

Updates and resources in response to COVID-19 – antenatal care at St George and Sutherland Hospitals

St George Hospital

- No partners are permitted to attend hospital clinic and no children are allowed
- All women are screened at main entrance before attending clinic or birth unit. Masks are required or given on entry to the hospital.
- Community antenatal clinics at Riverwood, Hurstville and Kingsgrove continue, masks are required.
- Booking in visits at the hospital clinic are as follows:
 - Phone booking for low- risk women
 - Face to face booking for high risk, >20wks gestation, or requiring an interpreter
 - 24 week visit not at clinic if low risk and may be attended at the GP.
- Screening and diagnosis of gestational diabetes continues as per protocol with GTT at booking for women with risk factors and 28 weeks as per protocol.
- Lactation Service still available during pregnancy and first two weeks post birth – using telehealth as much as possible or clustering Lactation consult with a medical review to decrease antenatal or postnatal visits to facility. GPs can call page on 9113 1111 pager 181 for advice seven days a week.
- Women in labour are only allowed one support person. If this person has a positive Covid19 result or is in the incubation period, they will not be allowed to attend the Birth Unit as a support.
- Visiting to the postnatal ward is limited to one support person only for the day (inclusive of partner).
- Outpatient gynaecology clinics – O&G staff review of case; gynaecology consult will be by phone; procedures for high risk only and non-urgent will be postponed.
- Paediatric clinics are also under review, some will be telehealth consultations and non urgent postponed.

Sutherland Hospital

- All women attending clinics are screened via telephone the day prior to their appointment. They are also screened on arrival at the clinic by a staff member at reception. Appropriate measures are in place to manage women at high risk of COVID-19 exposure with immediate transfer to the COVID-19 Clinic.
- Partners and siblings are not able to attend the Antenatal appointments
- All women are required to wear masks throughout their appointment. Staff will also be wearing masks.
- Antenatal Services are changing. All appointments where the woman is <16 weeks will be offered via telehealth.
- Early GTT and 26-28 week GTT continue as normal. If women decline a GTT they are offered at fasting BGL and HBA1C
- Women in labour are supported by one person only. The support person is not interchangeable.
- Visiting in the Maternity ward is limited to partners only.
- Midwifery in the home continues with COVID-19 screening occurring before each visit. The staff will be wearing masks when they attend home visits. We ask that the women and their partner also wear masks
- Appropriate measures are in place to manage women at high risk of COVID-19 exposure including review in the COVID-19 Clinic.
- Lactation services are still available in both the antenatal and postnatal periods.
- Gynaecology appointments have been prioritised by urgency. Less urgent appointments will be conducted via telephone or postponed.
- Paediatric clinic appointments are being conducted via a Telehealth consultation.

SESLHD Child and Family Health Services

For latest information visit the SESLHD Child and Family Health Services [website](#).

Consumer information

- *HealthDirect – Pregnancy Birth and Baby* have patient information on their website
 - [Coronavirus \(COVID-19\) and pregnancy](#)

Importance of monitoring fetal movements

With reduced face-to-face antenatal visits, it is important for women to get to know the pattern of their baby's movement. Women should be informed to contact the hospital immediately if they have any concerns. Some resources are available for both health professionals and consumers:

- [Decreased fetal movements eLearning guide for health care providers](#)—Clinician education (Stillbirth CRE)
- [Movements Matter](#) – Clinician and consumer resources (Stillbirth CRE)
- [Your Baby's Movements And What They Mean](#)—Parent information (PSANZ Stillbirth and Neonatal Death Alliance)
- [Your Baby's Movements Matter](#)—Parent information (Stillbirth CRE)

Looking after perinatal mental health

There are a number consumer resources and services to support perinatal mental health:

- Click [here](#) for a list of on-line support services to keep new parents connected
- Click [here](#) for PANDA Perinatal Depression and Anxiety Support ph 1300 726 306
- Tresillian PND groups. These groups will be held as virtual groups (telehealth)
 - Click [here](#) for *Circle of Security Group for Dads* - 2 May 2020
 - Click [here](#) for *PND & COS Group* - 5 May 2020

Parenting Support

Karitane Services

- Kartiane have transitioned all their services to be delivered using Telehealth
- Parents can now self-refer. Click [here](#) to complete referral form

Tresillian Services

- Parents can now self-refer. Click [here](#) for further information

Breastfeeding support

Australian Breastfeeding Association (ABA)

- ABA have resources for mothers, families and health professionals.
- Click [here](#) for breastfeeding questions answered (including about COVID-19)
- Free 24 hour [Breastfeeding Helpline](#) – 1800 686 268.