

## Maternity GP Shared Care for low-risk women during COVID-19

### General Principles:

**This is a guide only and may be subject to change**

- Protect women and maternity care providers by reducing face to face (F2F) visits
- Wherever possible visits occur by Telehealth (TH)
- F2F visits
  - preceded on a separate day by TH
  - < 15 minutes
  - women attend alone +/- 1 support person and no accompanying children if possible
  - BP, height, weight, urinalysis, symphysis fundal height (SFH), foetal movements (FM), foetal heart rate (FHR)
  - Mental health (MH), domestic violence (DV), alcohol and drug screening
  - Influenza & Pertussis vaccination; Anti-D in Rhesus negative women

### Antenatal

#### K4-10

- First visit – **TH** - confirm pregnancy, history, screening, refer for blood tests (add ferritin to FBC) & dating scan (K6-8); HbA1C if risk factors for GDM
- Second visit – **TH** - review results, refer to maternity service, refer for CFTS (K11-13+6) +/- NIPT (from K10)
- Follow one of these visits with **F2F** – BP, height, weight, examination; MH, DV, alcohol and drug screening; Influenza vaccination

#### K12-16

- **TH +/- F2F** – CFTS +/- NIPT results, refer for morphology scan (K18-20)
- Maternity service - booking in

#### K20-22

- **F2F preceded by TH** – Morphology scan results, BP, weight, urinalysis, SFH, FM, FHR; MH, DV, alcohol and drug screening; Pertussis vaccination
- Maternity service - obstetric chart and morphology scan review

**K24-26 – TH +/- F2F** - refer for K24-28 GDM screening – Fasting Blood Glucose (FBG), FBC, ferritin

**K28-29 – F2F preceded by TH** – FBC, GDM screening results +/- referral; BP, weight, urinalysis, SFH, presentation, FM, FHR; MH, DV, alcohol and drug screening; anti-D for Rhesus negative women; refer for K36 FBC, ferritin

**K31** - Maternity Service

**K34-37 – F2F preceded by TH** – FBC results, BP, weight, urinalysis, SFH, presentation, FM, FHR; MH, DV, alcohol and drug screening; anti-D for Rhesus negative women

**K36-37** – Maternity service

**K38-40 – TH +/- F2F**

**K39-41** – Maternity service

### Postnatal

**5-10 days post partum - TH + F2F PRN** depending on hospital and community checks

**6 weeks post partum - F2F preceded by TH**

**Mother** - MH, DV screening, contraception

- GDM - delay OGTT for 12mo. or
- if concerned about T2DM – continue self monitoring; HbA1C at 4-6mo.

**Baby** – check neonatal screening test (NNST) and hearing screening has been performed, examination as per personal health record, immunisation.