

Directives governing visits, childbirth and cohabitation in the obstetrics ward

During the COVID-19 pandemic

Staff members at the Centre de santé de Chibougamau want to ensure that all goes well during the birth of your child at our facility. In light of the current situation with regard to the COVID-19 virus, we have introduced various mandatory measures to ensure the safety of our personnel as well as that of you and your family.

VISITS - PRENATAL

One person (other than a child) may visit/accompany the pregnant woman once she has been hospitalized (this includes accompanying her to the radiology department for an ultrasound). This will not be permitted if the mother-to-be has tested positive for COVID-19, in which case medical personnel will strive to postpone visits and medical exams until the patient has recovered. When an appointment cannot be postponed, a protocol for the provision of safe care will be followed to limit the risks of contaminating people and environment. In some cases, the mother-to-be could be transferred to a designated centre.

CHILDBIRTH, INCLUDING CAESARIAN SECTIONS

CHILDBIRTH: One to two loved ones/significant others can be present at the time of delivery.

CAESARIAN SECTION: Access to the operating room is limited in the case of emergency Caesarian sections (P1). This directive applies to all such cases.

- A significant other/loved one may still accompany the mother-to-be in the operating room for elective or other types of Caesarian sections (P2, P3).
- Operating room protective measures are enforced, and apply to the accompanying person.

WARD STAYS AND COHABITATION

One or two persons accompanying the mother-to-be may cohabit in the ward during the mother's postnatal stay. This person must wear a mask and comply with all public health and sanitary recommendations. The accompanying person must also follow the directives issued by personnel with regard to moving around:

- Avoid moving about for no reason.
- Remain in the room whenever possible.
- Meals will be delivered to the room.

VISITS - POSTNATAL

Sisters and brothers, extended family members and visitors (except for children under 18 years of age) can visit the mother and her newborn. A maximum of two persons (newborn's other parent/accompanying person and one visitor, OR two visitors) can be in the room at the same time. To ensure the ward's efficient operations, the mother must provide the names of the persons who will be visiting her to the nursing staff. Only identified persons will be allowed to access the mother's room. It may take up to 24 hours for a visitor to be added to the list.

All of the directives below must be adhered to in order to ensure the efficient operations of the obstetrics ward. Those who fail to do so may receive reminders from personnel.

INFECTION PREVENTION AND CONTROL

- Wash your hands often.
- Make use of the bathroom facilities located inside the room.
- The mother and the accompanying person, as the case may be, will be allowed to shower.

SECURITY

- Do not hinder or pose any type of obstacle to the care being provided.
- Never touch or adjust buttons or other settings on medical devices and equipment. This is reserved for staff members.

RESPECT

- Make as little noise as possible between the hours of 9:00 p.m. and 8:00 a.m.
- Stay in the room whenever possible.

BED LINENS

- If you need sheets, blankets or pillows, use the call bell to alert a staff member (who will bring the required items to the room).
- The accompanying person must sleep on the sofa-bed.

ITEMS TO BRING WITH YOU

Pack a suitcase with the items needed for a stay of 72 hours:

- Clean pyjamas for each overnight stay and daytime clothing.
- Personal hygiene products and necessary medication.
- Food (in case you get the urge to snack).
- All necessary items for the newborn.

FOOD SERVICES

- Meals will be provided to the mother and the accompanying loved one/significant other. **Take-out cannot be delivered to the centre.**

Should parents test positive for COVID-19, certain additional measures could be introduced, including:

- Confinement in the room;
- Reduction in the number of accompanying persons.

For further details, go to www.quebec.ca/coronavirus and search for “Guidelines for visitors to hospital centres during COVID-19”.

AVOID MOVING ABOUT FOR NO REASON

Original text in French