

# RECOMMENDATIONS DURING COVID-19



## PRENATAL AND POSTPARTUM CARE VISITS

### (PART 1)

**A**ll pregnant women, including those with confirmed or suspected COVID-19 infections, have the right to high quality care before, during and after child-birth including mental health care.

- [World Health Organization](#)

## A REMINDER OF RESOURCES FOR MCPs (PROVIDER FOCUSED)

### Re-engineering Visits

#### ► Curbside Visits:

- Prenatal checks for BP, flu and Tdap immunizations, fetal heart rate and counseling.
- Postpartum checks for BP, wound checks, depression screening and reproductive counseling.

#### ► Multidisciplinary Approach:

- Use of [doulas and community health workers](#) as trusted communicators and part of case management teams.
- Use WIC partnership and referral assistance, [accessing WIC foods](#).

#### ► Home Prenatal BP Monitoring: Results and trend sharing with clinician/OB provider.

### Practice Re-design

- **Education:** Use of short educational video snippets for members while waiting for provider in the exam room or [wall posters](#) on importance of immunizations in pregnancy.
- **Share Stories/Testimonials:** Use of real life [stories](#) or linking with influential peers to reinforce the importance of immunization in pregnancy.
- **Practice Advisory during COVID 19:** ACOG advisory on practices regarding management of pregnant women: [assessment algorithm](#), and [FAQ for providers](#). A webinar on [COVID-19 Postnatal care](#). Assure members that they can safely continue to receive vital services.



## PRENATAL AND POSTPARTUM CARE VISITS (PART 2)

All pregnant women, including those with confirmed or suspected COVID-19 infections, have the right to high quality care before, during and after child-birth including mental health care.

- [World Health Organization](#)

### A REMINDER OF RESOURCES FOR MCPS (MEMBER FOCUSED)

#### Relevant Messaging

##### ► Strategic Outreach:

- Use data to identify high risk members for targeted messaging with prenatal/postpartum wellness tips and immunization reminders.
- Use [video communication](#) to assure members they can safely continue to receive vital prenatal and postpartum OB services.

##### ► Information Medium:

- [Use of flyers](#) to provide importance of immunizations such as [flu and Tdap](#).
- Share resources: [self-care guide and activities](#) for children to cope with COVID-19.

#### Member Education

##### ► Virtual Learning:

- Virtual prenatal classes and birthing classes
- Lactation consultant via telehealth

##### ► Share information from CDC:

- Ways to [prevent illness](#) during pregnancy amid COVID 19
- [Breastfeeding](#) if sick with COVID-19 and frequently asked questions after birth.
- Use member portal for educational messaging or for members to submit questions and encourage continuous conversation.