

Universal testing of obstetric admissions

A nasopharyngeal (NP) swab for COVID for obstetric admissions is an opt-out process, not an opt-in process.

COVID testing is obtained as a part of the normal obstetric admission process (like prenatal HIV testing or obstetric admission syphilis testing).

Patients who decline COVID testing will be assessed for symptoms and the care for symptomatic patients will be the same as patients who are COVID test positive.

An informed discussion and shared decision making process will occur between the care team and the family. Discussion points should include:

- Importance/purpose of COVID testing
- Requirements for healthy visitors to wear a mask
- Overview of options around distancing of visitors and baby from a COVID positive mother in the room based on symptoms and test results
- Desire to feed at the breast - implications and recommended processes (NMH handout available)

Talking to patients about COVID testing:

What are the benefits of being tested?

By knowing your COVID status, you, your doctor or midwife and your baby's doctor can decide on the best management for you and your baby. We can take steps to prevent mother-to-baby transmission of COVID after delivery. We can also take steps to avoid infecting others at the hospital, such as your care team.

What happens if I decline to be tested?

Our decision making relies mainly on whether you have COVID symptoms.

If you do not want to be tested for COVID and you have COVID symptoms, to protect you, your baby and our team, our approach to your care and visitors will be the same as patients with a positive COVID test.

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Managing test results and patients who decline testing

	Maternal COVID symptoms absent (-)	Maternal COVID symptoms present (+)
COVID test negative (-)	Mother not a PUI Baby not a PUI	Mother a PUI until proven otherwise through risk assessment and re-testing algorithm Baby may be a PUI* depending on Mother's risk assessment https://northmemorial.com/wp-content/uploads/2020/05/5.14.20_Isolation_and_Re-Testing_Guidelines_for_COVID-19_Negative_V7.pdf
COVID test positive (+)	Mother positive Baby a PUI* until testing returns	Mother positive Baby a PUI* until testing returns
COVID test unknown, including declination of testing	Mother not a PUI Baby not a PUI	Mother a PUI until testing returns Baby a PUI* until testing returns

*Baby PUI evaluation = testing at 48 hours of age if still hospitalized (at discretion of baby's physician)

<https://northmemorial.com/wp-content/uploads/2020/04/NICU-Care-of-COVIDPUI-Mom-v5.pdf>

Obstetric and Newborn Visitor Guidelines

Visitor policy for medical or antepartum obstetric patients (not admitted for a labor and delivery event)

- Standard hospital policy applies – two healthy* visitors allowed per hospitalization for COVID negative patients (8:00 AM – 8:00 PM).
- No visitors allowed for COVID positive patients.

Visitor policy for laboring and postpartum mother and newborn who is rooming-in with mother

- Two healthy* visitors allowed for COVID negative patients.
- One healthy* visitor allowed for COVID positive, PUI, and patients who decline testing
- Visitors must wear masks
- Visitors to COVID positive mothers or mothers who refuse to test are not allowed to leave patient room until hospital discharge
- No visitors permitted if COVID positive mother becomes critically ill

Visitor policy for baby in NICU or NICU status

- Two healthy* parents or legal guardians allowed total per hospitalization
- Healthy parents or legal guardians must wear a mask (per standard visitor policy)

- If neither parent/legal guardian is healthy*, compassionate exception process will be followed for determining alternate healthy visitors.

- COVID positive or COVID PUI mother cannot visit baby in NICU or baby on NICU status until she has met CDC criteria for discontinuation of isolation precautions (see details for CDC criteria on page 4)
- Visitors with a COVID positive or PUI mother (who were present for labor and delivery) are considered close contacts of mother and, therefore, have had direct exposure to a COVID PUI/COVID positive person.
- Healthy visitors cannot visit baby in NICU or baby on NICU status until they have met CDC criteria for discontinuation of isolation precautions (see details for CDC criteria on page 4)

*A healthy visitor:

- Has no fever >100.0, **and**

Does not have **two or more** of the following:

- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea, vomiting or diarrhea

Postpartum and newborn care of a couplet when mother is a COVID PUI or COVID positive

Baby is also a COVID PUI until proven otherwise

Visitors with a COVID positive or PUI mother (who was present for labor and delivery) are considered close contacts of mother and, therefore, have had direct exposure to a COVID PUI/COVID positive person.

Management of a normal newborn (who would otherwise room-in with mother):

- Recommend mother, baby and visitors all cohort in room for course of hospitalization
 - Not allowed to leave room until discharge
 - Baby care team to provide all cares in room
- Mother and baby both in full barrier precautions
- Mother to wear standard procedural mask at all times
- Healthy visitors to wear masks at all times
- Recommend that baby be kept ≥ 6 feet away from the mother when possible
- Mothers who intend to breastfeed should be encouraged to express their milk to establish and maintain milk supply
 - This expressed breastmilk should be fed to the newborn by a healthy caregiver (care team member or visitor)
 - If milk expression is declined, mother to be instructed on breast and hand hygiene
- When ≥ 6 feet distancing between mother and baby is not possible, mother should wear standard procedural mask and then practice hand hygiene before each feeding or other close contact with her baby

Management of a baby requiring NICU admission or NICU status:

Mother cannot visit baby in NICU or baby on NICU status until she has met *CDC criteria for discontinuation of isolation precautions*, which include the following:

For symptomatic mothers:

- At least 24 hours have passed *since recovery*, defined as resolution of fever without the use of fever-reducing medications and improvement of symptoms
and
- At least 10 days have passed *since positive test*

For asymptomatic mothers with a positive COVID test:

- At least 10 days have passed since the date of the positive test **and** she remains asymptomatic

The healthy visitors (who were present for labor and delivery) are considered close contacts of mother and, therefore, have had direct exposure to a COVID PUI/COVID positive person. The healthy visitors cannot visit baby in NICU or baby on NICU status until 14 days have passed after last close contact with mother while she is infectious. Mother may visit when at least 10 days have passed since the date of positive test AND CDC symptom-based criteria are met.

Changes since last version:

- Updated section **Visitor policy for laboring and postpartum mother and newborn who is rooming-in with mother**
- Updated visiting hours
- Switched mother and baby to full barrier on page 4
- Updated *CDC criteria for discontinuation of isolation precautions on page 4*