POSTPARTUM CARE DURING THE COVID-19 PANDEMIC
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Postpartum care in the COVID19 era

- Markedly reduced number of in-person prenatal visits
- Early hospital discharge
- Majority of postpartum visits now telemedicine
- Problem(s):
  - Fewer opportunities for anticipatory guidance
  - Less time to establish breastfeeding in hospital
  - Social isolation
  - COVID+ or PUI: unique concerns
Our solutions

- NP, RN, resident outreach
- Online live childbirth education (weekly)
- Online MD “office hours” (daily)
- Virtual parent support groups and 1-1 mentoring
- Ambulatory COVID-19 team
Online childbirth education

- **Sold out**
  
  #FamilyEducation  #Class

- **FRI, APR 3 12:00 PM**
  Online- Understanding Birth class- BIDMC version
  
  #FamilyEducation  #Class

- **FRI, APR 3 12:30 PM**
  Online-Understanding your Newborn class- BIDMC version
  
  #FamilyEducation  #Class

- **FRI, APR 3 1:00 PM**
  Online-Understanding Breastfeeding class- BIDMC version
  
  #FamilyEducation  #Class
Virtual “office hours”

PREGNANCY, CHILDBIRTH AND NEWBORN CARE DURING COVID 19

A HOTLINE TO ANSWER YOUR QUESTIONS

SPONSORED BY THE DEPARTMENT OF OBSTETRICS AND GYNECOLOGY BIDMC
Online Parent Connection support group

- Our Postpartum Support Group ends at 1:30 pm, no late arrivals after 1:00 pm please.
- For any additional questions contact the Parent Connection at 617-667-BABY.
For more information, download our Breastfeeding Support and Resources flyer.

New Parents Groups

Health and safety are our biggest priorities. While we are not currently meeting in person for our Parent Support Groups, we have moved to virtual/online weekly meetings via Zoom. Please register below and we will send you information about our weekly Zoom Parent Support groups. They are occurring at the same times as the groups listed below.

Are you a new parent? Do you want to meet other new parents, have a place to talk about the joys and challenges of parenthood, and be able to ask questions? Come to our New Parents groups, a complimentary service for parents & babies under one year old.

Our New Parents Groups meet in several community locations, offering the opportunity to meet other new moms in your community and provide another place to ask questions.
Ambulatory COVID team

- **All** ambulatory patients with symptoms, exposures or confirmed COVID+
  - Census ~30/day
  - Discharged 60 pts as of 4/3
- RN outreach, staffed by MFM
- Daily team huddle
- Ambulatory site with process for pt rooming, provider PPE; ultrasound and lab availability
- [Video](#) orienting providers to referral process
Challenges & future directions

• Operationalizing formal depression screening
• Postpartum contraception
• Lactation support
• Equity