

Are you expecting?



The Shrewsbury and
Telford Hospital
NHS Trust



If you are pregnant we want you to know....



When you are in labour, a birth partner who is free of covid-19 symptoms can be with you to support you. For all current guidance please visit

<https://www.sath.nhs.uk/coronavirus/updated-arrangements-for-visiting/>

At Shrewsbury and Telford hospital we have made everywhere covid-19 safe. We are limiting how many patients are attending at one time. We have made one way systems to ensure everyone can stay 2metres apart. Masks and hand gel are available at every entrance to the hospital and there are plenty of hand washing facilities.

When you are attending appointments or have a hospital stay our staff are always on hand to offer you support.

You are not alone



In these uncertain times when you may be having to attend appointments on your own we want to support you with any anxieties you might be experiencing about coming to or staying in hospital. Here at Shrewsbury and Telford Hospital we will prioritise considerations of any worries that you have.

Should you have any concerns please contact your community midwife before your scheduled appointment - the telephone number is on the back of your handheld notes.

Your midwife will be asking you at every antenatal check if you are experiencing any symptoms of covid-19 to try and keep you and your baby safe.

<https://vimeo.com/402148064>

Worried? Or just need to ask for advice?



If you are concerned about your own or your baby's health, such as reduced fetal movements, you need to Contact the triage team on 01952 565948 straight away.

<https://vimeo.com/402147050>

For any general concerns or advice your Community midwife will be able to help you - the telephone number is on the back of your handheld notes

How to protect yourself and stay safe



- Continue to follow government guidelines on staying alert and safe including social distancing, particularly during your third trimester.
- Follow good hygiene practice, such as washing your hands when you return from outside.
- Consider wearing a face mask in crowded spaces.
- Consider taking Vitamin D supplements.
- Try to stay healthy by getting enough rest and exercise.

- If you have hypertension, diabetes or a heart condition, talk to your GP or midwife if you have any concerns.
- If you are worried about your baby's movements, have any spotting or see blood in your pants, call your midwife or Triage straight away.
- Continue to attend your antenatal appointment and check-ups - some may be by video or phone instead of face to face.
- If you suspect you have covid-19 or have a positive covid-19 test please let your midwife know before you attend any appointments.
- If you develop more severe symptoms - a cough, breathlessness or feeling hot and shivery - or if your recovery from covid-19 is slow, please seek help.

What to expect if you are in a high risk category



Pregnant women are at a greater risk of complications during their pregnancy if they:

- are over the age of 35
- have a BMI of 30 or above
- have a pre-existing medical problem such as high blood pressure or diabetes
- are from a BAME background
- are a smoker or live in a smoking household.

Women who have any of these risk factors may be offered additional appointments with their maternity team or may be referred to a doctor or specialist clinic should there be any concerns about the health of themselves or their baby.

Information for women that identify as Black, Asian or another Minority Ethnicity (BAME)

If you are a woman from a Black, Asian or minority ethnic background you are at higher risk of complications from Covid-19.

Recent research produced by UK obstetric surveillance at Oxford University shows that women from Black, Asian and Minority Ethnic (BAME) backgrounds make up more than half (56%) of pregnant women admitted to hospital with Covid-19.



The research indicates that Asian women are four times more likely than white women to have severe symptoms from Covid-19 that requires hospital care, while Black women are eight times more likely.

If English is not your first language we have translation services available to support you, both face to face and over the telephone. Please ask your midwife should you require support. For more information on coronavirus and pregnant BAME women please watch the below video.

<https://vimeo.com/425155792>

Smoking during pregnancy



If you are pregnant and use any kind of tobacco or nicotine product (including chewing tobacco or shisha). It is advised that you quit for your own health and the health of your baby.

- Smoking in pregnancy are directly linked with;
- Stillbirth/ Miscarriage
- Childhood problems i.e. Asthma/infections
- Premature birth/ small baby

Should you wish to quit or would like to discuss your options we have a specialist team of midwives that can support you to quit. You can either speak to your community midwife for a referral or contact the team directly by calling 01952 565732 or text 07841807829 and leave your details. One of the team will then get in touch with you.

Click here for more information on why it is important for pregnant women to quit and the risk that smoking has.

<https://www.nhs.uk/pregnancy/keeping-well/stop-smoking/>
<https://ash.org.uk/wp-content/uploads/2020/03/BMEeip.pdf>