



July 25, 2020

### **COVID-19 Update**

Dear Clients of Mountain Midwifery Care,

We wanted to update you about a few small changes about clinic scheduling and midwifery care during the pandemic. Two things have changed since our last update: first that Hamilton is now in Stage 3 of reopening, and second, that Hamilton has mandated the use of masks in indoor public places. We are hopeful that the widespread use of masks will keep the new case numbers low as people are more active in the community. Please call ahead to change your appointment if you do not pass the screening questions at the end of this letter. If you are sick and worried about your symptoms, please page your midwife.

#### **Updates:**

##### **MASKS**

Please wear a mask to your clinic appointments. Our clinic rooms are not very big, and it is not possible to adequately socially distance during a physical assessment.

##### **CLINIC SCHEDULE:**

All visits from 26 weeks onward will be in-person at the clinic. The clinic schedule is listed below (page 2). Please continue to wait in your car until your midwife calls you up so that we can limit the number of people in the clinic at one time.

##### **SUPPORT PEOPLE AT VISITS:**

We continue to follow the recommendation of our building and the hospital to limit the number of people coming in and out of our clinic. We understand that this can be difficult, and trust us, we miss meeting your partners and other children as well!

We truly appreciate the effort everyone has made to come to visits alone.

If you feel that having a partner attend with you is necessary, please ensure that they are wearing a mask and that they pass the screening questions at the end of this letter. Another consideration is to have your partner join the visit on speaker phone or video call.

## PRENATAL VISITS

**Week 10** – Initial visit – Telephone visit. We can review your health history and organize lab work and ultrasounds. Please plan for 1 hour.

**Week 16** – First in-person visit. We will complete your physical exam and listen to the fetal heart rate. Any labs that haven't been done yet can be done at this time.

**Week 20** – Telephone visit. We will review all lab work done to date and also review the results of your 18-20 week ultrasound.

***All visits after 20 weeks will be in-person at the clinic. All in-person visits will include a blood pressure check, a symphysis-fundal height measurement, and a check of the fetal heart rate.***

**Week 26** – We will offer a requisition for gestational diabetes testing and give you the pre-registration package from the hospital. We will discuss the Tdap vaccine.

**Week 30** – We will review lab work, discuss fetal movements, and discuss signs and symptoms of preterm labour.

**Week 34** – We will monitor for fetal growth and discuss birth plans.

**Week 36** – We will offer a GBS swab. We will discuss when to page in labour and review your birth preferences.

**Week 38** – At this visit we will offer a cervical exam.

**Week 39** – We will offer a cervical exam and stretch and sweep.

**Week 40** – Visit similar to week 39.

**Week 41** – We will discuss the need for induction of labour and organize this as required.



mountain midwifery care

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### **POSTPARTUM VISITS**

**First Week:** Home visits every 2-4 days. Please remind other household members to socially distance and/or wear a mask during these appointments.

**2 Weeks:** Clinic visit. Please wait in the car until we call you up to ensure the clinic room is clean and ready for your visit.

**4-6 Weeks:** Clinic visit (final visit). If you require a pap test, this service is now happening again as per the Cancer Care Ontario recommendations.

**You can always reach us by the pager number for urgent concerns.**

Thank you so much for your patience and understanding. We look forward to getting to know you throughout your pregnancy and birth as it is such a meaningful time in your life.

Sincerely,

All the midwives at Mountain Midwifery Care



# Do not enter the clinic if:

1

## You have ANY of the following symptoms:

- fever
- new onset of cough
- chills
- unexplained fatigue
- headache
- sore throat
- muscle aches
- runny nose
- stuffy or congested nose
- difficulty breathing
- difficulty swallowing
- loss of taste or smell
- pink eye
- new or worsening digestive issues:
  - nausea
  - vomiting
  - diarrhea or stomach pain

OR

2

## You have a baby or child with you who is:

lethargic or difficult to wake up OR not eating or drinking normally



### Call the office:

Your midwife will call you back to make a plan of care



### Page your midwife if you:

Have MILD symptoms, such as a mild cough or low fever,  
AND need advice about what to do



### Call 911 if you:

Have SEVERE symptoms, as you would for any emergency