

## **Information regarding COVID-19 for Mothers and Families (August 9, 2021)**

We would like to take this opportunity to reassure you that the Pembroke Regional Hospital is following best practice guidelines to ensure the safest delivery for you and your new baby.

We appreciate the fear and challenges that you have had to overcome being pregnant during this time. We would strongly encourage you to keep a journal and focus on all the positive aspects of your experience. You, your family, and your newborn will be part of a long story that will appear in history books for years to come.

To ensure a safe environment for all patients, we have initiated the following:

In an effort to reduce the number of patients on the unit, we have changed our outpatient and inpatient registration procedures as well as our visiting policy.

Please call the Maternal Child Care Unit at 613-732-2811 extension 6438 before coming to the hospital for any pregnancy or labour assessments.

We are currently allowing an essential caregiver/care partner to accompany you on the unit when you come for an assessment. If you are admitted, you will be allowed to have an additional support person to attend your birth (for a total of two). This support person will be the only person who can come on that day. After day of delivery, if you would like a different support person to come, they can visit during general visiting hours (11:30 a.m. to 8:30 p.m.). This has to be the same person in 24 hours, they cannot change. \*Please note, if you have a Doula, the Doula will count as your additional support person.

The mother and support person(s) will be screened upon entry into the hospital. It is extremely important that you be upfront when being questioned during this screening. The screening tool is an important safeguard that has been put in place to ensure a safe environment for all.

If you fail your screening, there are special protocols put into place to ensure a safe delivery. Please be reassured that the staff have been trained and are fully qualified to take care of you. A failed screening does not mean that you have COVID-19. You will be swab-tested and the physician and nurse will ensure that you have all the information required.

Please note that your support person must screen negative (e.g. no travel outside Canada in the past 14 days, no fever, cough or contact with a person with fever, cough, or contact with someone who has been screened for COVID-19). Also keep in mind that if you screen positive, your partner will screen positive by default (since he/she will have had close personal contact with a suspected COVID-positive person and, therefore, will fail). If your support person does not pass the screening, you will be able to choose another support person.

You can have another support person as long as they have not had contact with you.

Please decide who this may be in advance so that you are not trying to find someone while in labour. If you do not have anyone, please do not be concerned. The nurses will ensure that you receive the best care possible while in our care.

In an effort to control spread of COVID-19, it is recommended that all patients, their support person, and all health care staff wear a mask. Due to the summer temperatures, the hospital and Infection Control agree that if staff are not in the room and you wish to take off your mask when nursing, it is safe to do so. When hospital staff enters the room, you will be requested to put your mask on.

Hot/cold meals and snack items and beverages will be available to you. Meals can be requested for your partner if required. We have a fridge and microwave in most rooms. Some people bring in a cooler with their own food and beverages.