

Mount Auburn Hospital – Department of Obstetrics and Gynecology

Policy for Support Persons on Labor and Delivery and Post Partum During the COVID-19 Pandemic As of June 16, 2020

Background:

This policy applies to support persons for all patients on Labor and Delivery and the Post Partum units, regardless of the patient's COVID-19 status. These rules are designed to balance the critical requirement to keep our patients and staff healthy with the essential human need for, and proven scientific benefit of, a patient-chosen support person during Labor and Delivery and Post Partum.

Protocol:

1. Counseling regarding this protocol should begin during the prenatal (outpatient, often virtual) care process. Reiteration at each visit is recommended.
2. Pregnant patients and their chosen support people should self-isolate for at least 14 days prior to their anticipated arrival to Labor and Delivery, with the exception of recommended in-person prenatal care visits. Failure or inability to self-isolate, however, does not nullify their right to have a healthy, continuous support people in labor.
3. Patients should be instructed to pack a bag that includes essentials of what they will need for their entire stay, including a car seat, and bring this to Labor and Delivery when they arrive.
4. When a patient calls ahead of time, and is advised to come to the Maternity Unit, the patient should be reminded that we welcome up to two healthy, continuous support people who will accompany them throughout their childbirth experience.
5. When a patient arrives on Labor and Delivery, they must identify their healthy, continuous support people. There is no exchange of support people permitted.
6. The patient and support people will be screened on arrival for symptoms of influenza-like illness (ILI) and COVID-19.
7. If any support person screens positive for symptoms of ILI or COVID-19, they will be asked to isolate at home immediately. In this circumstance, alternative support people may be considered on a case by case basis.
8. In addition to our patients and staff, support people will be required to wear a mask or face covering at all times. Masks will be provided if needed. Failure to wear a mask may result in being asked to leave the unit.
9. The healthy support people should remain with the patient, unless there is medical necessity to separate that person from the patient (e.g., for a COVID-19 positive patient who requires a procedure in the operating room). Although discouraged, support people may leave the unit and return. If support people leave the room, they should not congregate in common areas and are not permitted to be in the nutrition areas.
10. One support person will remain in the patient's room during epidural placement, as far away from the sterile field as possible, sitting in a chair with a back. If a second support person is present, they will be instructed where to wait outside of the Labor and Delivery Unit.
11. If it is medically necessary to temporarily separate the healthy support person from the patient, the support people will be instructed on where to wait (e.g., if the patient goes from an LDR to an operating room, the support person may wait in the LDR).
12. Following delivery, 1 support person of the patient's choice will be allowed to stay with the patient during their postpartum stay. This support person will receive the 2nd baby band to identify them and there is no exchange allowed of this support person who will stay with the

patient for the duration of their stay. If the patient has 2 support people in labor, the additional support person will be encouraged to leave prior to transfer to the postpartum unit.

13. Additional visitors may be permitted once the patient is transferred to the postpartum unit only during visitor hours.
14. Visitors will be permitted one at a time and encouraged to stay no more than an hour.
15. Visitors are asked to call the patient once they arrive outside the facility. The patient will then notify the staff of their visitor's arrival.
16. Visitors to our postpartum units will be screened at the main entrance and given a visitor badge with date of visit identified.
17. Visitors may be screened again prior to entering the postpartum unit.
18. The support person who has the 2nd baby band is permitted to leave and return but will be screened each time they return. This person is encouraged to limit the frequency of coming and going.