

23 SEPTEMBER 2020 - UPDATE CORONA (COVID-19)

Dear client and partner,

Unfortunately we are dealing with a further increase in the number of contaminations in the Netherlands, especially in Amsterdam.

The RIVM and the national organization of midwives (KNOV) has issued an advice for obstetric care in order to minimize the amount of new infections. At Liva we have also adjusted the measures by asking you to wear a face mask in our practice.

The situation will be reevaluated daily, so instructions might change. Please also check our social media (Facebook: Liva verloskundig centrum), to keep yourself informed about the latest developments. Also: <https://www.rivm.nl/en>

PREGNANCY

So far studies have revealed no additional risk for pregnant women. The course of the infection is the same as for a non-pregnant person. Up to now a corona infection has not lead to complications in pregnancy, birth, neonatal defects or an increased risk of miscarriage.

CONSULTATIONS IN OUR PRACTICE

Your regular maternity checks will continue as usual. However, we ask you to come by yourself as much as possible. We realize that with this measure the partner will not be involved as much as we wish. Therefore we allow partners to come along to Liva when you have an important consultation, for instance: when you come for your intake, to hear the heartbeat of your baby for the first time, want to talk about something important in particular, get specific information about the delivery, etc. We trust you will respectfully and carefully choose the moments when you come together. Same goes for bringing your child(ren) when there is no other option.

IMPORTANT

- Come to the appointment by yourself when possible (without children, partner and friends/ family)
- Please wear a face mask in our practice
- Upon entering, immediately wash your hands with water and soap by the sink in the toilet, or use provided hand gel.
- Try to avoid touching your face
- Do not eat or drink at the practice
- Try to keep at least 1,5 meter distance from midwives and other visitors. The chairs in our consulting room are situated at a greater distance from the table. We will only come closer for a very short time whilst doing the check ups.
- We no longer shake hands

DO NOT COME TO THE PRACTICE WHEN YOU HAVE ONE OR MORE OF THE FOLLOWING SYMPTOMS:

- Nose cold
- Cough
- Sore throat
- Fever > 38.0 degrees Celsius (rectal temperature)

IN THAT CASE, CALL US FOR ADVICE AND CANCEL YOUR APPOINTMENT!

Liva 020-4931222 between 9am and 1pm

Emergency 06-54292326

ULTRASOUNDS

All medical ultrasounds will take place as usual. Even ultrasounds without medical indication are still taking place. You can take your partner, but no one else to the appointment. When measures regarding the ultra sounds change, you will be informed by your ultra sounds centre, like ECHO NOORD. You will be asked to wear a face mask during your visit at Echo Noord. When you have symptoms as mentioned above, please cancel your appointment. Also for other questions regarding your ultra sound appointment, you can contact the ultrasound center where you have an appointment.

ECHO NOORD: 020-3081235.

DELIVERY

For the time being you still have the choice to give birth at home or in the hospital. If you want to discuss this choice with a midwife again, this is of course possible during one of the consultations. Make sure that all materials for a possible home birth are available at home, the maternity package (kraampakket) is sufficient, preferably supplemented with extra cellulose mats.

When you give birth in the hospital, a maximum of 1 person in addition to the pregnant woman plus the midwife (and student) can go into the hospital. When you wish to take for instance both your partner and your mother to the hospital, please discuss this with us, so we can apply measures for that particular moment (as these are changing regularly). When entering the hospital you have to wear a face mask, once in the delivery suite, the mask can be taken off.

After the delivery, visitors are not allowed in hospital. Please wait until you are back home, but do consider receiving no visitors at home either.

POSTPARTUM PERIOD

During the first week after birth the 'Kraamzorg' (maternity nurse) will look after you and the baby for several hours daily. We, the midwives, will visit you approximately every other day. Of course we will try to keep at a sufficient distance during our visits too. When things are going well, we might minimize contact moments and do a consultation by phone instead. We emphasize again that you might consider to welcome a minimum amount of visitors into your home during this Corona period.

EMERGENCY

In case of complications or worries, a client can always go for a physical consultation with one of the midwives. This applies to both the pregnancy checks and the maternity visits. During the delivery there will of course always be a midwife with you.

CONTACT

LiVA 020-4931222

For non-urgent questions you can contact our assistant on this number week days between 9:00 am and 1:00 pm.

EMERGENCY 06-54292326

You can call the attending midwife on this number in case of emergency, delivery or an urgent question that cannot wait.

PAY ATTENTION! We often call with an anonymous number. It is therefore important to accept these calls!

Our team is doing it's very best to provide you with the best care in this special situation. We hope for your understanding and rely on your cooperation.
Thank you very much!

Pleas look after yourself and other, stay safe!

Warm regards,

LIVA MIDWIFERY CENTRE