

To all clients of Lichtstad Verloskundigen

Subject: Update Coronavirus 28-04-20

Dear clients,

The Royal Dutch Association of Midwives (KNOV) has, based on new information from the RIVM, advised us what kind of expansion of our work is possible. See the letter in the appendix.

### The changes are

- The vitality echo (early ultrasound around 7-8 weeks) may be performed again.
- We no longer need to call clients before the pregnancy control to answer your questions. Those may be answered when we see you at the practice.
- We can introduce one maternity visit in the maternity period, this will be done in consultation with you.

### Overview checks in pregnancy

- 7-8 weken: vitality echo (medically not necessary, but can be done if you wish)
- 8-10 weken: short visit at our practice for measuring blood pressure and giving forms
- 8-10 weken: first appointment by telephone
- 16 weken: blood pressure, baby/uterus growth control
- 20 weken: echo
- 23 weken: by phone
- 27 weken: blood pressure, baby/uterus growth control
- 31 weken: blood pressure, baby/uterus growth control
- 33 weken: by phone, when necessary consultation on practice
- 35 weken: blood pressure, baby/uterus growth control
- 37 weken: blood pressure, baby/uterus growth control
- 39 weken: blood pressure, baby/uterus growth control
- 40 weken: blood pressure, baby/uterus growth control
- 41 weken: blood pressure, baby/uterus growth control

Every check there are specific questions that we ask/blood tests/things to be arranged:

[zizobrabant.nl/wp/wp-content/uploads/2019/11/Zorgpad-Individueel-geboorteplan.pdf](http://zizobrabant.nl/wp/wp-content/uploads/2019/11/Zorgpad-Individueel-geboorteplan.pdf)

### What remains unchanged

- We ask you to come alone to the appointment. Video conference, for example during an ultrasound, is of course always allowed.
- Disinfect or wash your hands when entering the health center.
- **If you have a cold, if you have to cough or if you have a fever, call us so we can re-schedule your appointment.**
- Unfortunately, funecho's are not allowed yet.

## Childbirth

- The choice between home birth or hospital birth remains. At the moment there are no capacity problems in hospitals in our region.
- When you give birth, only one person may be present at birth (and at all in the hospital), so extra people are not allowed, neither in the hallway or anywhere else in the hospital.
- Maternity visits immediately after giving birth in the hospital are not allowed either.
- If you have to stay in the hospital, after giving birth, the rules that are applied in the hospital apply.
- **If you or your partner need to cough or if you have a fever at the time of childbirth, please indicate this to us in time so that we can take our precautions.**

## Maternity period

- In the first week after childbirth we come by at least once, and of course more often if necessary. We will do about 4 checks by phone to give you the needed information and support the maternity nurse in her care.
- Maternity care organisations ask you not to receive visitors while the maternity nurse is present.
- The hiepruk is being carried out. However, hearing screening for your baby will be postponed to a later date.
- **If you or your partner have a cold, you need to cough or have a fever, call us and the maternity care organisation.**

## General

For frequently asked questions about corona, you can visit the website of the RIVM:

<https://www.rivm.nl/en/novel-coronavirus-covid-19/novel-coronavirus-covid-19/questions-and-answers#039;s%20Novel%20coronavirus%20in%20China>

**Of course, we stay available 24/7. Don't hesitate to call us with your questions and concerns: 06-21531010.**

Kind regards,

Lichtstad Verloskundigen

Connie Laarakkers, Marjolein Maas en Anne Nijland-Delmee (midwives)

Brigitte Broers (assistant)

