

North East & North Cumbria (NENC)

Position Around Access For Partners, Visitors And Other Supporters of Pregnant Women In Maternity and Neonatal Services
20 August – 3 September 2021

PLEASE NOTE THE VISITING RESTRICTIONS DETAILED WITHIN THIS DOCUMENT ARE CURRENT AT TIME OF PRODUCTION.
RESTRICTIONS MAY CHANGE BEFORE THE NEXT UPDATE.
FOR CURRENT UP TO DATE INFORMATION WITHIN EACH TRUST CONTACT YOUR COMMUNITY MIDWIFE

This information is to explain what restrictions are affecting maternity services in the North East and North Cumbria (NENC) and to help you to make your choice about where you would like to have your baby and maternity care.

We understand that these measures are not ideal for women and their families and we are sorry that during these unprecedented times we must put them in place for everyone's safety.

The risk associated with the number of people in a hospital is very different from the risk at a bar, cafe or shopping centre. Social distancing is difficult when providing health care and the more people who come into the hospital ('footfall') the greater the amount of virus staff and patients could be exposed to. Increased footfall increases the risk of people catching Covid-19 in hospital, which would increase the numbers of staff who cannot work due to illness. Lack of staff increases the risk that we would not be able to provide the level of maternity services we would like. Ultimately the safety of our staff, our birthing people, their babies and their families are our greatest priority.

Visiting restrictions are reviewed regularly across the North East and North Cumbria and we will lift restrictions across our services when a reduced risk of contracting COVID – 19 makes it appropriate to do so.

A birth partner or accompanying adult can be any adult who does not have symptoms of COVID – 19 and is not in a self-isolation period as directed by NHS Track and Trace. They should be from the same household/support bubble as the birthing person. They will be asked to follow hospital guidance on Personal Protective Equipment (PPE) ie mask and provide contact details for NHS Track and Trace.

Nobody should visit if they have symptoms of COVID – 19 or have been asked to self-isolate by NHS Track and Trace. If the pregnant person has symptoms or is self-isolating they should call before attending so a scan or appointment can be rearranged or their healthcare providers can take extra precautions.

Please DO contact your maternity unit if you are at all worried about your health or that of your baby - these restrictions make our units safe to attend and we are open and here for you.

Please do follow the government advice regarding COVID – 19.

Wash your hands regularly and before/after touching your face or mask.

Maintain social distancing from people not in your household/support bubble.

Wear a mask over your nose and mouth.

NB: In exceptional, extenuating circumstances or cases of specific clinical need, a bespoke visiting/accompanying plan may be put in place, please discuss with your maternity team. i.e. if you require a translator, bespoke emotional or physical support.

Rationale

Restrictions to visiting across maternity are under constant review depending upon local restrictions.

There are particular challenges to maintain social distancing with regard to restricted environmental space in the waiting areas and the large number of women who are seen daily within any hospital environment. Each hospital has a different layout which is why there are different measures in place across the region, some units have a larger waiting area or SCBU than other units and the restrictions are in line with the ability to keep families and staff safe by adhering to social distancing regulations. For example, scan appointments – The waiting rooms may not be large enough to facilitate a partner at all scans due to social distancing regulations. To space out the scan appointments to allow fewer people in the waiting room at any one time would reduce scanning capacity and ability to deliver scans in accordance with SBLCB V2 (Saving Babies Lives Care bundle V2).

To reduce the footfall into the hospital, visiting restrictions are in place, except for exceptional, extenuating circumstances or cases of specific clinical need or for those in established labour*/giving birth. Transmission of the infection can be caused by contamination of surfaces and therefore restrictions help to reduce the number of people attending the hospital to maximise the potential to reduce transmission rates.

Revised 25th August 2021

Version 31

The decision to introduce these measures is made after much deliberation of the facts and revised on a daily basis. Labour rooms are single rooms so able to accommodate 1 birthing partner. Rooms are not big enough to support social distancing for 2 birthing partners to attend. This may also apply in the postnatal wards whereby there may be bays with more than one bed in or single rooms accommodating only 1 partner. Also, Special Care Baby Unit visiting restrictions apply in some units to enable social distancing between cots, a limited number of people in attendance keeps staff, families and their babies safe.

* This is when your midwife sees that your contractions are becoming longer than a few seconds, are more intense/painful and occur at regular intervals, less than a few minutes apart. A vaginal examination may confirm that your cervix has dilated to 4cm or more, consent will be requested to undertake a vaginal examination by the midwife. Some women prefer not to have a vaginal examination please discuss your preferences with the midwives to ensure you receive the personalised care you require.

Trust	Scanning Appointment	Antenatal appointment	Induction of labour	Labour	Postnatal Inpatient	Special Care Baby Unit (SCBU)
<p><u>Newcastle RVI Maternity Assessment Unit</u> 0191 282 5748</p> <p><u>Labour Line</u> 0191 282 6363</p>	<p>Partners may attend all scans.</p> <p>Lateral flow testing is encouraged prior to all scans, appointments and admissions for all antenatal and postnatal care for all pregnant people and their support person.</p>	<p>Partners may attend all antenatal appointments.</p> <p>Lateral flow testing is encouraged prior to all scans, appointments and admissions for all antenatal and postnatal care for all pregnant people and their support person</p>	<p>Partners may attend with women for IOL.</p> <p>A second birth partner is welcomed when the woman is transferred to a delivery room.</p> <p>Lateral flow testing is encouraged prior to all scans, appointments and</p>	<p>Two birth partners may stay throughout the labour and birth and until the woman moves to the Postnatal Ward.</p> <p>Lateral flow testing is encouraged prior to all scans, appointments and admissions</p>	<p>One adult may visit each day for three hours on the Postnatal Inpatient Ward via a scheduled arrangement.</p> <p>Lateral flow testing is encouraged prior to all scans, appointments and admissions for all antenatal</p>	<p>Access is available for both parents together with a negative PCR result. Arrangements to test via PCR twice weekly.</p> <p>A parent with a positive PCR result must self-isolate for 14 days in hospital as a patient or 10 days at home and cannot attend the Unit.</p>

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			admissions for all antenatal and postnatal care for all pregnant people and their support person.	for all antenatal and postnatal care for all pregnant people and their support person.	and postnatal care for all pregnant people and their support person.	
<p><u>County Durham & Darlington Foundation Trust</u></p> <p><u>University Hospital of North Durham</u></p> <p>0191 333 2908 0191 333 2142 0191 333 2910</p> <p><u>Darlington Memorial Hospital</u></p> <p>01325 743449 01325 743025 01325 743494</p>	<p>One accompanying adult may attend all scans.</p> <p>Lateral flow device (LFD) testing is encouraged prior to all scans, appointments and admissions for all antenatal women and their support person.</p> <p>There will be an expectation that you will comply with social distancing guidance and use appropriate personal protective</p>	<p>One accompanying adult may attend all antenatal appointments as with scans</p> <p>Lateral flow device testing is encouraged prior to all scans, appointments and admissions for all antenatal women and their support person.</p>	<p>One birth partner may be present when a woman is admitted to the antenatal ward for Induction of labour. Visiting times on the antenatal ward will be provided.</p> <p>When Induction of labour is commenced on the labour ward, one birth partner may accompany a woman.</p> <p>LFD testing is encouraged prior to attendance at</p>	<p>One birth partner may accompany a woman when she is admitted to labour ward in established labour.</p> <p>A PCR test will be performed on women and birth partners on admission to the labour ward.</p>	<p>One birth partner may stay for up to six hours after the birth on delivery suite.</p> <p>Transfer to postnatal ward:</p> <p>One partner may visit on the postnatal ward for 1 hour per day. (A visiting time will be provided)</p>	<p>Both parents can visit together at UHND and DMH</p> <p>UHND- due to number of cots and space in the unit, scheduled visiting will be provided.</p> <p>Lateral flow device testing is encouraged prior to all visits.</p> <p>There will be an expectation that you will comply with social distancing guidance and use appropriate personal protective equipment.</p>

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	equipment when attending for appointments.		any appointments. A PCR test will be performed on the woman and her birth partner 24-48 hrs prior to the procedure at trust testing sites.			
<p>Lateral Flow Device (LFD) testing is part of the government response to the pandemic and its commitment to controlling infection and this has now been introduced for women and partners/support person within maternity at CDDFT. Women and their identified support person will be offered twice weekly Lateral Flow Device (LFD) testing from booking. The results must be recorded onto the Health Call app. If women/support person do not have a recent result, on presentation at the unit, a PCR test will be taken to confirm COVID Status to plan safe care accordingly.</p> <p>PCR testing is performed for all elective cases prior to admission.</p> <p>PCR testing is performed on admission to the delivery suite.</p> <p>There are communications, a Standard Operating Procedure and patient information all to support this introduction for testing. This will be discussed with you by your community midwife.</p>						
<p><u>Northumbria Healthcare</u> <u>Contacts</u> Birthing unit, Northumbria Specialist Emergency Care Hospital 0191 607 2318</p> <p>Hillcrest midwife-led unit 01665 626 732</p>	Partner/support person will be asked to wait outside the department until the time of the scan, and will receive an automated text to attend the unit and	Partner/support person will be asked to wait outside the department until the time of the scan, and will receive an automated text to attend the unit	One birth partner may accompany a woman throughout her induction of labour (IOL) Lateral flow testing is encouraged prior	Two birth partners may accompany a woman throughout her labour and birth and remain with her until she is transferred to the Postnatal	One birth partner can remain with the women on the ward in her own room, throughout a woman's stay. Second birth	Both parents may visit together. Lateral flow testing is encouraged prior to all scans, appointments and admissions for all postnatal care and visits to SCBU for all women and their

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<p>Berwick midwife-led unit 01289 356 622 Hexham midwife-led unit 01434 655 352</p> <p>COVID helpline 07823907484 Mon-Fri 9-4.</p>	<p>accompany the woman in advance of the scan.</p> <p>Lateral flow testing is encouraged prior to all scans, appointments and admissions for all antenatal and postnatal care for all pregnant people and their support person.</p>	<p>and accompany the woman in advance of the scan.</p> <p>Lateral flow testing is encouraged prior to all scans, appointments and admissions for all antenatal and postnatal care for all pregnant people and their support person.</p>	<p>to all scans, appointments and admissions for all antenatal and postnatal care for all pregnant people and their support person.</p>	<p>Ward.</p> <p>Lateral flow testing is encouraged prior to all scans, appointments and admissions for all antenatal and postnatal care for all pregnant people and their support person.</p>	<p>partner can book a visit for 1 hour daily.</p> <p>Lateral flow testing is encouraged prior to all scans, appointments and admissions for all antenatal and postnatal care for all pregnant people and their support person.</p>	<p>support person.</p>
<p><u>South Tyneside and Sunderland</u></p> <p>Urgent queries – Immediate advice/answer</p> <p>Antenatal Day Unit SRH (7 days a week 8am – 8pm) 0191 5699181</p> <p>Delivery Suite SRH (out of</p>	<p>Partner/support person will be asked to wait outside the department until the time of the scan appointment and will receive a phone call from the woman to attend the unit and accompany the woman in advance</p>	<p>Suspended 14/07/21</p> <p>One partner/support person may attend all hospital antenatal appointments.</p> <p>Partner/support person will be asked to wait outside the department until</p>	<p>Suspended 14/07/21</p> <p>One birth partner may join a woman when she is transferred to the Labour Ward and/or is in Established Labour*.</p>	<p>One birth partner may accompany a woman throughout her labour and remain for routine postnatal care, provided in the delivery room. They may stay until mum and baby are</p>	<p>Suspended 14/07/21</p> <p>Visiting on the antenatal/postnatal ward has been introduced to allow one person to support the woman between 1800hrs and 2000hrs each day. The</p>	<p>One parent at a time visiting their baby (two parents for twins – one per baby) visiting times should be arranged with the neonatal unit in advance. Staff can also facilitate video calls for parents to see and check on their baby when they are not in the unit</p>

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hours) 0191 5699777 Midwifery Led Unit Birthing Centre South Tyneside 0191 4041033 MLBC temporary closure	of the scan appointment.	the time of the appointment and will receive a phone call from the woman to attend the unit and accompany the woman in advance of the ANC or ANDU appointment Community antenatal appointments – currently assessing access for partners and will escalate to CCG any blockages by individual GP Practice		discharged but if they choose to leave the department before this, they cannot come back in. A second birthing partner is now invited to join them when in established labour.	women will identify who this person will be to staff to enable management of foot-fall and track and trace purposes. A second visitor may now join mums from 1800-2000hrs on the delivery suite.	themselves.
South Tyneside & Sunderland are asking women and their partners to do Lateral flow testing (LFT) prior to attending appointments / NICU visits and offering LFT for partners on admission to delivery suite						
North Tees & Hartlepool Maternity Assessment Unit	We are happy to support, one accompanying adult at all scans.	We are happy to support, one accompanying adult at all routine	One adult nominated birth partner may accompany a	One birth partner may accompany a woman at any	One birth partner may visit between 10am and 8pm but	Both parents allowed 24hr access, but may not leave and return to the unit in the same

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<p>Stockton 01642 624239</p> <p>Hartlepool 01429 522879</p>	<p>This means that appointments may be undertaken at a site which is not within your locality.</p> <p>Lateral flow testing is encouraged prior to attendance according to NHS guidance</p>	<p>antenatal appointments</p> <p>Partner/support person will be asked to wait outside the department until the time of the appointment and will receive a phone call from the woman to attend the unit and accompany the woman in advance of the ANC or ANDU appointment</p> <p>Lateral flow testing is encouraged prior to attendance according to NHS guidance</p>	<p>woman on admission for induction of labour, and remain with their partner.</p> <p>Partner will be offered Lateral flow Covid -19 testing, and if positive, asked to return home to isolate and follow government guidelines regarding screening. An alternate birth partner may attend.</p> <p>The same nominated birth partner will join a woman when she is transferred to the delivery suite for IOL or labour at any stage.</p>	<p>stage of an admission to delivery suite, and until the woman and baby move to the postnatal ward. Partner will be offered Lateral flow Covid -19 testing, and if positive, asked to return home to isolate and follow government guidelines regarding screening. An alternate birth partner may attend from the woman's bubble.</p> <p>The partner is asked to remain on the unit for the duration of</p>	<p>may not leave and re-enter. Partners are advised to come prepared with snacks, refreshments will be provided.</p> <p>Individual cases assessed if risks identified to facilitate partner staying</p> <p>Lateral flow testing is encouraged prior to attendance according to NHS guidance</p>	<p>day. No extended family admitted.</p> <p>Lateral flow testing is encouraged prior to attendance according to NHS guidance</p>

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				labour to reduce footfall within the Trust. One partner is welcome to attend for elective caesarean section, subject to negative lateral flow test. Partners are advised to come prepared with snacks, refreshments will be provided		
<p><u>Gateshead Queen Elizabeth Hospital</u></p> <p>Maternity Assessment Unit (191) 445 2764.</p>	<p>One accompanying adult from the woman's household/support bubble may attend all antenatal scans</p> <p>Lateral flow testing is encouraged prior to attendance according to NHS guidance</p>	<p>Currently we are able to accommodate 1 support person attending with the woman for routine antenatal appointments.</p> <p>To wait outside until called in for review</p>	<p>One birth partner may accompany a woman throughout her induction of labour (IOL)</p> <p>If second birth partner requested negative lateral flow test is requested prior to agreement</p>	<p>One birth partner may accompany a woman throughout her labour and birth and remain with her until she is transferred to the Postnatal Ward.</p> <p>If second birth</p>	<p>Visiting on the postnatal ward, if no symptoms of Covid, have been opened up for birth partners to normal, 1 only 10-8.</p> <p>Other visitors will be assessed on individual case but with</p>	<p>On admission to SCBU, both parents visit in order to protect the 'family unit'. Two parents can visit their baby together 24 hours a day. All visitors put on a face mask before entering the maternity unit and continue to wear the mask for the duration of their time on the</p>

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		Lateral flow testing is encouraged prior to attendance according to NHS guidance		partner requested negative lateral flow test is requested prior to agreement	negative lateral flow test result only Individual cases assessed if risks identified to facilitate partner staying Lateral flow testing is encouraged prior to attendance	unit. Lateral flow tests are encouraged and negative tests prior to visits advised but not mandated
From June 7th 2021 Gateshead maternity department will be encouraging lateral flow testing for all women and partners prior to attending the units for appointments, scans, antenatal and postnatal attendance.						
<u>South Tees & The Friarage</u> <u>24h Maternity Advice Line</u> 01609 763093	All scans opened to women and partners from Friday 16 th April. Women and partners encouraged to undertake lateral flow testing in line with NHS recently published guidance (April 21)	All appointments opened to women and partners from Friday 16 th April. Women and partners encouraged to undertake lateral flow testing in line with NHS recently published guidance (April 21)	One birth partner may join a woman at the beginning of the induction process for 2 hours to settle her into the unit, then the partner is asked to leave and return when she is transferred to a labour room. This	One birth partner may accompany a woman at any stage of an admission to delivery suite, and until the woman and baby move to the postnatal ward. Partner will be offered	One birth partner may visit between 10am and 8pm but may not leave and re-enter. Partners are advised to come prepared with snacks, refreshments will be provided.	Both parents allowed 24hr access, one at a time only. Both parents together by appointment only in the evening may not leave and return to the unit in the same day. No extended family admitted.

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			<p>will usually happen when she is in Established Labour*. This is to enable safe social distancing as women are cared for in a small 6 bedded area until they transfer to a delivery room. We are reviewing this to relocate where possible.</p> <p>From Monday 26th April partners will be able to stay between the hours of 10am and 8pm. PCR testing offered on admission</p>	<p>Lateral flow Covid -19 testing, and if positive, asked to return home to isolate and follow government guidelines regarding screening. An alternate birth partner may attend from the woman's bubble</p> <p>The partner is asked to remain on the unit for the duration of labour to reduce footfall within the Trust. One partner is welcome to attend for elective caesarean section, subject to negative</p>	<p>Individual cases assessed if risks identified to facilitate partner staying.</p>	

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				lateral flow test. Partners are advised to come prepared with snacks, refreshments will be provided		
<p><u>West, North & East Cumbria</u></p> <p>Cumberland Infirmary 01228 814269</p> <p>West Cumberland 01946 523242</p> <p>Penrith Birthing Centre 01768 245558</p>	All scans are open to all women attending with one partner. All women and partners are encouraged to provide a result of a recent lateral flow test (National Guidance April 2021)	All antenatal appointments are open to all women attending with one partner. All women and partners are encouraged to provide a result of a recent lateral flow test (National Guidance April 2021)	One birth partner may accompany a woman throughout her induction of labour (IOL) if accommodated in a single room (not always possible). PCR and lateral flow testing applies.	One birth partner may accompany a woman throughout her labour and birth and remain with her until she goes home or to the Postnatal Ward. All women PCR tested on admission and at intervals if in for a lengthened stay. Partners encouraged to provide lateral flow testing results.	One birth partner may visit twice daily by appointment on the postnatal ward at both sites. Lateral flow test results requested.	Both parents may visit at any time. PCR and lateral flow testing applies.



LMS
Local Maternity Systems
Northern England

NHS
Northern England
Clinical Networks

**Pregnant
and worried?
Contact your
midwife or
maternity team.**

If you are worried about your health or the health of your unborn baby, please contact your midwife or maternity team.

Help us help you and your baby.

**HELP US
HELP YOU**
AND YOUR BABY

nhs.uk/pregnancy-and-coronavirus