

Precautionary measures in relation to the Corona-virus (COVID-19) in midwifery practice Het Ooievaarsnest

March 23rd, 2020

The practice

- Keep at least 1,5m distance to others at all times, also in the waiting room.
- If you have any symptoms, like mild fever or cough, please inform us by telephone. Do not visit the practice, not even if you have an appointment. Together we will find the best solution. In addition, we advise you to contact your general practitioner.
- Clients with an appointment in the next few weeks will be called by the midwife in the days leading up to this scheduled appointment. Please keep in mind that this can be with our general phone number or by an anonymous number.
- When you are at the consultation hour, we will provide you with a printed version of your personal pregnancy card. This way any medical caregiver will be able to see your medical information if needed.
- In our practice we removed all magazines and toys from the waiting room to prevent contamination.
- We clean extensively in our practice.
- All practices in our region do their best to minimize the risk of contamination and spreading of the virus. We agreed to help each other if unhoped-for there are midwives who become ill. This way, quality of care is guaranteed.

Pregnancy

- Intakes at the start of the pregnancy will be done by telephone for the next few months.
- Between 16-27 weeks of pregnancy there will be no check-ups since there is no medical indication. We will make an exception if it is absolutely essential (emergency consultation).
- Check-ups that go through will be kept as short as possible. They will consist only of a blood pressure check and the growth of the baby by an external examination of your belly.
- Any questions and more extensive information (f.e. concerning childbirth or breastfeeding) will be discussed by telephone at another moment.

- We ask you to come to your appointment alone and not bring your partner and/or children.
- At home birth only your partner (or another companion) can be present. This also excludes a doula or birth photographer.
- Childbirth in the bathtub is not possible at the moment since it increases the risk of contamination for caregivers such as midwives.

Ultrasounds

- Only medically necessary ultrasounds such as term ultrasounds and the 20-weeks ultrasound will go through. Unfortunately, your partner and/or children are not allowed to join you at the practice.

Maternity period

- Our maternity visits will be done by telephone or videocall unless there is a medical reason for us to come by. We kindly ask you to inform us beforehand if any of your family members has any symptoms.
- Of course, it will remain very easy to contact us for consultation at any time.
- The 6-week check-up will also be done by telephone.
- We urgently request you to not receive any visitors during your maternity period. In the first place to guard your and your baby's health but also for us to be able to secure birth care for other pregnant ladies within the region.
- In the first week after birth we advise you to measure your baby's temperature 3 times per day.

The hospital

- Are you about to deliver? You can still choose between home birth or delivering at the hospital unless there is a medical indication for childbirth at the hospital. It is always possible to reconsider where you want to give birth or to discuss it with us. Especially so considering the bed occupancy at the hospital and the enormous pressure on the medical staff there.
- If you are going to deliver at the hospital, only 1 companion can be present. This applies to the entire hospital, so there are no other companions allowed whether it be in the delivery room, at the hallway or any other place within the hospital.

- Maternity visits after childbirth are not allowed at the hospital.
- If you have to stay at the hospital for a longer period of time, the hospital rules will apply.
- Also at the Vrouw-Kind Centrum (VKC) no visitors are allowed. This means:
 - Acute unit (for emergency consultations): mother-to-be + 1 person
 - Childbirth: mother-to-be + partner + 1 person

Apart from the partner no visits are allowed. This also excludes brothers and/or sisters. The 'Beschuitenbarren' are cleared and closed until further notice. It is possible to get coffee and tea but this is to be consumed at your room.

In general

- Any group meetings such as informational meetings and Centering Pregnancy-meetings are being cancelled, at least until the 1st of June 2020.
- In addition to the abovementioned measures the same general measures apply for both pregnant and not pregnant women. Please follow the news and the guidelines of the RIVM (www.rivm.nl also in English).

Of course you can still reach us 24/7 and we will always see you if medically necessary. We keep doing everything we can to guide you to the best experience possible during this very special period in your life.

These precautionary measures are established in association with all midwifery practices, general practitioners and hospitals within the region. They remain valid until at least the 1st of June 2020. Since the situation is still changing fast, these measures are subject to change too. Please check our Facebook page or website regularly.