Identification:

- A health care provider, as designated by Hospital Administration, will screen patients and visitors in the Main Lobby according to the CDC guidelines, defined as experiencing any of these symptoms: cough, subjective fever, temperature > 38.0 C or 100.4 F, or shortness of breath AND one of the following:
  - Travel to level 2 or 3 areas in the last 14 days (see CDC website)
  - Contact with a confirmed or suspected COVID-19 case in the last 14 days
- Anyone screening positive will immediately perform hand hygiene and don gloves and a surgical mask.
- Patients presenting with positive COVID-19 screening and obstetric complaints will go to Labor and Delivery (L&D) with appropriate PPE.
  - Obstetric complaints include a gestational age of 23 weeks or higher with any of the following:
    - Greater than 6 painful contractions in 1 hour, vaginal bleeding, amniotic fluid leaking, or decreased fetal movement.
- A pregnant patient, at ANY gestational age with flu-like symptoms or in respiratory distress who has no obstetric complaints, will be seen in the Emergency Department (ED), with OBGYN to consult.
  - ED charge RN to call LDR charge RN to alert unit to patient presence in ED.
- A pregnant patient, at ANY gestational age with flu-like symptoms or in respiratory distress who has no obstetric complaints and requires admission, should be admitted to Medicine, with OBGYN to consult.
  - The most senior OBGYN physician available, should evaluate the patient.
    - Fetal doppler or NST machine will be cleansed with Cavi Wipes prior to returning to L&D
    - Ultrasound probe covers will be utilized and the ultrasound cleaned per the manufacturer’s instructions

Precautions for Patients Who Screen Positive and Have an Obstetric Complaint:

- Prepare Labor Room 7 (LDR7) the only adult negative pressure room on 3 North (3N):
  - Remove unnecessary equipment, furniture, carts, birth balls, mirrors etc.
  - Remove regular trash bag.
  - Ensure adequate PPE supplies are available.
    - All appropriate personal protective equipment (PPE) will be placed outside of the room. N95 masks will be kept at the L&D nurses’ station.
    - PPE - N95 mask, surgical cap, eye protection, inner and outer gloves, plastic gown and shoe cover.
    - N95 masks and PPE must be worn by healthcare providers when entering the room.
    - A PAPR mask is available to the healthcare provider spending an extended period of time at the bedside. The PAPR is located in the Women’s Center Facilitator’s office. The PAPR may be cleaned and reused per the CDC guidelines.
    - Caps, eye protection gloves and plastic gown should be removed within the LDR. Mask should be removed outside of the LDR and hand hygiene performed.
  - Consistent and thorough hand hygiene is required.
  - A log will be kept of providers and visitors who enter the room.
Obstetric COVID-19 Plan

- HEPA Air Filter: Request from Engineering (Ext 4386), will hold on the unit in case of emergency in the OR.
- Limit the number of healthcare providers who come into contact with the patient.
  - Utilize bedside phone to communicate with patient when direct contact is not required
- Move the patient to LDR7.
  - If LDR7 is occupied, prepare another LDR as outlined above.
  - Contact Engineering Ex 4316 for Hepa Air Filtration Unit, start

Testing:

- Consider differential diagnosis testing.
  - Respiratory Panel PCR, urine will we brought to the lab.
    - Laboratory specimen will not be sent through the pneumatic tube system.
  - Chest xray – shielded and portable.
- Note: The hospital Respiratory Panel-25 does NOT include COVID-19. If the patient tests positive for any of the infections on this panel, he or she may still test positive for COVID-19. Airborne and droplet precautions should continue until the DCOH confirmatory COVID-19 test results.
- Start sepsis workup as outlined by hospital’s sepsis bundle.
- Questions regarding inpatient testing can be directed to Tiger Text Role: COVID19 ID On Call

Notification

- Contact the following
  - HOS at 202-925-2186 or RF 73886
  - COVID-19 Safety Office RF 2221
  - Laboratory for possible COVID-19 specimen ext 4439
  - Radiology tech if portable chest xray needed
  - Infection Prevention – Tiger Text Candace Johnson or Renee Zell
  - Emergency Management – Tiger Text Dr. Bruno Petinaux or call at 202-258-0615
  - Neonatology Attending on call (RF 2538)
  - Anesthesiology Attending on call (RF 6173)
  - Dr. Sheetal Sheth and Dr. Nancy Gaba – Tiger Text

Testing:

- The decision to contact the DC Department of Health (DCOH) will be made in conjunction with Infection Prevention and Emergency Management who will facilitate the contact. DCOH must approve testing.
  - DC Health Coronavirus Epi Division can be reached at (844)493-2652. If busy, leave name and phone number on answering machine.
  - Laboratory testing approved by DCOH will be completed offsite. The laboratory will coordinate sending the specimens to the DCOH.
  - Tiger Text Hospital COVID 19 ID On-Call Role, if you have questions regarding in-patient who requires testing.
Obstetric COVID-19 Plan

Deliveries:

- Vaginal delivery should occur in LDR7 with negative pressure.
  - If LDR7 is not available, any other LDR can be used with HEPA Air Filtration (Engineering RF 4386)
    - Prepare alternative LDR as described in section: Precautions for Patients Who Screen Positive and Have an Obstetric Complaint
    - Given increased risk of cesarean delivery, prepare patient:
      - Place bouffant cap in addition to surgical mask
      - Place SCDs
      - Place second IV line
      - Cleans skin with CHG wipes
      - Place EKG leads
      - Consent for general routine care, blood transfusion and cesarean delivery
      - Encourage early epidural to minimize aerosolized procedures and GETA
      - COVID19 positive patients with active symptoms will be cared for by the physician team
      - Minimize health care providers
      - Continuously monitor the fetus externally
      - **Continuous pulse oximetry**
      - **Avoid oxygen via nasal canula, non-rebreather for intrauterine resuscitation**
      - Hydrotherapy is not permitted
      - N95 and PPE is required during the second stage of labor
      - Terminal cleaning is required after the patient is transferred

- Cesarean delivery (CD) should occur in LD-OR2
  - If LD-OR2 is not available, CD should occur in Main OR 11
  - LD-OR2 preparation will comply with GW’s COVID-19 OR-11 Guideline
  - L&D Charge Nurse to Main OR Charge Nurse must occur prior to moving the patient to Main OR-11
    - Back elevator to Main OR requires badge access
    - Both LD-OR2 and Main OR-11 are positive pressure rooms. Air exchange filtration takes a minimum of 28 minutes.
    - HEPA Air Filtration in OR continuously starting 30 minutes prior to the case when clinically appropriate, throughout procedure, and for 30 minutes following the case. Terminal cleaning should not start until after 30 minutes of HEPA Air Filtration in empty OR.
  - Most experienced OBGYNs should perform the CD
Obstetric COVID-19 Plan

- Minimize the number of staff members entering and exiting the OR
- Donning and doffing should occur in the sub-sterile area
- If an epidural is not in place and the patient requires a level 1 CD, consider a spinal if no contraindications
  - One attempt may be made by the most experienced Anesthesiologist
- If GETA is required, intubation should occur in the LD-OR2 or Main OR 11.
- Extubation should occur in a negative pressure room.
  - The COVID19 Safety Officer RF 2221 will assist the Anesthesiologist with PPE.
- PACU recovery in a negative pressure room.
- Multidisciplinary simulation of a level 1 cesarean delivery of a COVID19 patient who requires GETA is available daily

Anesthesia:

- Per Society for Obstetric Anesthesia and Perinatology:
  - Early epidural anesthesia may reduce the need for GETA in case of CD
  - A COVID-19 diagnosis is NOT considered a contraindication for neuraxial anesthesia
  - Given prolonged patient exposure at close distances during procedures, all procedures (neuraxial blockade or intubation/extubation) should be performed by attending anesthesiologist using airborne precautions in appropriate PPE.

- Neuraxial blockade for labor:
  - Do not take travel anesthesia cart into room.
  - Bring supplies needed for neuraxial placement into the room.
  - Double gloves are required for ALL procedures.

- Anesthesia for Cesarean Delivery:
  - If neuraxial blockade utilized:
    - Patient will wear a surgical mask with a non-rebreather on top.
  - If general anesthesia is needed:
    - PEE is required in the OR. Safety Officer (RF 2221) will assist with proper PPE
    - **Large clear plastic drape will be placed over patient’s upper torso and head to decrease aerosolization**
    - Pre-oxygenation should occur with a circuit extension and HEPA filter at the patient side of the circuit, mask ventilation should be avoided, and RSI with video laryngoscope should be used for first attempt given risk of difficult airway. Follow COVID19 intubation department guidelines from “GW COVID for ICU and Anesthesia: GW Anesthesiology & Critical Care Medicine Guidelines” for the patient with suspected or known COVID-19 (Section C: Intubations).
    - Extubation is equally, if not more of a significant risk. Minimize personnel, utilize N95/PAPR and PPE precautions. Complete extubation in a negative pressure room.
  - NSAIDs may be used safely in asymptomatic patients.
  - Antiemetics should be administered to prevent vomiting in patients undergoing cesarean delivery. However, due to potential risks of steroids in the setting of COVID infection, consider avoiding the use of dexamethasone for PONV prophylaxis in suspected or COVID+ patients.
  - Donning/doffing takes time, avoid crash situations by anticipating needs and maintaining communication between all involved teams. Airborne precaution PPE is *required for anesthesia personnel for all cesarean sections, even in the case of a level 1 cesarean.*
Obstetric COVID-19 Plan

Critically Ill COVID-19 Patient

- A critically ill COVID-19 pregnant patient > 23 weeks admitted to the ICU will be prepared as described in the Deliveries section
- Routine hand hygiene will be performed prior to entry
- PPE and N95 will be donned prior to entry in the ICU room
  - In the case of extended exposure, a PAPR should be worn
- A cesarean delivery kit, betadine splash and sutures will be available outside of the room
- Uterotonics will be available in the pyxis
- Ancef 2 grams and Azithromycin 500mg will be available in the pyxis
- In case of level 1 cesarean, the patient should not be transferred to the Main-OR11
- CODE L to ICU BED # should be called overhead
  - This will bring the Chief Resident, Attending, COVID –19 RN1/RN-2 and NICU
- Remove excess pillow and blankets
- Place patient on stiff transfer board
- Intubation as described in the Anesthesia for Cesarean section should be performed
- The infant will be transported to the negative pressure room in the NICU with the transporter draped in a large plastic drape

Placental Disposition:

- The placenta from a suspected or confirmed COVID-19 patient should be sent to pathology for evaluation
- In addition to routine label, COVID-19 should be written clearly on the placental bucket
- The placenta from a suspected or confirmed COVID-19 patient should not be released for burial or consumption

Infant:

- Risks and benefits of temporary separation of the mother from her infant should be discussed with all confirmed and suspected COVID-19 cases by the healthcare team.
  - Confirmed COVID-19 mother with active symptoms
    - It is recommended that the patient and infant be separated to prevent the spread of active infection to the infant.
      - If the patient declines separation, provide the CDC recommendations, consult NICU and consider Ethics consultation.
    - The infant will be admitted to the NICU’s negative air-pressure isolation room. The infant will be kept on droplet and airborne precautions.
    - The infant will be tested for COVID-19 as determined by DCOH.
      - If positive and needs respiratory support, the NICU will coordinate with Children’s National Medical Center for the most appropriate care and probable transfer.
      - If negative, the infant will be discharged in accordance with CDC’s guidelines.
    - The infant will be cared for in the NICU’s negative pressure room by the NICU staff.
Obstetric COVID-19 Plan

- The patient’s support person will be considered a PUI and will not be allowed in the NICU.
- Video access to the baby will be provided to the mother
- Pumped breastmilk may be provided to the infant
  - Suspected or Confirmed COVID-19 mother without symptoms
    - Rooming in may occur if requested
    - Consider using engineering controls such as a curtain or barrier to separate the infant and mother
      - The infant should be >6 feet away
    - The mother should practice hand hygiene, don gloves and a mask prior to touching or breastfeeding the infant.
      - The mask should remain in place during contact with the infant.
      - If possible, pumped breastmilk should be provided by a healthy family member or healthcare worker as described below
    - The infant will not be permitted in the respite nursery unless COVID-19 test is negative
    - Any healthcare provider who comes in contact with the infant or mother should don appropriate PPE.

Breastfeeding:

- At this time, there is no evidence that COVID-19 is spread through breast milk. It is safe and appropriate for the mother to provide breast milk to the infant. However, coronaviruses can spread from a positive mother to the infant through respiratory droplets. The CDC recommends that a healthy family member or healthcare worker provide pumped breast milk to an infant whose mother is COVID-19 positive. If the mother declines, she should don a mask and wash her hands for 20 seconds prior to breastfeeding.

Breast pumping:

- A sanitized breast pump will be provided to the patient.
- The RN will teach the patient to wash her hands prior to touching pump parts and before each pumping session.
- A separate microwave, reserved for COVID-19 patients, to sterilize pump parts will be available.
- The pump must be wiped down after every use.
- The pump parts are to be sterilized after every use. Cleaning:

Terminal Cleaning:

Terminal cleaning is necessary for any room in which a suspected COVID-19 patient has been.

- Once a HEPA filter is placed LDR7, the room must remain empty for one hour for complete air turnover before EVS starts the terminal clean.
- ORs must remain empty for 30 minutes for complete air turnover before EVS starts the terminal clean.
- Refer to Environmental Cleaning-Terminal Operating Room Sanitation Policy

Visitor Policy:
Obstetric COVID-19 Plan

- All patients, staff and visitors will be screened in the Main Lobby.
- 1 asymptomatic designated support person of the suspected COVID-19 patient, who has had contact with the patient prior to arrival, may accompany the patient in triage and labor and delivery.
- Only 1 designated support person, may stay with the suspected COVID-19 patient on 3 North.
- If the designated support person leaves the hospital, they will not be permitted back into the hospital.
- Symptomatic COVID-19 patients will not have visitors.
- As of March 12th, 2020, children younger than 18 will not be allowed onto L&D, the 3 North or NICU.
- NICU: Only one parent or guardian with the infant band will be able to visit the infant in the NICU.
  - Hand hygiene will be performed.
  - If the parent or guardian with the infant band leaves the hospital, they will not be able to return to hospital until the following day.
- Symptomatic support person of a suspected or confirmed COVID-19 patient may not enter the NICU.

Elective Procedures:

- As of March 26th, 2020, elective procedures, such as a bilateral tubal ligation or salpingectomy, will not be performed in compliance with the hospital’s surgical guidelines
- A tubal ligation or salpingectomy may be performed concomitantly with a cesarean
- Patients who request permanent sterilization should be offered alternatives, such as LARCs

More than one patient infected with COVID-19 and Hepa Air Filtration not available:

- If multiple patients with confirmed COVID-19 exist and Hepa Air Filtration is not available, convert LDR7 into a dual room. Use portable fetal monitor and use 1:1 RN to monitor.
- Reach out to HOS and other units for overflow relief as possible.
- Primary RN to don PAPR while spending prolonged periods of time in the contaminated room.

Updated: March 26, 2020 at 23:00