



Role of Midwives in Protecting Pregnant and Parturient Women from Infection with Corona Virus

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Abstract

Covid-19 is a pandemic viral disease caused by SARS-CoV-2 virus. Birthing assistants hazard their lives to spare the lives of pregnant women and infants. They take all measures to secure pregnant women during labor. Birthing specialists, who serve patients outside clinics, do a basic job in keeping up the protected separation estimates expected to restrain the spread of the pandemic. The more birthing assistants arranged to visit the homes of pregnant women in rustic networks or who can give antenatal and postnatal consideration by telephone, more individuals can keep away from the transmission SARS-CoV-2. As Covid-19 ranges the globe, incorporating many creating nations with delicate wellbeing frameworks, women proceed to imagine and conceive an offspring. Maternity specialists can guarantee safe pregnancy and labor for women. They additionally give the data and preventative exhortation that women and childhood need, even during emergency.

Keywords: Corona, Virus, Midwives.

Introduction

Closeness of birthing assistants to women during labor increases the opportunity for infection. This threatens pregnant women and infants life. We should take critical measures to secure birthing assistants. All birthing specialists should wear a defensive gear to keep themselves from contamination. Around the globe, birthing specialists tackle the Covid-19 challenge. With help from the United Nations Population Fund, birthing assistants work in influenced nations nonstop to give care to women and kids. Moreover, they affirm that they won't surrender their patients ¹. In this troublesome time for everybody, particularly for medicinal services experts, let us do all that we can to secure birthing assistants with the goal that they can keep on keeping up the wellbeing of women and newborns ^{2,3}. We have not seen a noticeable raise in abortion or in abnormal births, so far, the opposite of what we saw when the Zika virus spread, which raised the level of risk to the mother and fetus ⁴.

What does a pregnant woman do if she has Covid-19?

In the event of symptoms such as high temperature, coughing or difficulty breathing, you should immediately contact the doctor over the phone. Taking care not to go directly to the clinic or hospital without contacting first. Also, you should avoid taking any drug without consulting a specialist. Experts also advise the need to constantly check the possibility of infection with the virus during pregnancy. If the transmission of the virus is detected, the pregnant woman should receive more care and more accurate and close medical follow-up ^{5,6}.

Pregnant women are advised to maintain good personal hygiene, and to take known preventive measures for Corona virus, the most important of which are avoid crowded places, generally try to stay at home as possible. In case you have to leave the house, wear a medical mask, and walk away for a meter or more from everyone, wash your hands often with soap and water for 20 seconds before touching your face or eyes, do not touch surfaces outside the house ⁷.

The period of preparation for childbirth is one of the most distinctive stages a woman goes through. After 9 months, it is time to meet her child. However, in the current period, which witnesses the spread of the new Corona virus, feelings differ and are mixed with anxiety and fear of the possibility of a pandemic during childbirth or through contact with doctors and medical care staff ⁸. However, there is no need for fear that affects the efficiency of the immune system in pregnant women, and the primary responsible for preventing exposure to infection of different types. Childbirth is a vital process that cannot be postponed permanently, and requires some precautionary measures, stressing that it is currently taking place safely on both the fetus and the mother, and that most hospitals are especially committed during that period to apply infection control standards, and are ready to receive births ⁹.

It is not necessary to perform antenatal corona analysis as a preventive measure, as long as the mother does not come into contact with infected people, or have no symptoms, such as dry cough, high temperature, and shortness of breath, and chest pain, which, if they appear, must be examined ¹⁰. Determining the decision to have a natural or cesarean delivery depends on several factors, not just corona infection. Experts pointed out that performing a weak body surgery while infected with the emerging virus may cause additional complications ¹¹.

Is the virus transmitted from the mother to the fetus?

If the mother is confirmed to be infected with the Corona virus, there is no proof for vertical transmission (through placental blood) to her infant ¹². However, it may be transmitted by breastfeeding, so it is advised to isolate the mother from the fetus until she recovers ¹¹. The extent of transmission of the virus from the mother to the fetus was evaluated by collecting samples from the amniotic fluid (the amniotic fluid inside the mother's womb), umbilical blood, as well as breast milk, as well as taking a swab from the throat of the newborn at the time of birth ¹². All samples were negative for the virus. Horizontal

transmission through contact or contact with droplets and respiratory secretions could also occur in women during pregnancy and/or labor¹³. Corona infection can be transmitted from the mother to the fetus, but the results cannot be fully generalized until research is completed on a larger number, so that initial results are confirmed or denied¹⁴.

Nursing instructions to follow for safe delivery

The Obstetrics and Gynecology Consultant presented a set of guidelines that contribute to achieving the safety of the delivery process for both the mother and the fetus^{16,17}. 1) Ensure that infection control standards are applied in the place of birth, and that hygiene and sterilization standards are adhered to, whether in rooms or operations, or for doctors and care crews. 2) Ensure that the nursing crews follow protective procedures, such as making sure to wear masks, gloves, and protective clothing, provided that they are used only once. 3) The availability of the room in which the mother is placed should be checked, in terms of sterilization, and the quality of ventilation. 4) Avoid total anesthesia during this period, so that you do not need artificial respiration, because it requires insertion of the laryngeal tube in the respiratory system to connect the respirator, as it reduces contact with the anesthesiologist. 5) Do not accompany a large number of people when going to childbirth, it suffices with one or two at most, taking into account the application of precautionary measures. 6) Avoid hugging, kissing, or even carrying a child, and in case of having to hold him, be sure to wash hands and sterilize them well.

Tips for corona virus prevention

Prevention is the best treatment, especially for pregnant women who are considered more vulnerable to complications from the virus due to weakened immunity in this period. So, there are some instructions to follow as birth approaches, and throughout pregnancy in general to avoid exposure to infection. These instructions include washing hands with soap and water for 20 seconds, using a hand sanitizer that contains at least 60% alcohol, avoiding crowding and stick to standing 6 feet from the surrounding people, avoiding touching the face, especially the mouth, eyes, and nose, doing simple home exercises to stimulate blood circulation and to strengthen the pelvic muscles to facilitate birth, and eating a balanced diet rich in nutrients to boost immunity, such as protein, vitamins, and minerals, especially zinc, A, C, and D^{18,19}.

Common questions about pregnant women and Corona Virus

Here are the most important and most common questions about pregnant and corona virus:

1- Are pregnant women more susceptible to infection with corona virus?

There is no scientific evidence on this topic, except that, as we mentioned, pregnant women are more susceptible to infections of the respiratory system of viral origin, including novel corona. Also, pregnant women may be more susceptible to severe symptoms of the corona virus, compared to others, according to analyzes performed on different corona viruses such as MERS, SARS and influenza. So, pregnant women should try to avoid the virus by constantly washing hands and avoiding patients¹⁶.

2- Are pregnant women with Corona Virus identified?¹⁶. Is corona infection transmitted from mother to fetus during pregnancy?

A previous studying analyzing samples taken from 9 pregnant women who contracted the virus between 36 to 39 weeks of gestation found no vertical transmission of SARS-CoV-2 virus from mother to her fetus through the placenta¹⁷. In contrast, another study revealed the possibility of infection in the womb via the placenta, or during the birth process as a result of contact with the mother's fluids, in addition to the possibility of transmission after birth

through close contact with a patient with the virus¹⁶.

With the expansion of the spread of the new Corona virus around the world, and the increasing daily numbers of deaths and injuries, the nature of the spread of this deadly virus is still unknown²⁰, and its transmission from the infected mother to the fetus is still one of the most important questions that scientists seek an accurate answer.

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