



## ELEANOR CLINIC

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### Maternity Care at Eleanor Clinic During Covid-19

Pregnant during a pandemic – congratulations!

**The emerging information we have suggests that pregnant women have the same risks from Covid-19 as non-pregnant women and that their babies will be fine.**

There are some concerns about a possible increase in prematurity, and given that we just don't know that much about Covid-19 and pregnancy, we think you should take special care to *stay at home where possible, follow physical distancing advice, avoid sick people, wash your hands, avoid touching your face and clean regularly.*

It is still really important that we continue to monitor your health and the health of your baby. We will provide you with the same type of information and education as always, just delivered in a different way.

It is particularly important at this time that we continue to protect you from other infections like influenza, whooping cough, measles and chicken pox.

**Please keep having your regular maternity appointments**

- Many public clinics will be closed or reduced in their scope which will lead to an increase in community based care with GPs or Midwives. You will still have some appointments with the hospital, either by Telehealth or in person.
- Most of your GP appointments will be by Telehealth with full Medicare funding. A few visits will be in person and a fee will be applicable to these. When we see you in person we will try to limit face to face time as much as possible and we will use masks, gloves and gowns.
- At Eleanor Clinic we have a designated space set aside to care for pregnant women which will not be used by unwell patients.
- When you come to clinic appointments please leave the kids at home – they are excellent germ sharers! Come alone if possible or with a single support person if necessary.
- If you ever have extra concerns, please feel free to book extra Telehealth appointments any time.
- Paperwork will be sent electronically or, with permission, picked up by a partner/friend from Eleanor Clinic.

**Visit schedule for women choosing Shared Maternity Care with Eleanor Clinic**  
(might vary a little in some circumstances)

Week	Where	Telehealth / in person	Topic
6 wks	Eleanor Clinic	Telehealth	Confirm pregnancy and arrange appropriate investigations
8 wks	Eleanor Clinic	<b>In person</b>	Discuss results, refer for maternity care, administer flu vaccine and brief examination
15-20 wks	Hospital	Telehealth	1 <sup>st</sup> hospital visit
22 wks	Eleanor Clinic	<b>In person</b>	Review and whooping cough vaccine
28 wks	Eleanor Clinic <i>(Review at Hospital Clinic for women with negative blood group)</i>	Telehealth	Review
32 wks	Eleanor Clinic	Telehealth	Review
34 wks	Eleanor Clinic	Telehealth	Review
36 wks	Hospital	<b>In person</b>	Review
38 wks	Eleanor Clinic	Telehealth	Review
40 wks	Eleanor Clinic <i>(Review at Hospital Clinic for women who previously had a Caesarian birth)</i>	<b>In person</b>	Review
41 wks	Hospital	<b>In person</b>	Review, <i>if required</i>

We're hoping you will measure your blood pressure and weight at home, if possible, and perhaps we'll even teach you how to measure your tummy!

**This is only okay if you are well and your baby is moving well.**

We suggest that you either buy or borrow:

- A home electronic blood pressure monitor (pay \$50-100 online, Omron is a good brand)
- A set of scales
- A flexible tape measure
- A notebook to record observations before each visit – blood pressure, weight, baby movements, swelling of feet/hands, and possibly tummy measurements



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Antenatal classes should be conducted online. This is something the hospitals are working on currently. Meanwhile there are some great private providers such as [birthbeat.com](https://www.birthbeat.com) (use discount code BBgift50)

When it comes to birth, most hospitals are limiting the number of support people you can have in the Birth Suite and will be keen to send you and your baby home as soon as it is okay to do so. After the birth we will continue to care for you and your baby.

Our Staff at Eleanor Clinic understand that this is an anxious time in history to be pregnant, but please be assured that we will walk with you during this period to ensure the best possible outcome for you and your baby.

**KEEP CALM, STAY HOME and ENJOY IT!**