



Sacopee Valley Birthing Services

www.sacopeemidwives.org

Serving women in southern Maine and eastern New Hampshire.

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Dear Families,

We have updated our previously sent out supply list as well as our practice protocols and have added some resources to share (please see below). We also wanted to share some thoughts with you as our communities continue social distancing and precautions surrounding COVID-19.

* We will continue to do some virtual visits however have updated our prenatal plan to include a hands-on portion of our visit around the 32 and 36 -week mark, with additional visits as needed anytime on a case-by-case basis for labs, or fetal palpation checks. We have begun to schedule in person prenatal visits outside (weather permitting) at Brenda's home and yours. We will be washing and changing our clothes between visits. We ask you to bring a blanket to lay on and we will use your home prenatal tools (see resources list) to keep ours clean and safe to use at births. The 24-48 hour postpartum visit will always include a visit from your midwives in your home in order to provide newborn screening and we will visit you again at 3 days if needed and 7-10 days in your home. Our 3 week and 6 week visit may be virtual depending on your needs

Your midwives are doing all we can to keep ourselves as exposure-free as possible to ensure our health for your birth. We will not attend births if we have any signs of sickness. We feel fortunate to have a team of midwives in our practice, for many reasons, but especially now in case any of us were to be ill. We wanted to update you in regards to who is specifically involved in our team of midwives. We are happy to announce that Acadia Gantz, who some of you have met as one of our back-up birth assistants, will be joining our team full-time. Brenda and Lindsay are currently the two primary midwives you'll get to know at prenatal visits. Acadia will start attending virtual prenatal visits with Lindsay and Brenda starting May 19th, so that you can get to know her. Robin and Jodie are on-call on a part-time basis, and one of them may be the second midwife at your birth along with one of the other midwives you know well.

These are uncharted times, yet our aim continues of providing excellent, comprehensive personalized care to our clients, while supporting the sustainability and well being of our midwives. We believe this allows us to continue to provide excellent care to our clients that is safe and reliable. We are keeping our practice small so we can provide such care.

We hope you are all taking virus precautions that are very important at this time, such as:

- Social Distancing
- Sanitizing appropriately and washing hands for at least 20 seconds every time you come inside and before and after eating or touching your face, eyes or nose.

- Eating well and staying hydrated
- Sleeping peacefully
- Enjoying being home with your family!

As you know...

- We use impeccable hygiene practices like handwashing at the beginning and end of every client encounter, use of gloves when indicated and disinfectant on surfaces and things that touch clients, like stethoscopes, fetoscopes, blood pressure cuffs, etc. between each client. We will be using masks, as available, and changing our garments immediately after working with anyone in person. We will do everything we can to slow down transmission of any virus.

- In order to keep our clients and ourselves healthy, and help slow the spread of the virus we are constantly updating our practice. Sacopee Midwives are now offering virtual free consults for you to determine if homebirth is right for you and your family. We use phone/video conference tools for some prenatal visits. We can use home blood pressure monitoring and other tools, whenever possible, to fulfill the physical exam components of the visits done virtually. The majority of our visits consist of talking and getting to know each other. We have the ability to do Facetime and Zoom. We need to inform you that these are not HIPPA compliant. If you feel like HIPPA is important to you in this respect, we can make other arrangements. We feel this precaution will also keep your midwives healthy to be able to continue to attend home births. Since it is possible to have multiple participants on these calls, sometimes you will see more than one midwife at your telehealth visit.

- If a midwife and family suspects COVID-19 in their home at the onset of labor, we will discuss a plan with the family.

*Clients who have COVID-19 when they go into labor will not be eligible for home birth. We are in contact with Maternal Fetal Medicine and they are able to facilitate a direct transport for any of our clients who are ill, either for their birth or if they need hospital care prior to birth. MMC offers a video tour of the Labor and Delivery on their website. Please let us know if you are interested in a virtual tour of the hospital.

*Remember to support your immune system in all the ways you know how. We suggest including Vit C, Vit D, and Zinc. Elderberry is known to be antiviral and best used a preventative. Hydration, sleep, relaxation, fresh air and laughter are all supportive to the immune system.

Recommended resources:

*Two articles recently published in the Bangor Daily News regarding the current increase in interested for homebirth and how Maine midwives are adjusting their practices:

<https://bangordailynews.com/.../how-maines-midwives-are-adju.../>

[https://bangordailynews.com/2020/04/09/homestead/how-to-safely-home-birth-during-the-pandemic/?](https://bangordailynews.com/2020/04/09/homestead/how-to-safely-home-birth-during-the-pandemic/)

*We ask that folks purchase or borrow from us if available, the following home prenatal tools.

Automatic Blood Pressure Cuff

Finger pulse oximeter

Centimeter tape measure

Doppler and gel

Thermometer

A scale for weighing the baby. A fishing scale is inexpensive and we will lend you one of our slings to use till 6-8 weeks postpartum.

*Here is a great article by former midwife, now doctor, Aviva Romm on what we know about COVID-19, pregnancy, immune boosting, etc.

<https://avivaromm.com/covid-19-pregnancy-breastfeeding/>

She is offering a free class online class for those who are interested.

*Information from the CDC on COVID and pregnancy/breastfeeding.

https://www.cdc.gov/coronavirus/2019-ncov/prepare/pregnancy-breastfeeding.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fspecific-groups%2Fpregnancy-faq.html

*Information from the CDC that guides care of clients at home with COVID:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>

Sending love and health to all of you,

Your midwives

(Brenda, Lindsay, Robin, Jodie and Acadia)

This recommendation is effective May 14, 2020. We will re-evaluate this as new information becomes available and update/communicate at that time.