Toronto Region COVID-19 Hospital Operations Table

COVID-19 – Recommendations for Management of Pregnant Women and Neonates with Suspected or Confirmed COVID-19
Version Date: March 26, 2020

**Purpose:**
This document describes the escalated procedures that all Toronto Region hospitals should implement to prevent in-hospital transmission of COVID-19 when community transmission is evident in Ontario. The document describes guidelines and algorithms for managing pregnant women and neonates with suspected or confirmed COVID-19 infection in labor or have an emergency during the antepartum period.

**Background:**
COVID-19 is a novel respiratory pathogen that has emerged and has resulted in a global pandemic. There has already been human to human spread of COVID-19 in Canada. Hospitals currently have screening processes in place for patients at key entry points (e.g., ED, labour and delivery triage) to identify those potentially ill with COVID-19. However, consistent messaging and guidelines for management of pregnant women and neonates with suspected or confirmed COVID-19 infection are lacking.

**Current State:**
Currently, there are many guiding recommendations have been suggested for pregnant women, neonate and her family. Stricter suggestions from China indicate separation of baby and mother for 2 weeks and discourage breastfeeding. However, the CDC does not recommend separation of relatively well mother and baby. Fortunately, all reports regarding newborns have shown that very few neonates had positive surface swabs and all of them recovered completely and no mortality is reported.

**For Activation of these Guidelines:**
These guidelines were developed and approved by representatives from obstetric, pediatric and infection prevention and control from Level 3 hospital and Level 2 hospitals, taking into account the varied guidelines that have been produced and adapted to the Canadian Context based on our interpretation of the best available evidence and some direct communication from affected areas. These guidelines may need to be adjusted according to local institution for operationalization; however, the purpose is to have underlying similar principle of management across Toronto Region hospitals.

**Planning Principles:**
1. The safety of our patients, volunteers, staff, physicians and learners is paramount
2. Safe provision of care to pregnant women, neonates and families
3. Family integration in the care to the extent feasible without compromising safety and health of everyone involved
4. Seamless transition of mother and infant to home
RECOMMENDATIONS:
The first page reports a COVID-19 Active Screening Protocol which most organizations have developed in one or other format. This is followed by six algorithms for management of women and neonates. These are suggested guidelines from the Toronto Region Hospital Operations Table and can be adapted for use across Ontario for all hospitals providing maternal newborn care.

1. COVID-19 active screening protocol according to your hospital policy
2. Obstetrical triage management of pregnant women in labor or requiring emergent/urgent obstetrical assessment
3. Outpatient assessment and management for pregnant women with suspected or confirmed COVID-19
4. Guideline for management and referral of the critically ill COVID-19 positive pregnant patient
5. Management of labour, birth and postpartum care of mother with suspected or confirmed COVID-19 infection
6. Management of neonate born to mother with suspected or confirmed COVID-19 infection – Asymptomatic newborn
7. Management of neonate born to mother with suspected or confirmed COVID-19 exposure – Symptomatic newborn
8. Contact with newborn for pregnant women with suspected or confirmed COVID-19 Infection
9. Feeding infants born to mother with confirmed or suspected (PUI) COVID-19 Infection

KEY POINTS:
1. If the infant requires admission to the neonatal intensive care unit, parents/caregivers who are exposed to COVID-19 or known to be COVID-19 positive will not be allowed to visit the infant in this unit (including mother and father).
2. Parents will not accompany their child if neonate requires transfer to higher level of care.
3. Public Health will follow up with mothers who were positive for COVID-19 and have been discharged home but their neonate is still in hospital with regard to when she will be non-communicable and can visit her baby in neonatal unit.

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N.B. Please note that this document is only providing guidance and/or recommendations to support individual planning for hospitals within the Toronto Region of Ontario Health. This document does not constitute provincial decisions, directions or guidance.
1. **COVID-19 active screening protocol**

Please use your hospital’s screening process to identify suspect (Person Under Investigation) or confirmed patients with COVID-19.
2. Obstetrical triage management of pregnant women in labor or requiring emergent/urgent obstetrical Assessment

Patient arrives directly to OB TRIAGE

If patient known COVID-19 positive, admit directly to Private/Isolation Room

Patient goes to Main REGISTRATION Desk of Hospital

Patient goes to ED

OB Triage Assessment Tool AND COVID Active Screening Protocol
If arriving by ambulance, confirm screening questions with EMS first

FAIL
PASS
PASS
FAIL

Registration Clerk completes COVID screening protocol
ED completes COVID screening protocol
Pt assessed as PUI + OB complaint
Assessment by ED/L+D team as per institution protocol

Triage RN will:
- Instruct patient under investigation (PUI) to perform hand hygiene and don procedure mask
- Perform hand hygiene and don PPE: Gown, procedure mask, eye protection, gloves
- Move to private/isolation room and initiate Droplet/Contact precautions.
Note: If PUI needs emergent admission or has severe respiratory symptoms consider going directly to private/isolation room and notify appropriate HCP
- Notify appropriate OB team/ FP/ Midwife of PUI admission and status
- Complete NP swab
- Transfer to appropriate location as per orders

ROUTINE CARE with COVID-19 active screening protocol form
ROUTINE CARE
Proceed to intended destination (Antenatal, Triage, Procedure room, L+D)

For Labour and Delivery and Fetal Procedures
Registration clerk will send to Triage
- Call Triage RN to prepare for patient arrival
- Instruct patient under investigation (PUI) to perform hand hygiene and don procedure mask
- Notify appropriate OB team/ FP/ Midwife of PUI admission and status
- Complete NP swab

If Antenatal Unit or Mother-Baby Unit Admission required
Registration clerk will:
- Notify Nursing Team Leader of admission
- Instruct patient under investigation (PUI) and visitors to perform hand hygiene and don procedure mask
- Patient to be admitted to private room/isolation room
- Notify appropriate OB team/ FP/ Midwife of PUI admission and status
- Complete NP swab

COVID-19 NEGATIVE Routine care as ordered
COVID-19 POSITIVE/PUI Continue Droplet/Contact precautions in private/ isolation room
COVID-19 NEGATIVE Routine care as ordered

Once COVID status is negative continue droplet precautions for 24h for other respiratory viruses– reassess for symptom improvement BEFORE discontinuing droplet/contact precautions according to your local ID/IPAC criteria

Refer to “Management of labour, birth and postpartum care for Patient Under Investigation (PUI) or with confirmed COVID-19 infection”
3. Outpatient assessment and management of pregnant women with suspected or confirmed COVID-19

Droplet/Contact precautions
Assess Mother for following Symptoms:
☐ Cough  ☐ Shortness of breath  ☐ GI symptoms

YES  NO  ROUTINE PRENATAL CARE

Do illness severity assessment
☐ Shortness of breath
☐ Difficulty speaking without gasping or during walking
☐ Cough blood < 1tsp
☐ Pain/pressure in chest (other than coughing)
☐ Vomiting
☐ Signs of dehydration/dizziness when standing
☐ Less responsive/confused

NO  YES

Assess clinical + social risks
☐ Presence of comorbidity
☐ Obstetric issues
☐ Inability to care for self or arrange follow-up

NO  YES

ELEVATED RISK
- Droplet/Contact precautions
- Admission
- Multidisciplinary consult
- Notify transfer hospital of PUI or POSITIVE COVID-19 mother

MODERATE RISK
- Droplet/Contact precautions
- Assess patient in ambulatory setting with SaO2, CXR, ABG as required
- Chest CT (with abdominal shielding) as required

LOW RISK
- Supportive Care at home (hydration/rest)
- Monitor for worsening symptoms
- Routine obstetric precautions

NO respiratory issue + can follow-up  Respiratory issue or complications ASSESSED

ADMIT FOR FURTHER ASSESSMENT Droplet/Contact precautions
3a. Outpatient assessment and management of pregnant women with suspected or confirmed COVID-19 (contd.)

Guiding principles for management:

a. Consider oxygen therapy to keep O2 sat >95%.
b. Encourage oral hydration; limit IV fluid if concern for cardiovascular instability.
c. Antipyretic therapy (for maternal comfort and to limit the fetus to the risk of maternal increased body temperature).
d. Screen for other viral infections and/or superimposed bacterial infections; consider empiric antibiotic therapy.
e. If hospitalized, consider venous thromboembolism prophylaxis.
f. Consider fetal monitoring as a tool to detect maternal deterioration.
g. The diagnosis of COVID 19 itself is not an indication for delivery.
h. Consideration of the use of empiric antenatal steroids (based on gestation age) given the risk of preterm birth associated with acute maternal illness based on ICU and OB assessment.
4. Guideline for management and referral of the critically ill COVID-19 positive pregnant patient

The consequences of a COVID-19 infection during pregnancy are uncertain; to date there is no evidence for severe outcomes, however the possibility should be considered. Pregnant patients with COVID-19 infection who are asymptomatic and/or have mild symptoms should be managed at home with self-monitoring and symptom relief. If the pregnant COVID-19 patient is admitted to hospital, there is limited indication from inter-hospital transfer for any patient with COVID-19 infection including those requiring ICU admission. However, given the potential obstetrical consequences of the critically ill pregnant patient admitted to the ICU (non-reassuring fetal status, indicated or spontaneous preterm birth), there may be indication for inter-hospital transfer. The following is a guide to the direct care of the COVID-19 pregnant patient.

1. The “well” COVID19 pregnant patient does not need referral to a tertiary care centre for in patient care and/or ambulatory consultation.
   a. There is no information to date to suggest COVID-19 is teratogenic or has long-term implication for fetal/neonatal health: referral to Maternal Fetal Medicine and/or Prenatal Genetics and Diagnosis is NOT indicated at this time.
   b. Following recovery, consider follow up assessment of fetal growth and well-being (q2-4 weeks); refer according to obstetrical indication.

2. The management of the “unwell” COVID 19 pregnant patient is similar to any acute viral respiratory illness: supportive therapy and possible hospitalization. A COVID-19 positive pregnant patient with sign/symptoms of pneumonia should be admitted to hospital. The patient should be managed by a multidisciplinary team in a hospital setting: internal medicine (respiratory medicine), infectious disease and obstetrics services should be involved. The intensive care unit (ICU) should be made aware of the admission of any pregnant patient admitted with COVID-19 in the event of acute deterioration.

3. A pregnant COVID-19 patient who does not have pneumonia but is “unwell” may also require hospitalization if they are at risk of acute maternal deterioration. These patients include:
   b. Any obstetrical co-morbidity: PET/HELLP, acute VTE, preterm premature ruptured membranes (at risk for chorioamnionitis).

4. In-patient surveillance should be in place to ensure the recognition of maternal deterioration and/or indication(s) for admission to the ICU. In general, the most common reason for an ICU admission would be respiratory: clinical respiratory distress, hypoxemia on pulse oximetry or significant chest X-ray infiltrates. Consideration should be given for a low threshold to ICU admission given the potentially difficult airway management of the pregnant patient.

5. If the COVID-19 pregnant patient is admitted to the ICU, there may be indication for inter-hospital transfer based on gestational age and the availability of the neonatal care facility at the referral institution. Note that this would start with an ICU to ICU discussion to determine ICU bed availability.
   a. If the patient is < 22 weeks’ gestation (prior to viability); the patient DOES NOT require inter-hospital transfer for obstetrical considerations; may require transfer based on medical indications.
   b. If patient is 22 weeks’ and 0 days to 23 weeks and 6 days; the decision will need to be made after discussion with obstetrician on call at referring facility.
   c. If the patient is 24-32 weeks’ gestation and the referral facility DOES NOT have neonatal facilities to manage the care of a neonatal at this gestation, CONSIDERATION could be made for transfer to a level III centre. Level 2c hospitals experienced in providing care for 31-32 week gestation may choose to provide care if facilities are available.
   d. If the patient is >32 weeks’ gestation and the referral facility DOES NOT have neonatal facilities to manage the care of a neonatal at this gestation, CONSIDERATION could be made for transfer to a level II centre.

6. There is no change in indication and administration of antenatal steroid irrespective of COVID status. If mother is unwell and in ICU, consider steroid as she is at risk of preterm labor.
5. Management of labour, birth and postpartum care for mother with suspected or confirmed COVID-19 infection

**Patient was assessed in LD Triage/ED and determined to be PUI or patient transferred with confirmed COVID-19 infection**
1. LD RN receives notification of PUI admission.
2. Initiate Droplet/Contact precautions in private/isolation room. Ensure proper signage.
3. HCP performs hand hygiene and dons PPE: Gown, procedure mask, eye procedure, gloves.
4. LD RN receives handover from Triage RN.
5. Limit visitors according to current hospital policy. The guideline below assumes that a symptom free support will be allowed to remain in hospital with the patient – *this may not be the case in all units or at all times*.
6. Ensure notification to the appropriate OB/GP/MW team, IPAC and follow orders.
7. Complete swabs as ordered in private/isolation room.
8. Monitor patient for respiratory deterioration – vital signs as ordered.
9. Continuous fetal monitoring per protocol (fetal heart rate changes will occur prior to maternal signs and O2 Sat monitoring).

**Obstetrical Assessment or Vaginal Delivery**
- Droplet/Contact precautions
- Airborne/Droplet/Contact precautions in case of aerosol generating procedure (i.e. intubation, bronchoscopy)
- Notify Pediatrician/RT/Anesthesia of PUI
- Mask not required for patient and visitor (if permitted) if admitted to private/isolation room. Mask is required outside of room AND at any transfer points
- Routine contraindications for epidural apply
- Only allow essential staff in room
- Make provision for resuscitation of baby in location of delivery, do not move baby to another location
- Pediatrician to discuss with family re: infant feeding options as soon as possible (*see guidance below*)
- No deferred cord clamping
- Immediate skin-to-skin: Discuss with family
- Cord blood storage – outside of room if planned

**C-section**
- COVID-19 is not an indication for C-section
- Preferably use OR with negative pressure option
- Droplet/Contact precautions in most circumstances
- Airborne/Droplet/Contact precautions in case of aerosol generating procedure (i.e. intubation, bronchoscopy)
- Obtain air scrubber if possible
- Notify Pediatrician/respiratory therapist/Anesthesia of PUI
- Only allow essential staff in room
- Make provision for resuscitation of baby in location of delivery, do not move baby to another location – NO SWABS to be completed in any Operating Room
- After delivery move to private/isolation room for recovery, swabs can only be completed there
- Pediatrician to discuss with family re: infant feeding options as soon as possible (*see guidance below*)
- No deferred cord clamping
- Immediate skin-to-skin: Discuss with family
- Cord blood storage – outside of room if planned

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Mother COVID-19 NEGATIVE
- ROUTINE CARE

Mother COVID-19 POSITIVE OR PUI
- Baby Born + Mother Well
  - Maintain Droplet/Contact precautions
  - Monitor patient for respiratory deterioration – vital signs as ordered
  - Patient and visitor to maintain procedure mask, if they are not in room, during breastfeeding, at any transfer points and when on MBU
  - Recovery to occur in private/isolation room
  - After recovery - transfer mother + partner, wearing procedure masks, to private/isolation room on Mother-Baby unit
  - Transfer baby in incubator with mother (*Refer to Neonatal Management Guidelines*)

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Mother COVID-19 NEGATIVE
- ROUTINE CARE

Baby born + Mother Unwell
- Maintain Droplet/Contact precautions
- Monitor patient for respiratory deterioration – vital signs as ordered
- Patient and visitor to maintain procedure mask, if they are not in room, during breastfeeding, at any transfer points and when on MBU
- Recovery to occur in private/isolation room
- After recovery - transfer mother and partner, wearing procedure masks to private/isolation room on MBU or ICU
- Transfer baby to neonatal nursery or mother baby unit in incubator (*Refer to Neonatal Management Guidelines*)

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Once COVID status is negative continue droplet precautions for 24h for other respiratory viruses– re-assess for symptom improvement BEFORE discontinuing droplet/contact precautions according to your local ID/IPAC criteria
6. Management of neonate born to mother with suspected or confirmed COVID-19 infection

**ASYMPTOMATIC NEWBORN**

- Infant born to mother with Confirmed or Suspected (PUI) COVID-19
- **DROPLET/CONTACT PRECAUTIONS**
- Discussion with parents re: Skin to skin after birth
- No deferred cord clamping
- Send cord blood, placental swab and NP swab for COVID-19
- Placenta for histopathological examination (optional)
- Rectal swab (optional)

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**Infant ASYMPTOMATIC Rooming with Well Mother**
- Admit to Mother-Baby Unit in private/isolation room
- Droplet/ contact precautions
- Monitoring for symptoms-vital signs q 4h
- Discuss feeding options with parents – Can breastfeed with mask

**Infant ASYMPTOMATIC Separated from Unwell Mother**
- Admit baby to mother baby unit
- Droplet/ contact precautions
- Well care giver to take care of infant
- Discuss feeding options with parents
- Routine care

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**Mother COVID-19 NEGATIVE**
- Discontinue Droplet/Contact precautions
- ROUTINE Newborn Care

**Mother COVID-19 POSITIVE**
- Infant COVID-19 NEGATIVE
- Infant COVID-19 POSITIVE

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**Mother COVID-19 NEGATIVE**
- Infant COVID-19 POSITIVE

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**Mother COVID-19 POSITIVE**
- Infant COVID-19 NEGATIVE
- Infant COVID-19 POSITIVE

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**Well Mother and Well Infant Rooming together on Mother-Baby Unit**
- Private room with Droplet/Contact precautions
- Mother Can breastfeed with mask (units may decide different option)
- Can be discharged home as per routine
- Arrange routine 48-72h postnatal visit at your location with Droplet/ Contact precautions in conjunction with Public Health
- Public Health referral at discharge

**Unwell mother but Well infant in Neonatal Nursery or Mother Baby Unit**
- Consider Consultation with Infectious Disease specialist
- Droplet/Contact precautions until discharge from hospital
- Discuss feeding options with parents
- Can be discharged home as per routine
- Arrange routine 48-72h postnatal visit at your location with Droplet/Contact precautions in conjunction with Public Health
- Public Health referral at discharge

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All infant resuscitation/assessment will occur in the location where the infant is born – AVOID TRANSFER if possible based on your physical location capability.
SYMPTOMATIC NEWBORN OR SUSPECTED NEED FOR SUPPORT AT BIRTH

Infant born to mother with Confirmed or Suspected (PUI) COVID-19
Droplet/contact precautions
Airborne precaution for anticipated AGMP
(e.g. Suction, CPAP, NIPPV, Intubation etc. full list on CDC website)
Discussion with parents re: Skin to skin after birth
No deferred cord clamping
Send cord blood, placental swab and NP swab for COVID-19
Placenta for histopathological examination (optional)
Rectal swab (optional)

SYMPTOMATIC

Mother COVID-19 NEGATIVE

Infant COVID-19 NEGATIVE

• Supportive care as required
• Consultation with Infectious Disease specialist
• Droplet/Contact precautions or Airborne/Droplet/Contact precautions as clinically appropriate (based on need for ongoing aerosol generating procedures) until discharge from hospital or until two negative results
• Can be discharged home if well
• Arrange routine 48-72h postnatal visit at your location with Droplet/Contact Precautions if remains COVID-19 positive in conjunction with Public Health if available.
• Public Health referral at discharge

Infant COVID-19 POSITIVE

• Supportive care as required
• Consultation with Infectious Disease specialist
• Droplet/Contact precautions or Airborne/Droplet/Contact precautions as clinically appropriate (based on need for ongoing aerosol generating procedures) until discharge from hospital or until two negative results
• Can be discharged home if well
• Arrange routine 48-72h postnatal visit at your location with Droplet/Contact Precautions if remains COVID-19 positive in conjunction with Public Health if available.
• Public Health referral at discharge

Mother COVID-19 POSITIVE

Infant COVID-19 NEGATIVE

• Admit to Neonatal Nursery
• Preferably in negative pressure room in case of aerosol generating procedure
• Droplet/contact precautions
• Airborne precaution for AGMP
• Supportive Care Investigations:
  • CBC, CRP
  • Blood Culture
  • Influenza, Parainfluenza, RSV -NP swab
  • Chest X-ray
  • AXR and LFT as needed
• Discuss feeding options with parents

Once COVID status is negative continue droplet/contact precautions for 24h for other respiratory viruses– re-assess for symptom improvement BEFORE discontinuing droplet/contact precautions

Infant COVID-19 POSITIVE

• Droplet/Contact precautions for minimum 14d if remains in hospital
• Supportive care as required
• Can be discharged home if well
• Arrange routine 48-72h postnatal visit at your location with Droplet/ Contact precautions in conjunction with Public Health if available.
• Public Health referral at discharge

Infant COVID-19 NEGATIVE

All infant resuscitation/ assessment will occur in the location where the infant is born – AVOID TRANSFER if possible based on your physical location capability

DISCUSSION WITH PARENTS

• Skin to skin after birth
• No deferred cord clamping
• Send cord blood, placental swab and NP swab for COVID-19
• Placenta for histopathological examination (optional)
• Rectal swab (optional)

ONCE COVID status is negative continue droplet/contact precautions for 24h for other respiratory viruses– re-assess for symptom improvement BEFORE discontinuing droplet/contact precautions

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8. Contact with newborn for pregnant women with suspected or confirmed COVID-19 infection

Based on infection prevention and control (IPAC) considerations for pregnant women with influenza

- Check household contacts that will have contact with the baby (e.g. partner) – consider whether they will be infectious at the time of delivery and ask them to seek care accordingly.
- Individuals with an acute respiratory illness should not visit (No Visitor policy has been implemented in many places).
- If there are children at home, counsel caregivers re: good hand hygiene and keeping ill children away from the newborn.
- Discuss risks and benefits of direct contact with baby and breastfeeding:
  - IPAC recommendation for well neonates not in the NICU:
    1. Rooming in, skin to skin contact and breast feeding as usual.
    2. Mom puts on a clean mask and cleans her hands with alcohol-based hand rub before each contact with baby.
    3. Bassinette is kept more than 6 feet from mom’s face if feasible at other times.
  - IPAC recommendations for neonates in the neonatal nursery:
    1. Decision to be made based on clinical status of neonate (i.e. unwell infant) and parental preference based on particular situation.
    2. No access to infant in neonatal nursery for mothers who are COVID-19 positive and/or at-risk caregiver. This would be re-evaluated as needed in cases where the infant is critically ill.

9. Feeding infants born to mother with confirmed or suspected (PUI) COVID-19 infection

Breast milk is the best source of nutrition for most infants. There remains; however, many unknowns about COVID-19. For that reason, families should participate in the decision to use breastmilk for infant feeding with the support of the healthcare providers. Whenever infants must be separated from their mothers due to infection control restrictions, hospitals should make every effort to provide access to a double-electric breast pump for the parent whose long-term plan is to breastfeed.

- **Well near-term or term infants rooming with their mother**
  - The feeding options are:
    1. **Breastfeeding**
       A symptomatic mother with confirmed or suspected infection should take all possible precautions to avoid spreading the virus to her infant, including washing her hands before touching the infant and wearing a face mask, if possible, while feeding at the breast. If a mother and newborn do room-in and the mother wishes to feed at the breast, she should put on a facemask and practice hand hygiene before each feeding.
    2. **Feeding expressed breastmilk by bottle**
       If expressing breast milk with a manual or electric breast pump, the mother should wash her hands before touching any pump or bottle parts and follow recommendations for proper pump cleaning after each use. If possible, consider having someone who is well feed the expressed breast milk to the infant. Transfer milk to infant location taking similar precaution as you take for transport of blood samples.
    3. **Feeding infant formula by bottle**
       For mothers who are unwell to breastfeed or to express breastmilk with a breast pump and also for mothers who have chosen formula to feed their infant.

- **Preterm infants, ill or well near-term or term infants separated from their mother**
  - The feeding options are:
    1. **Feeding expressed breastmilk by bottle or OG/NG**
       For near-term and term infants where the mother is well enough to express breast milk with a manual or electric breast pump, the mother should wash her hands before touching any pump or bottle parts and follow recommendations for proper pump cleaning after each use. If possible, consider having someone who is well feed the expressed breast milk to the infant.
2. **Feeding donor breastmilk**
   For infants who qualify for donor breastmilk as per current NICU feeding guidelines.

3. **Feeding infant formula**
   For mothers who are unwell to breastfeed or to express breastmilk with a breast pump and also for mothers who have chosen formula to feed their infant.

During temporary separation, mothers who intend to breastfeed should be encouraged to express their breast milk to establish and maintain milk supply. Prior to expressing breast milk, mothers should practice hand hygiene. After each pumping session, all parts that come into contact with breast milk should be thoroughly washed and the entire pump should be appropriately disinfected as per the manufacturer’s instructions.

**References**
2. Guidelines for pregnant women with suspected SARS-CoV-2 infection; Lancet Infectious Disease, March 2020. [https://doi.org/10.1016/S1473-3099(20)30157-2](https://doi.org/10.1016/S1473-3099(20)30157-2)