reduce stress

Provide creative solutions for women who are hesitant to come to clinic:

- ❖ Telephone or VTC or Zoom visits
- ❖ Visits outside the clinic building
 - even in a vehicle

Provide Patient Education from your CHAM:

- ❖ Keeping Mother Healthy
- ❖ Keeping Baby Healthy



Danger Signs: Same for COVID-19 and Pregnancy

- ❖ Severe shortness of breath
- ❖ Coughing up blood
- ❖ Chest pain
- ❖ Unable to keep down liquids and becoming dehydrated
- ❖ Becoming confused or less responsive



Many thanks to Bethany Berry and Leane Komoroski for their presentation on Pregnancy and COVID-19.

Let us know what you think! aka-CHAPCOVID-19weeklyupdates@anthc.org
Send questions for presenters and each other, and suggest topics for discussion.



"Rejoice with your family in the beautiful land of life."
- Albert Einstein



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Labor and Delivery in Anchorage

AT PATIENT HOUSING EXPECT:

- ❖ High standards of cleanliness
- ❖ Social distancing measures in place
- ❖ Safe food distribution and pick up
- ❖ Bring handwork and hobbies to help pass the time

IN LABOR AND DELIVERY EXPECT:

- ❖ Health care providers wearing masks and face shields
- ❖ Limited visitors, but support person allowed
- ❖ A test for COVID-19 when admitted to Labor and Delivery

COVID-19 and the New Baby

- ❖ COVID-19 is not passed to the baby through the uterus, as far as currently known.
- ❖ Children less than 2 years old should not wear masks.
- ❖ Care given to the new baby from being exposed is the same as for other people.



Breastfeeding and COVID-19

- ❖ Breast milk is usually the best nutrition for baby.
- ❖ If the mother has COVID-19 when the baby is breastfeeding, she can still continue by:
 - Using good hand hygiene before holding the baby, touching the breast or nipple, handling any bottles or pumping equipment.
 - Wearing a face mask while holding or breastfeeding baby
 - Pumping breast milk for someone else to feed to the baby



Stress, Pregnancy and COVID-19

- ❖ About 14% of women suffer from anxiety during pregnancy.
- ❖ Since the COVID-19 pandemic began, closer to 40% of pregnant women have anxiety or depression.
- ❖ Anxiety can have serious consequences and lead to preterm labor, small babies, and difficulty bonding once the baby is born.

Tools to Help



- ❖ Regular frequent visits – answer questions, provide support, identify people who are becoming overwhelmed
- ❖ Help women identify coping strategies that have worked for them in the past
- ❖ Involve Behavioral Health
- ❖ For more tips see CHAP Weekly Updates: June 19, June 26, and August 14
- ❖ More help at: : CISMteam@ANTHC.org or call: 907-729-8250

CHAP on Facebook



Community Health Aide/Practitioner Facebook page:
<https://www.facebook.com/groups/AlaskaCommunityHealthAidesPractitioners>



Continuing Education

Check out all of the CE options available at AKCHAP.org

Save the Date



Next Session: September 8 at 12:10. Danielle Larsen and Dr. Kyle Pohl talking about the COVID experience and caring for people with COVID-19.

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